

# The Kind Choice Club

(Year 1 - Ages 6-7):

## Lesson 6 of 9

### Lesson Overview

Lesson Title:	The Kind Choice Club
Year Level:	Year 1 (Ages 6-7)
Lesson Duration:	30 minutes
Key Focus Areas:	Understanding kindness, helping, and the positive impact of our actions.
Curriculum Links:	<p>Australian Curriculum – Health and Physical Education (Foundation)</p> <ul style="list-style-type: none"><li>• <u>AC9HP2P02</u>: Describe how respect, empathy and compassion can be expressed to build positive relationships.</li><li>• <u>AC9HS1K04</u>: Explain how and why people make rules and the consequences of rules not being followed.</li><li>• <u>AC9AVA2C01</u>: Use materials, techniques and technologies to explore art making, and represent ideas and experiences.</li></ul>

### Learning Intentions

- Understand that being a helper is a choice we can make.
- Identify the difference between a helpful and an unhelpful choice.
- Understand that the gift of donation is a special and kind choice a family makes.

### Success Criteria

- Explain that being kind is a choice.
- Show how to vote for a "kind choice" in our class activity.
- Design a "Kind Choice Club" badge to show I am a member.



## Teaching Sequence

Work through this lesson in the following sequence:

Duration	Part	Focus
5 minutes	Part A. Joining the Club	Introduction and Story Time
10 minutes	Part B. Making Kind Choices	Interactive Movement and Voting Activity
10 minutes	Part C. Our Club Badge	Creative Activity & Connecting to the Big Idea
5 minutes	Part D. The Club Promise	Reflection and Sharing

### Part A. Joining the Club (5 minutes)

#### Step 1. Review and Introduction

- Gather students on the floor.
- Say with excitement: "Hello everyone! Today, I have a very special invitation for you. I want to invite you all to join a secret club. It's called The Kind Choice Club! To be a member, you don't need a password, you just have to use your kind heart to make good choices that help others."
- Ask: "What does it mean to make a choice?" (Guide them to understand it means deciding what to do). "That's right! And members of our club always try their best to make the kind choice."

#### Step 2. Story Time

- Introduce a picture book about choices and consequences, like What If Everybody Did That? by Ellen Javernick.
- Say: "This book is all about the choices we make and what happens because of them. Let's see what kind of choices the characters make."
- Read the story aloud, pausing to discuss the consequences of the different choices shown.



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- Ask: "Was that a kind choice or a choice that needed to be thought about again?"
- Ask: "What happened when the character made a kind choice at the end?"

## Part B. Making Kind Choices (10 minutes)

### Step 1. Introducing the Activity

- Point to the "Kind Choice  sign on one side of the room and the "Think Again  sign on the other.
- Say: "It's time for our first club meeting! I am going to tell you a short story about a choice. If you think the person made a kind choice, I want you to walk over and stand by the 'Kind Choice' sign. If you think they could have made a better choice, you can walk over to the 'Think Again' sign."

### Step 2. Interactive Scenarios

- Read out a few simple, relatable scenarios. Pause after each one for students to move and "vote" with their feet.
  - "Scenario 1: Ben sees that his friend has dropped all of her pencils. Ben chooses to stop and help her pick them up. What do we think of Ben's choice?" (Students move).
  - "Scenario 2: It's time to play, and Maya is the first one to the balls. She chooses to take three balls for herself so no one else can play with them. What do we think of Maya's choice?" (Students move).
  - "Scenario 3: The class is listening to a story. Chloe has something she wants to say. She chooses to put her hand up and wait patiently for her turn. What do we think of Chloe's choice?" (Students move).
- After each scenario, briefly and positively discuss why it was a "Kind Choice" or what a better choice might have been for the "Think Again" group.

## Part C. Our Club Badge (10 minutes)

### Step 1. Introducing the Creative Activity

- Say: "You are all excellent at spotting kind choices! Now that you are all members of our club, you need an official club badge."
- Distribute the "The Kind Choice Club Badge" worksheet.
- Instruct: "Your mission is to design your own club badge. You can draw symbols of kindness on it, like a smiling face, a helping hand, or a big heart. Make it colourful and special so everyone knows you are a member of The Kind Choice Club."



## Step 2. Creative Time

- Students move to tables to design their badges.
- As they work, circulate and praise their designs.
  - "That's a wonderful symbol for your badge! Why did you choose a heart?"
  - "I can see you are a very proud member of our club."

## Step 3. Connecting to the Bigger Idea

- As they finish, gently introduce the connection.
- Say with a caring tone: "Your club badges are so important. They show you believe in making kind choices. The biggest and bravest kind choice of all is one that a family makes together. When someone is very sick, the 'super-mechanics'—the doctors—ask the family if they would like to help another family by sharing the gift of life. It is a very big decision. When the family chooses to say 'yes,' they are joining the Kind Choice Club in the most special way possible. Their kind 'yes' starts a huge ripple of happiness."

## Part D. The Club Promise (5 minutes)

### Step 1. Sharing Our Badges

- Invite a few students to share their badge design and explain one of the kindness symbols they drew.
- Give each student their special "Kind Choice Club Member" sticker to add to their worksheet or shirt.

### Step 2. Reflection

- Ask: "What is the most important rule of our Kind Choice Club?" (To try your best to make kind choices).
- Say: "You are all now official members! Let's make a club promise."
- Lead them in a simple call-and-response promise:
  - Teacher: "I promise to think," (Students repeat)
  - Teacher: "With my kind heart." (Students repeat)
  - Teacher: "I promise to choose," (Students repeat)
  - Teacher: "A helpful part!" (Students repeat)

## Differentiated Learning

- Extension:
  - Challenge students to write their name and one "kind choice word" (e.g., help, share) on their badge.



- Ask them to think of a "club rule" for being kind on the playground.
- Learning Support:
  - Provide pre-cut shapes like hearts and smiley faces for students to glue onto their badges.
  - During the movement activity, pair students up so they can discuss their choice before moving.

## Teacher Reflection

- Did the "Kind Choice Club" metaphor make the concept of ethical decision-making fun and accessible?
- Was the physical voting activity effective in helping students distinguish between helpful and unhelpful choices?
- Did the students feel a sense of pride and belonging in creating their club badges?
- How did the students respond to the connection between making a "kind choice" and a family's decision to consent to donation?

## Assessment

- Observation of participation and decision-making during the interactive movement activity.
- Ability to identify a "kind choice" in a simple, given scenario.
- Creative expression in the "Kind Choice Club Badge" worksheet, showing an understanding of symbols of kindness.
- Verbal expression of what it means to be a member of the club (i.e., to make kind choices).

## Additional Notes:

Ensure the lesson frames "choice" as an empowering and positive action. The focus should be on celebrating the kindness of saying "yes" to helping, without creating any sense of pressure or obligation for the children.

This lesson provides the foundational understanding of consent in a safe, age-appropriate way. It powerfully reframes the family's decision to donate as a heroic and loving choice, which is the ultimate expression of being in "The Kind Choice Club."

