

# Our Superhero Helping Teams

(Prep - Ages 5-6):

## Lesson 2 of 9

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

### Teacher Preparation

#### Introduction for Teachers

This lesson expands the "Kindness Superhero" concept from Lesson 1 to introduce "Helping Teams." The goal is to help children understand that their power to help becomes even stronger when they work together with others. The lesson focuses on identifying the teams they belong to (family, friends, class) and celebrating the ways these groups provide support and care. The central activity, creating a collaborative "Helping Chain," provides a tangible, visual representation of community and connection.

As with the first lesson, the focus is on positive, simple, and magical language. The concept of organ and tissue donation is gently introduced as the ultimate act of one "helping team" (a family) making a kind choice to help another.



## Key Concepts & Language for Teachers

- **From 'Me' to 'We':** The core shift in this lesson is from individual acts of kindness to collaborative helping. Use language that reinforces this: "We are a team," "We help each other," "Look what we made together!"
- **Defining 'Teams':** Help children identify their teams using concrete examples.
- **Family Team:** "Our family is a team that helps each other at home. How does your family team help you?"
- **Friend Team:** "Your friends at school are a team. You help each other on the playground and share your toys."
- **Classroom Team:** "Our whole class is a super-important helping team. We learn together and help keep our classroom tidy."
- **The 'Helping Chain' Metaphor:** The paper chain is more than a craft. It's a powerful visual symbol. Emphasise this as you create it: "Look how each person is connected to the next. When we link our hands, our team is stronger. Our chain shows that we are all connected by kindness."
- **Connecting to the Bigger Idea:** When linking to organ donation, frame it as a team-to-team action.
- **Say with a gentle tone:** "Remember the most magical gift we talked about? Sometimes, a whole family team is very sad because someone they love is sick. The most amazing thing is that another family team can make the kindest choice to help them. Doctors and nurses are another very special helping team who help this magical gift happen." This framing avoids focusing on an individual and reinforces the theme of community support.

## Safety and Sensitivity Considerations

- **Diverse Families:** Be mindful that family structures vary greatly. Use inclusive language like "your grown-ups at home," "the people who care for you," or "your family team" rather than assuming a traditional family structure.
- **Emotional Responses:** Some children may have complex feelings about their family or friends. If a child seems sad or withdrawn, gently redirect them to the positive actions of their "classroom team," which is a shared, safe, and immediate community for everyone present.



- **Keep it Abstract:** Continue to avoid any medical or procedural details. The goal is to build an emotional foundation of empathy and community, not to explain a complex process. If a child asks a difficult question, a simple and reassuring answer is best: "That's a really thoughtful question. The most important part to know is that it's all about helping and kindness."
- This lesson provides an opportunity to expand emotional literacy by checking in on feelings before or after the 'Helping Chain' activity. Use emoji visuals, a class feelings board, or open-ended prompts to support emotional awareness.

## Teacher Resources

- The "Helping Hearts" created by students in Lesson 1.
- Paper cut-outs in the shape of people (2–3 per student).
- Crayons, markers.
- A stapler or sticky tape.
- A picture book about teamwork or family (e.g., *Stuck* by Oliver Jeffers).

## Magical Body Facts for Little Learners (Ages 5–6)

- Helping Hearts, Sharing Lungs, and Kindness Inside Us All!

### 1. Our Bodies Are Magical

- Did you know our bodies are full of amazing parts that help us live, breathe, see, move, and grow?
- And guess what? When someone is really sick, these parts can sometimes be shared to help them feel better!

### ◦ 2. We Can Be Super Helpers

- Some people choose to be body helpers. That means after they've finished using their body, special parts like their heart, lungs, or eyes can be given to someone who needs them.
- It's one of the kindest things anyone can do!

### ◦ 3. One Person = Many Lives

- Just one super helper can save up to seven people!
- And some parts — like skin or eyes — can help even more. That's a LOT of kindness!





#### 4. Doctors Help It Happen Safely

- This only happens in special places like hospitals. Doctors and nurses make sure everything is safe and loving. Families help too — they say “yes” to helping others.



#### 5. Eyes, Skin, Bones, and More!

- Not just hearts and lungs — our eyes, skin, and bones can be shared too!
- Someone who can't see might be able to see again with new eyes. How magical is that?



#### 6. Australia Is Full of Kind People

- Lots of families in Australia say “yes” to sharing body parts.
- That means more people get to smile, run, play, and live their best lives — thanks to amazing body helpers.



#### 7. We Can Talk About It

- Even though we're little, we can still talk to our grown-ups about helping others.
- Maybe one day you'll grow up to be a helper too!



#### Kindness Grows When We Share

- Helping others is something we can ALL do.
- Even just talking about body gifts makes the world a better, braver place. ✨

