

Kindness Champions

(Year 2 - Ages 7-8):

Lesson 8 of 9

Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson adapts the complex theme of "raising awareness" and "campaigning" into an empowering and age-appropriate role for Year 2 students: the "Kindness Champion." The goal is to help children understand that they have the power to share important, positive messages with others. The lesson uses props and a "parade" to make the abstract idea of advocacy feel fun, tangible, and heroic.

The core objective is to build an understanding that sharing good ideas is an important job. This creates a positive context for framing the act of "spreading the word" about organ donation as a vital mission for a Kindness Champion, helping to build community understanding and support for this ultimate act of generosity.



Key Concepts & Language for Teachers

- **The "Kindness Champion" Metaphor:** This is the central theme. Treat the role as a special honour with a real-world mission.
 - **Say:** "A champion is a hero who stands up for something important. A Kindness Champion is a hero for kindness! Your mission, if you choose to accept it, is to create a powerful, positive message that helps everyone understand how important it is to be kind and to help others."
- **Defining a "Powerful Message":** Help students understand what makes a message effective for sharing.
 - **Say:** "A powerful message is simple, so everyone can understand it. It's clear, so people know exactly what you mean. And it's happy and positive, so it makes people feel good and want to listen!"
- **Connecting a Message to Action:** Link the idea of sharing a message with encouraging positive actions.
 - **Say:** "When we see a poster that says 'Be a Friend,' it reminds us to play with someone who is lonely. When a Kindness Champion shares a message, they are helping other people to do kind things too. Your message has the power to create more kindness in our school."
- **Connecting to the Bigger Idea:** Frame the act of sharing the donation message as a key task for a Kindness Champion.
 - **Say with an encouraging and inspiring tone:** "One of the most important messages a Kindness Champion can share is about the gift of organ and tissue donation. Many people don't know how kind and heroic it is. By creating posters and sharing this idea, you are helping more people learn about this life-saving gift. You are helping them understand that talking about donation with their family is a really important and loving conversation to have. You are true champions for sharing this message."

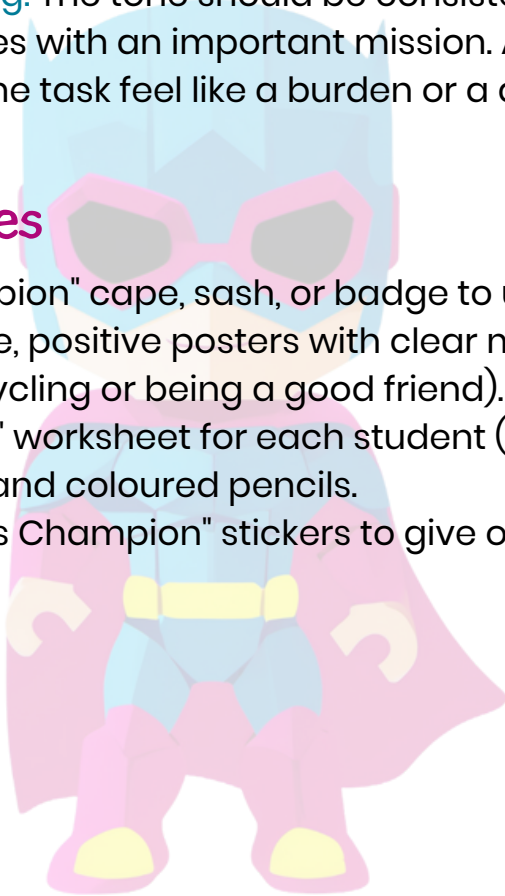


Safety and Sensitivity Considerations

- **Focus on Positive Action:** The lesson is about empowerment and positive communication. Keep the focus on the creative act of making a poster and the fun of sharing it, rather than on the problems or barriers to donation.
- **All Messages are Valid:** Students' ideas for messages should be celebrated. The goal is participation and creative expression. Guide them towards positive and simple language, but honour their individual contributions.
- **Keep it Empowering:** The tone should be consistently uplifting. The students are heroes with an important mission. Avoid any language that could make the task feel like a burden or a difficult chore.

Teacher Resources

- A "Kindness Champion" cape, sash, or badge to use as a prop.
- Examples of simple, positive posters with clear messages (e.g., school posters about recycling or being a good friend).
- A "Kindness Poster" worksheet for each student (or A4 paper).
- Markers, crayons, and coloured pencils.
- Optional: "Kindness Champion" stickers to give out at the end.



Magical Body Facts for Year 2 (Ages 7-8)

- Your amazing heart beats over 100,000 times every single day! ❤️
- If you could spread your lungs out flat, they would be big enough to cover a tennis court! 🏐
- Your brain is more powerful and has more connections than all the computers and phones in the world put together! 🧠
- Your small intestine is so long that if you stretched it out, it would be longer than your family's car! 🚗
- It takes more muscles to frown than it does to smile — so smiling is easier! 😊
- A sneeze can travel faster than a car on the highway — over 160 km/h! Achoo! 🤧
- Your body is always making new skin. You get a whole new outer layer about every month!
- You get new taste buds every couple of weeks, which is why you might suddenly love a food you used to dislike! 🍷🍕
- Ounce for ounce, your bones are stronger than steel. 💪
- Every cell in your body contains a super-long secret code called DNA that has all the instructions to make you, YOU! 🧬

