

# The Ripple of Kindness

(Year 2 - Ages 7-8):

Lesson 7 of 9

## Lesson Summary

This lesson explores how a single act of kindness can spread outwards to touch many lives, like a ripple in a pond. Students will be introduced to the magical idea of a "Kindness Ripple" through a story and a hands-on creative activity. They will learn that one good deed can create waves of happiness for friends, family, and the community. The lesson gently frames the gift of organ and tissue donation as a powerful "first ripple," creating endless circles of health and happiness for many people.

## Learning Intentions

Students will ....

- Understand that one act of kindness can have a wide-reaching effect.
- Explore how helping one person can also help their family and friends.
- Recognise that the gift of donation creates a powerful ripple of positive change.

## Success Criteria

Students can ....

- Describe how a single kind act can spread.
- Explain how helping one person can make many people happy.
- Create a "Kindness Ripple" artwork to show the effects of a good deed.

## Lesson Details

|                      |  |
|----------------------|--|
| Time:                | 30 minutes   |
| Year Level:          | Year 2 (Ages 7-8)  |
| Unit:                | This is Lesson 7 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

[Download PDF](#)

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**Lesson Overview**

Lesson Title: The Ripple of Kindness  
Year Level: Year 2 (Ages 7-8)  
Lesson Duration: 30 minutes  
Key Focus Areas: Understanding empathy and the reasons for helping others.

**Curriculum Links:**

Australian Curriculum - Health and Physical Education (Foundation)

- AC91P2202 Identify and practise emotional responses that account for own and others' feelings.
- AC91P3022 Use interaction skills including turn-taking, speaking clearly, and listening to others' ideas.
- AC91VA202 Use materials, techniques and technologies to explore art making, and represent ideas and experiences.

**Learning Intentions**

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**Success Criteria**

- Describe how a single kind act can spread.
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## Student Worksheet

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Name: \_\_\_\_\_ Class: \_\_\_\_\_

**Student Worksheet**

Activity: My Kindness Ripple

Task: Every kind act starts with one small drop. In the middle circle, draw one small act of kindness. Then, in the ripples spreading out, draw or write who else is made happy by your kind act (like your friend, their family, or your teacher).

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## Teacher Content Info

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Name: \_\_\_\_\_ Class: \_\_\_\_\_

**Teacher Preparation**

Introduction for Teachers

This lesson adapts the complex idea of community impact into a simple, visual, and magical concept for Year 2 students: "The Ripple of Kindness." The goal is to help children understand that a single kind act doesn't stop with one person; it spreads outwards, touching many lives. The lesson uses a physical demonstration with water and a pebble to create a memorable, concrete hook for this abstract idea.

The core objective is to build an understanding that when one person is helped, their whole community—family, friends, teachers—also feels the wave of happiness. This creates a powerful and positive context for framing the gift of donation as a "first ripple" that creates endless circles of joy and health for many people.

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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 | <a href="#">AC9HP2P01</a> : Identify and practise emotional responses that account for own and others' feelings.                    |
| English                       | Interacting with others               | <a href="#">AC9E2LY02</a> : Use interaction skills including turn-taking, speaking clearly, and listening to others' ideas.         |
| The Arts (Visual Arts)        | Creating                              | <a href="#">AC9AVA2C01</a> : Use materials, techniques and technologies to explore art making, and represent ideas and experiences. |

## Queensland Curriculum (QCAA)

| Subject                       | Syllabus | Content Description   |
|-------------------------------|----------|---|
| Health and Physical Education | Year 2   | Identify and practise strategies to promote their own and others' health, safety and wellbeing. |
| English                       | Year 2   | Listen to and contribute to conversations and discussions to share information and ideas.       |
| The Arts (Visual Arts)        | Year 2   | Use materials, techniques and technologies to make artworks that represent ideas.               |



## Resources Required

- A large bowl of water and a small stone or pebble.
- A picture book about the flow-on effects of kindness (e.g., Be Kind by Pat Zietlow Miller).
- A "Kindness Ripple" worksheet for each student (or plain paper plates).
- Blue and white drawing materials (crayons, markers, paint).
- Small circle cut-outs for the centre of the ripple.

## Skills

- Cause and effect thinking
- Empathy
- Creative expression
- Communication
- Systems thinking (simple)

## Teacher Preparation

- Have the bowl of water ready for the demonstration.
- Prepare the worksheets or paper plates for the activity.
- The core of this lesson is the "Kindness Ripple" metaphor. It is a powerful visual tool for explaining how a single action doesn't happen in isolation. The demonstration with the water will provide a concrete, memorable hook for the abstract concept. This gently introduces the idea that the gift of donation helps not just one person, but their entire community.

## 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.

