

Sharing the Kindness News

(Prep - Ages 5-6):

Lesson 5 of 9

Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson marks a shift from learning about kindness to actively sharing it. Students will be empowered as "Kindness Reporters," whose special job is to report on all the good news about helping that they have learned. The lesson consolidates the key concepts from the previous four lessons into simple, positive "news headlines" that the children can feel proud to share.

The core activity is creating a "Kindness News" card to take home. This is not a homework assignment or a prompt for a serious family discussion. Instead, it is a fun, child-led tool that allows the student to share what they've learned in a playful and natural way, giving families a gentle opening to talk more if they choose. The focus is on celebrating and sharing positive stories.



Key Concepts & Language for Teachers

- **The "Kindness Reporter" Frame:** This metaphor is central to the lesson. Make it fun and official.
 - Use props like a toy microphone or a special hat. Use "reporter" language: "Okay reporters, what's the big story today?" or "Let's get ready to report on the good news!"
 - This frame empowers the children and turns sharing into an exciting game rather than a daunting task.
- **Consolidating the "Good News":** The brainstorm session should recall the positive headlines from previous lessons. Guide students to remember these key stories:
 - **Headline 1 (from Lesson 1):** "Everyone Can Be a Kindness Superhero!"
 - **Headline 2 (from Lesson 2):** "Helping Teams Are Stronger Together!"
 - **Headline 3 (from Lesson 3):** "Doctors and Nurses Are a Magical Helper Team!"
 - **Headline 4 (from Lesson 4):** "The Greatest Gift is More Time to Play!"
- **The "Kindness News" Card:** This is the child's tool.
 - **Say:** "This card is your special reporter's notebook. On the front, it shows you are a Kindness Reporter. On the inside, you will draw your favourite big story to share with your family. It will help you remember your important news."
- **Connecting to the Bigger Idea:** This lesson is the connection itself. By encouraging children to share these stories, we are normalising the conversation around helping and altruism in its grandest form.
 - **Say with encouragement:** "Sharing good news is a very important job for a Kindness Superhero. When we share these happy stories about helping, it makes everyone's helping hearts feel warm and sparkly. You are spreading the kindness!"

Safety and Sensitivity Considerations

- **Child-Led and Low-Pressure:** It is vital to stress that this is a fun activity, not a requirement. The child decides if, when, and how they share their card at home.
- **Say:** "You can show your Kindness News to your family tonight, or tomorrow, or whenever you feel like sharing a happy story." This removes any pressure to have a "big talk."



- **Focus on Positive Reporting:** The activity is about reporting the "good news"—the positive outcomes and feelings associated with helping. Steer the conversation away from any sad or complex aspects. If a child focuses on sickness, gently redirect: "Yes, and the good news is that the Doctor and Nurse Team are there to help them feel better!"
- **Family Context:** You cannot control the conversations that happen at home, but you can equip the child with a positive and simple story to tell. The "Kindness News" card provides a clear, positive starting point that is easy for parents to understand and engage with.

Teacher Resources

- A "reporter's hat" or a toy microphone prop.
- A large piece of paper for the "Our Kindness News!" brainstorm.
- A pre-folded A4 card for each student.
- Crayons, markers, and stickers.
- A picture book about sharing stories.

Magical Body Facts for Little Learners (Ages 5–6)

- Helping Hearts, Sharing Lungs, and Kindness Inside Us All!

1. Our Bodies Are Magical

- Did you know our bodies are full of amazing parts that help us live, breathe, see, move, and grow?
- And guess what? When someone is really sick, these parts can sometimes be shared to help them feel better!

◦ 2. We Can Be Super Helpers

- Some people choose to be body helpers. That means after they've finished using their body, special parts like their heart, lungs, or eyes can be given to someone who needs them.
- It's one of the kindest things anyone can do!

◦ 3. One Person = Many Lives

- Just one super helper can save up to seven people!
- And some parts — like skin or eyes — can help even more. That's a LOT of kindness!





4. Doctors Help It Happen Safely

- This only happens in special places like hospitals. Doctors and nurses make sure everything is safe and loving. Families help too — they say “yes” to helping others.



5. Eyes, Skin, Bones, and More!

- Not just hearts and lungs — our eyes, skin, and bones can be shared too!
- Someone who can't see might be able to see again with new eyes. How magical is that?



6. Australia Is Full of Kind People

- Lots of families in Australia say “yes” to sharing body parts.
- That means more people get to smile, run, play, and live their best lives — thanks to amazing body helpers.



7. We Can Talk About It

- Even though we're little, we can still talk to our grown-ups about helping others.
- Maybe one day you'll grow up to be a helper too!



Kindness Grows When We Share

- Helping others is something we can ALL do.
- Even just talking about body gifts makes the world a better, braver place. ✨

