

The Ripple of Kindness

(Year 2 - Ages 7-8):

Lesson 7 of 9

Lesson Overview

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| 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: | <p>Australian Curriculum – Health and Physical Education (Foundation)</p> <ul style="list-style-type: none">• <u>AC9HP2P01</u>: Identify and practise emotional responses that account for own and others' feelings.• <u>AC9E2LY02</u>: Use interaction skills including turn-taking, speaking clearly, and listening to others' ideas.• <u>AC9AVA2C01</u>: Use materials, techniques and technologies to explore art making, and represent ideas and experiences. |

Learning Intentions

- 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

- 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.



Teaching Sequence

Work through this lesson in the following sequence:

| Duration | Part | Focus |
|------------|---------------------------------------|---|
| 5 minutes | Part A. The First Ripple | Introduction, Demonstration & The Ripple Metaphor |
| 10 minutes | Part B. How Kindness Spreads | Story Time & Brainstorming the Ripple Effect |
| 10 minutes | Part C. Creating Our Kindness Ripples | Creative Activity & Connecting to the Big Idea |
| 5 minutes | Part D. A Pond Full of Kindness | Reflection and Sharing |

Part A. The First Ripple (5 minutes)

Step 1. Review and Introduction

- Gather students on the floor around a large, clear bowl of water.
- Say: "Hello everyone! Last time, we learned about making and sharing kind promises. Today, we're going to watch some magic. We're going to see how one tiny, small action can change everything."

Step 2. The Ripple Demonstration

- Hold up a small pebble. Say: "This little stone is like one small act of kindness. Let's see what happens when we drop it into our calm pond."
- Drop the pebble into the centre of the bowl. Ask students to watch the ripples spread out.
- Ask: "What did you see? Did the water only move where the stone landed?" (Guide them to see the circles spreading out).
- Say: "That's right! The ripples travelled all the way to the edge. A single act of kindness is just like that pebble. It starts in one spot, but the good feelings it creates spread out like ripples, touching many, many people."

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Part B. How Kindness Spreads (10 minutes)

Step 1. Story Time

- Introduce a picture book about the flow-on effects of kindness (like *Be Kind* by Pat Zietlow Miller).
- Say: "This story is about how one small good deed can travel from person to person, making the whole town a happier place. Let's look for all the ripples of kindness as I read."
- Read the story aloud, pointing out how one character's action makes another character happy, who then does something kind for someone else.

Step 2. Brainstorming a Kindness Ripple

- Say: "Let's imagine our own kindness ripple. Let's say our first ripple is sharing a toy with a friend who is sad."
- Ask: "What is the next ripple?" (The friend feels happy). "And the next one?" (The friend's mum is happy because her child is happy). "And another?" (You feel good for sharing).
- Draw concentric circles on the board to map out the ripple effect, showing how many people are affected by the one kind act.

Part C. Creating Our Kindness Ripples (10 minutes)

Step 1. Creative Activity

- Students move to tables. Distribute the "My Kindness Ripple" worksheet or a paper plate.
- Instruct: "Now you get to create your own Kindness Ripple. In the very middle, I want you to draw one small, kind act. Then, in the circles spreading out, draw or write about all the other people who are made happy because of that one first ripple."
- Students design their ripples using blue and white colours to look like water.
- As they work, circulate and talk about their ripples.
 - "Tell me about your first ripple of kindness."
 - "Who is feeling happy in your second ripple? And your third?"

Step 2. Connecting to the Bigger Idea

- As they finish, gently introduce the connection.
- Say with a caring tone: "Your kindness ripples are so beautiful. They show how one small act can spread so much happiness. The gift of organ and tissue donation is like the biggest first ripple you can imagine."



- Continue with a sense of wonder: "When one kind person gives the gift of health, that first ripple helps someone who is unwell. But the next ripple is their whole family feeling happy and relieved. The next ripple is their friends who get to play with them again. The next ripple is the doctors and nurses. The happiness spreads and spreads, all from one amazing, kind gift."

Part D. A Pond Full of Kindness (5 minutes)

Step 1. Sharing Our Ripples

- Invite students to bring their finished "Kindness Ripple" artworks and sit in a circle on the floor.
- Say: "Let's turn our classroom floor into a big, calm pond. One by one, I'd like you to share your first ripple of kindness and then gently place your artwork in our pond."
- As students add their ripples, the "pond" will fill up with kindness.

Step 2. Reflection

- Admire the pond full of ripples.
- Ask: "Look at our pond! It's full of kindness. How does it feel to know that every small, kind thing we do can spread so far and make so many people happy?"
- Say: "It's a wonderful reminder that we are all connected, and even the smallest pebble of kindness can create a huge wave of happiness in the world."

Differentiated Learning

- Extension:
 - Challenge students to write a short story about their kindness ripple, describing each step of the wave.
 - Ask them to think of a kind act the class could do together that would create the biggest possible ripple in the school.
- Learning Support:
 - Provide a list of "first ripple" ideas on the board with simple pictures for students to choose from (e.g., helping a teacher, sharing a book).
 - Work with a small group to verbally map out a ripple on the whiteboard before they begin drawing, asking "And then who would be happy?" for each step.



Teacher Reflection

- Did the water and pebble demonstration effectively convey the "ripple effect" metaphor?
- Were students able to trace the consequences of a single kind act through multiple "ripples"?
- Did the connection between the ripple effect and the community-wide impact of donation feel gentle and empowering?
- How can I use the "ripple" language to encourage students to think about the consequences of their actions (both positive and negative) in the classroom?

Assessment

- Observation of participation in the ripple demonstration and brainstorming session.
- Ability to identify and illustrate a "first ripple" and its subsequent effects.
- Creative expression in the "Kindness Ripple" worksheet, showing a clear understanding of the concept.
- Verbal understanding that helping one person can make a whole community happy.

Additional Notes:

Ensure the lesson keeps the visual concept of the "Kindness Ripple" central. The physical demonstration is key to making this abstract idea of cause and effect concrete and memorable. This lesson powerfully reframes the gift of donation not just as a gift to one person, but as a gift to an entire community, celebrating its wide-reaching positive impact.

