

The Hero's Echo

(Year 4 - Ages 9-10):

Lesson 5 of 9

Lesson Overview

Lesson Title:	The Hero's Echo
Year Level:	Year 4 (Ages 9-10)
Lesson Duration:	60 minutes
Key Focus Areas:	Empathy, legacy, communication, and sharing family values.
Curriculum Links:	<p>Australian Curriculum – Health and Physical Education (Foundation)</p> <ul style="list-style-type: none">• <u>AC9HP4P02</u>: Analyse how behaviours and actions influence the connections and relationships people have with others.• <u>AC9HP4P04</u>: Describe and apply protective behaviours and help-seeking strategies in a range of online and offline situations.• <u>AC9HS4K06</u>: The significance of celebrations, commemorations and/or symbols of belonging and their importance for the community.• <u>AC9E4LY02</u>: Use interaction skills including... active listening behaviours... to share and extend ideas and topics.

Learning Intentions

- Understand that a person's kind actions and values can "echo" and inspire others.
- Explore how sharing our kind wishes with our family is an important and positive action.
- Recognise that the "gift of donation" is a powerful "echo" of kindness that gives life to others.

Success Criteria

- Give an example of a "Hero's Echo" (a story of kindness living on).
- Explain why it's important for families to share their kind wishes with each other.
- Design a "Kindness Echo" symbol that represents a good deed echoing into the future.



Teaching Sequence

Work through this lesson in the following sequence:

Duration	Part	Focus
10 minutes	Part A. The Echo Stone	Introduction, Hook, and Metaphor
15 minutes	Part B. Real-Life Hero Echoes	Storytelling and Brainstorming Legacy
15 minutes	Part C. Starting Your Echo	The "Family Conversation" Link (Sharing Wishes)
15 minutes	Part D. My Kindness Echo	Worksheet Activity & Creative Expression
5 minutes	Part E. Sharing Our Echoes	Reflection and Sharing

Part A. The Echo Stone (10 minutes)

Step 1. Review and Introduction

- Gather students on the floor in a circle.
- Say: "Hello, heroes. In our last lesson, we learned about the 'Treasure of More Time.' Today, we're going to talk about how a hero's kindness can last forever, using a bit of magic. Has anyone ever shouted into a big, open valley or a cave? What happens?" (It echoes!)
- Say: "An echo is when your voice is so powerful, it bounces back and lives on. What if our kindness could do that? What if a brave act could 'echo'?"

Step 2. The "Echo Stone" Metaphor

- Hold up the prop "Echo Stone."
- Say: "This is an 'Echo Stone.' The legend is that if you whisper a kind wish or a brave idea into it, the stone remembers it and echoes that kindness out into the world forever."
- Ask: "What is a kind wish you might whisper into our stone?" (e.g., "I wish for my friend to be happy," "I wish to help animals.")
- Pass the stone to one or two students to share a kind wish.



Part B. Real-Life Hero Echoes (15 minutes)

Step 1. Story Time

- Say: "A 'Hero's Echo' isn't just magic; it's real. It's when a person's idea or act is so brave and kind that it inspires others long after they're gone. I want to tell you about a real hero named Terry Fox."
- Tell the brief, age-appropriate story of Terry Fox: He was a young man who lost his leg to cancer. He wanted to help others, so he started a run across Canada (the "Marathon of Hope") to raise money for cancer research. He couldn't finish his run, but his idea—his 'echo'—was so powerful that it's still going. Every year, people all over the world join the 'Terry Fox Run' and have raised over \$850 million. His kindness is still echoing."

Step 2. Brainstorming Echoes

- Ask: "What other 'Hero Echoes' can you think of? How can a person's kindness live on?"
- Brainstorm a list on the board (e.g., "Planting a tree" – the echo is the shade. "Writing a book" – the echo is the ideas. "Being a kind teacher" – the echo is all the students they helped.)

Part C. Starting Your Echo (The Hero's Wish) (15 minutes)

Step 1. The "Family Conversation" Link

- Say: "A hero's echo is the most powerful thing they can create. But an echo can only start if someone hears the first sound. If Terry Fox had kept his idea a secret, his echo would never have started."
- Ask: "Who are the most important people in your life? Who do you share your biggest ideas, your worries, and your wishes with?" (Guide them to "family.")
- Say: "Exactly. Our family. 'Starting your echo' is one of the bravest and most loving things a hero can do. It's when you share your kindest wishes and values with your family, so they know what is important to you. It's not a sad conversation; it's a brave one, full of love and trust."

Step 2. Connecting to the Big Idea

- Say: "This is the most important part of being a 'Helping Hero.' The wish to give the 'spare part' gift—the 'Treasure of More Time'—is the most incredible echo a person can create. It's an echo of life."
- Say: "But that echo can only happen if the hero has been brave enough to 'start their echo' by sharing that wish with their family. When a family knows that kind wish, they can make sure that hero's echo lives on. It's the most important team talk a family can have."

Part D. My Kindness Echo (15 minutes)

Step 1. Creative Activity

- Students move to their desks. Distribute the "My Kindness Echo" worksheet (with the concentric circles).



- Instruct: "It's your turn to design your own echo. In the very center of the circles, I want you to write or draw the kind wish or value you want to 'echo' into the world. It could be 'Be a Helping Hero,' 'Protect animals,' or 'Be kind to everyone.'"
- Instruct: "In the circles spreading outwards, draw or write what that 'echo' would look like. How would it grow and help others?"

Step 2. Creative Time

- Allow students 10–12 minutes to design their "Kindness Echo."
- Circulate and talk about their ideas. Prompt: "That's a powerful wish in the center! What's the first echo? How would that help your family or friends?"

Part E. Sharing Our Echoes (5 minutes)

Step 1. Reflection and Sharing

- Ask a few students to share their "Kindness Echo" design with the class.
- Ask: "What is the kind wish you are starting in the center?"
- Ask: "Why is it a brave and loving thing to share our kind wishes with our families?"
- Say: "You have all shown today that you are 'Helping Heroes' who have powerful, kind ideas. Remember that sharing your kind ideas with the people you love is how you start your echo, and that is a truly heroic thing to do."

Differentiated Learning

- Extension:
 - Challenge students to write a short "Hero's Pledge" on the back of their worksheet, describing the kind wish they promise to share.
 - Ask them to think of a real person in their life (like a grandparent) and describe the kind "echo" they have created.
- Learning Support:
 - Provide a list of "Kind Wishes" on the board for students to choose from (e.g., "Help people," "Share," "Be brave," "Love animals").
 - Work with a small group to complete the worksheet, verbally brainstorming the "echo" steps together.

Teacher Reflection

- Did the "Hero's Echo" metaphor successfully reframe "Having the Conversation" as a positive, safe, and empowering concept?
- Were students able to understand the link between a "hero's act" (like Terry Fox) and the "legacy" or "echo" it leaves?
- Did students grasp the key idea: that sharing your wishes with your family is a brave act of love and trust?
- How can I use this "echo" language to encourage students to be proud of their values and share them confidently?



Assessment

- Worksheet (Activity): Assess the "My Kindness Echo" worksheet. Did the student identify a core "kind wish" (the center) and show a basic understanding of how that kindness would ripple outwards (the outer circles)?
- Class Discussion: Listen for students' ability to use the "echo" metaphor in context. Can they explain why sharing wishes (the "conversation") is important for a hero's echo to be heard?

Additional Notes:

This is the most sensitive lesson in the unit. The "Teacher Content" document's safety guidelines are critical. The goal is not to have children go home and have a difficult talk. The goal is to normalise and empower children to share their kind values with their families, reframing "the conversation" as a positive, brave, and loving act of "starting your echo." The focus must remain on legacy, kindness, and inspiration, not on loss.

