

The Power of a Helping Heart

(Prep - Ages 5-6):

Lesson 1 of 9

Name: _____ Class: _____

Lesson Overview

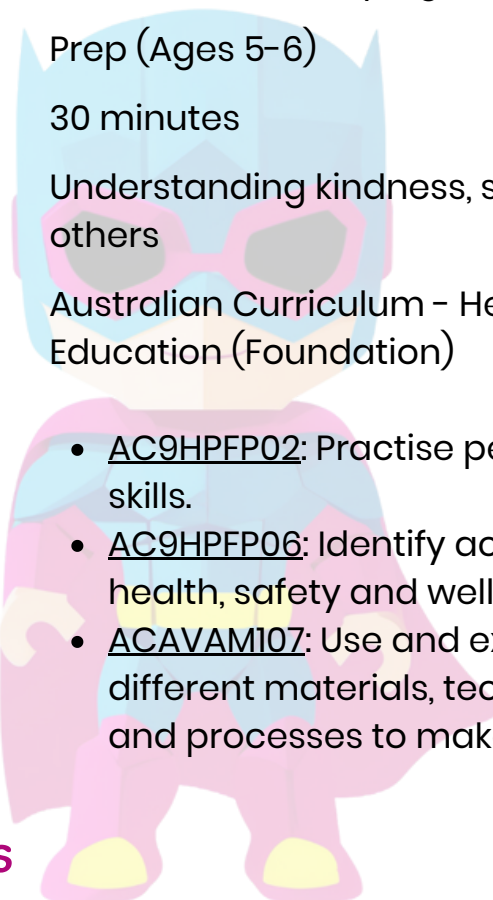
Lesson Title: The Power of a Helping Heart

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)

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- AC9HPFP02: Practise personal and social skills.
 - AC9HPFP06: Identify actions that promote health, safety and wellbeing.
 - ACAVAM107: Use and experiment with different materials, techniques, technologies and processes to make artworks.

Learning Intentions

- Understand that helping others makes us and them feel good.
- Identify different ways we can be kind and helpful.
- Recognise that our bodies are special and can do amazing things.

Success Criteria

- Give an example of a time I helped someone.
- Say one reason why it's good to be a helper.
- Create a 'Helping Heart' to show I am a Kindness Superhero.



Teaching Sequence

Work through this lesson in the following sequence:

Duration	Part	Focus
5 minutes	Part A. The Kindness Superhero	Introduction and Story Time
15 minutes	Part B. Our Amazing Helping Bodies	Brainstorming and Creative Activity
5 minutes	Part C. The Most Magical Gift	Connecting to the Big Idea
5 minutes	Part D. Reflection	Sharing and Closing Chant

Part A. The Kindness Superhero (5 minutes)

Step 1. Introduction & Tuning In

- Gather students in a circle on the floor. Put on your "Kindness Cape" to create a sense of fun and magic.
- Say: "Hello, everyone! Today, I'm putting on my special Kindness Cape because we are going on a mission. Our mission is to discover a very special power that we all have inside us... the power of helping! What do you think a Kindness Superhero does?"
- Listen to 2-3 student responses. Acknowledge all answers positively (e.g., "Yes, helping people is exactly what they do!", "Sharing is a wonderful way to be a superhero!").

Step 2. Story Time

- Introduce the picture book you have chosen (e.g., The Rainbow Fish).
- Say: "I have a story today about a character who learns how to use their helping power. Let's listen and see what happens."
- Read the story aloud with expression.



- After the story, ask engaging questions to connect it to the theme.
 - Ask: "How did the Rainbow Fish help his friends in the story?"
 - Ask: "How do you think his friends felt when he shared his shiny scales?"
 - Ask: "And how do you think the Rainbow Fish felt in his heart after he shared?" (Guide them to understand he felt happy/good).

Part B. Our Amazing Helping Bodies (15 minutes)

Step 1. Brainstorming Ways to Help

- Say: "That story showed us that helping feels good! We don't need a real cape to be a Kindness Superhero. We can use our amazing bodies to help others every single day!"
- Lead a short, active brainstorming session.
 - Ask: "What can our hands do to help?" (Prompt ideas like: wave hello, help a friend up, pack away toys, draw a kind picture, give a gentle pat on the back).
 - Ask: "What can our legs do to help?" (Prompt ideas like: walk to get something for a grown-up, run to get help if someone is hurt).
 - Ask: "What can our voices do to help?" (Prompt ideas like: use kind words, say 'please' and 'thank you', ask someone "are you okay?", give a compliment).

Step 2. Introducing the 'Helping Heart' and Worksheet

- Say: "The most important part of a Kindness Superhero is their heart. Not just the heart inside our chest that goes thump-thump-thump, but our 'helping heart' where all our kindness comes from. When we help someone, our helping heart feels warm and sparkly!"
- Distribute the Student Worksheet and explain the first activity.
- Say: "On this sheet is your very own Helping Heart! Your job is to make it beautiful. This will be your superhero symbol."

Step 3. Creative Activity - Decorate Your Helping Heart

- Direct students to their tables where craft supplies are ready. Play some gentle, upbeat music in the background.
- Instruct: "As you decorate your Helping Heart, I want you to think about all the ways you can be a helper. Every time you add a sparkle, a colour, or a sticker, think of one kind thing you can do. When you are finished, you can do the drawing activity on the back."
- Circulate around the room, talking to students about their creations and their ideas for being kind. Praise their efforts and creativity.



Part C. The Most Magical Gift (5 minutes)

Step 1. Connecting to a Bigger Idea (Gentle Introduction)

- Gather students back to the floor, asking them to bring their finished hearts.
- Say: "Hold up your beautiful Helping Hearts! They are so full of power and kindness! Our bodies are so amazing they can do incredible things. But did you know that sometimes, a person's body can get a bit sick, and one of their parts stops working properly? Maybe their own heart isn't thumping strongly, or their eyes can't see very well."
- Use a tone of wonder and awe for the next part.
- Say: "The most magical, super-special way a person can help is by giving a part of their own body to someone who needs it to get better. It's like giving the most precious gift in the whole world to help someone's body work again. It is the biggest and kindest act of a Kindness Superhero."
- Important: Keep this brief and abstract. The focus is purely on the positive concept of a "special gift." Avoid any details about where the part comes from or how it is given.

Part D. Reflection (5 minutes)

Step 1. Sharing Circle

- Ask a few students to share their heart and the picture they drew of themselves helping.
- Ask: "Can you tell us about your drawing? How are you being a helper?"
- Ask the group: "How does it feel inside to know you have the power to help other people?"

Step 2. Closing Chant: Kindness Superhero Movement Chant

- Lead the students in a simple call-and-response chant to end the lesson on a positive, memorable note.
- Say: "Let's finish with our Kindness Superhero chant! Repeat after me!"
 - Teacher: "When I help, I shine like a star!"
 - (Students repeat, jumping into star pose 🌟)
 - Teacher: "My hands can help in every way!"



- (Students wiggle fingers and mime helping motions – like packing away or sharing)
- Teacher: “My voice is kind – I know what to say!”
- (Students put hands to mouth gently, then hands on heart)
- Teacher: “My heart is strong, and full of love.”
- (Students thump chest gently twice and smile big)
- Teacher: “I’m a helper!”
- (Students say loudly and strike a superhero pose 🦸)
- All together: 🎵 “Kindness grows when I give and share,
Because I’ve got love and magic to spare!”
- (Spin once, then end with hands in the air!)

Differentiated Learning

- Extension:
 - Challenge advanced learners to write a "kindness word" (e.g., help, share, love) on their heart.
 - During sharing time, ask them to describe how the person they helped might have felt.
- Learning Support:
 - Provide pre-cut collage materials for students who struggle with fine motor skills.
 - Work one-on-one or in a small group to brainstorm helping ideas before they begin the worksheet.
 - For students who may find the topic of "sickness" sensitive, allow them to focus solely on the craft and the general idea of being a helper at school and home.

Teacher Reflection

- Which part of the lesson created the most engagement?
- Was the language used simple and positive enough for all learners?
- How did the students respond to the concept of the "magical gift"?
Was it understood as an abstract idea of kindness?
- What could be adjusted for next time?



Assessment

- Observation of participation in discussions.
- Engagement in the art activity.
- Verbal expression of kindness and sharing concepts.

Additional Notes:

Ensure the discussion remains light and age-appropriate. Encourage students to see themselves as "helpers" in different ways, reinforcing empathy and understanding.

This lesson provides a playful, engaging introduction to helping others and the concept of organ donation in a way that is relatable and enjoyable for young learners.

