

Our Superhero Helping Teams

(Prep - Ages 5-6):

Lesson 2 of 9

Lesson Summary

This lesson builds on the concept of the "Kindness Superhero" by introducing the idea of "Helping Teams." Students will explore the different groups they belong to (family, friends, class) and identify how people in these teams help and care for one another. Through a collaborative craft activity, students will create a visual representation of their connected communities, reinforcing the idea that helping is something we do together.

Learning Intentions

Students will

- Identify the different groups and teams we belong to (family, friends, class).
- Describe how people in our teams help each other.
- Understand that working together makes our helping power even stronger.

Success Criteria

Students can

- Name a "helping team" I am part of.
- Give an example of how my team helps each other.
- Help create a classroom "Helping Chain" to show how we are all connected.

Lesson Details

Time:

30 minutes

Year Level:

Foundation / Prep (Ages 5-6)

Unit:

This is Lesson 2 of 9 in the series.

Educational Partner:

This lesson is adapted from resources provided by DonateLife

General Capabilities

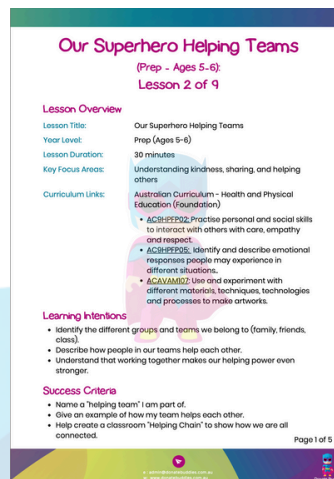
Personal and Social Capability, Ethical Understanding, Critical and Creative Thinking.



Lesson Guides and Printables

Lesson Plan

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Lesson Overview

Lesson Title: Our Superhero Helping Teams
Year Level: Prep (Ages 5-6)
Lesson Duration: 30 minutes
Key Focus Areas: Understanding kindness, sharing, and helping others

Curriculum Links: Australian Curriculum - Health and Physical Education (Foundation)

- AC:HPF022, Practice personal and social skills to interact with others with care, empathy and respect.
- AC:HPF025, Identify and describe emotional responses people may experience in different situations.
- AC:VAM022, Use and experiment with different materials, techniques, technologies and processes to make artworks.

Learning Intentions:

- Identify the different groups and teams we belong to (family, friends, class).
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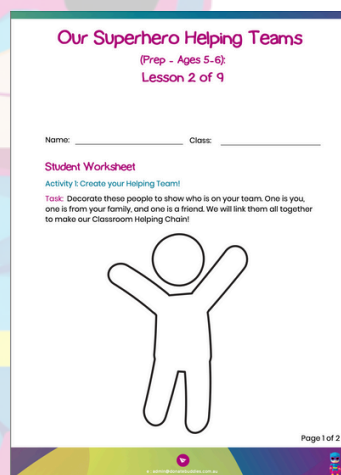
Success Criteria

- Name a 'helping team' I am part of.
- Give an example of how my team helps each other.
- Help create a classroom 'Helping Chain' to show how we are all connected.

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Student Worksheet

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Name: _____ Class: _____

Student Worksheet

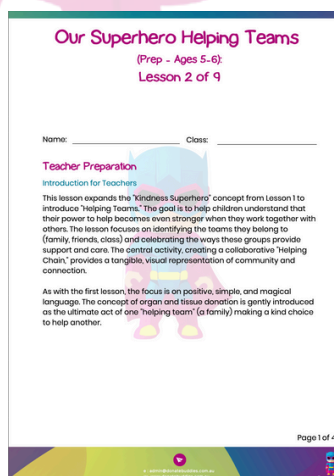
Activity 1: Create your Helping Team!

Task: Decorate these people to show who is on your team. One is you, one is from your family, and one is a friend. We will link them all together to make our Classroom Helping Chain!

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Teacher Content Info

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Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson expands the 'Kindness Superheroes' concept from Lesson 1 to introduce 'Helping Teams'. The goal is to help children understand that their power to help becomes even stronger when they work together with others. The lesson focuses on identifying the teams they belong to (family, friends, class) and celebrating the ways these groups provide support and care. The central activity, creating a collaborative 'Helping Chain', provides a tangible, visual representation of community and connection.

As with the first lesson, the focus is on positive, simple, and magical language. The concept of organ and tissue donation is gently introduced as the ultimate act of one 'helping team' (a family) making a kind choice to help another.

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Curriculum Mapping and Links

Australian Curriculum (v9.0)

Subject	Strand	Content Descriptor
Health and Physical Education	Personal, Social and Community Health	AC9HPFP02 : Practise personal and social skills to interact with others with care, empathy and respect.
Health and Physical Education	Personal, Social and Community Health	AC9HPFP05 : Identify and describe emotional responses people may experience in different situations..
The Arts (Visual Arts)	Creating	ACAVAM107 : Use and experiment with different materials, techniques, technologies and processes to make artworks.

Queensland Curriculum (QCAA)

Subject	Syllabus	Content Description
Health and Physical Education	Foundation	Explore how to interact with others with care, empathy and respect.
Health and Physical Education	Foundation	Recognise that emotions can be expressed in different ways.
The Arts (Visual Arts)	Foundation	Experiment with and use art elements, principles, materials, technologies and processes.



Resources Required

- The "Helping Hearts" created by students in Lesson 1.
- Paper cut-outs in the shape of people (2–3 per student). A simple "gingerbread person" shape works well.
- Crayons, markers, and other simple craft supplies.
- A stapler or sticky tape for the teacher to link the paper chain.
- A picture book about teamwork or family (e.g., *Stuck* by Oliver Jeffers, *We're Going on a Bear Hunt* by Michael Rosen).

Skills

- Communicating
- Collaborating and Teamwork
- Empathy
- Belonging
- Fine motor skills

Teacher Preparation

- Have the paper people cut out and ready for students.
- Prepare a space where the finished "Helping Chain" can be displayed in the classroom.
- This lesson continues to build on the positive and abstract concepts of helping. When connecting to the "bigger idea" of donation, frame it as one family team helping another family team. Reinforce that doctors and nurses are also a special "helping team."

Additional Information

This lesson has been created as part of Donate Buddies, a program designed to help young children explore kindness, sharing, and the importance of helping others. By introducing these concepts in a fun, age-appropriate, and engaging way, children begin to understand the power of kindness and how their actions can make a big difference.

Organ, eye, and tissue donation is a real-life example of this kindness, where one person can help save the lives of many others. While most people can donate tissue, only a small number of people who pass away in hospitals can become organ donors. One organ donor alone can save up to seven lives and help many more people through eye and tissue donation.

