

Planting a Seed of Kindness

(Prep - Ages 5-6):

Lesson 8 of 9

Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson adapts the complex theme of "registering an audience" into a beautiful and simple metaphor for young learners: planting a seed of kindness. The goal is to help students understand that the positive stories they have learned about helping have the power to create more kindness in the world when they are shared.

The central metaphor is key: the story of the "magical gift" is a seed. When we share the story with someone, we are planting that seed in their heart. The kindness and understanding that results is the flower that grows. This lesson empowers students by showing them that their words have a real, positive impact. The craft activity of creating their own "Kindness Seed" and packet makes this abstract idea tangible and memorable.



Key Concepts & Language for Teachers

- **The "Kindness Seed" Metaphor:** This is the core of the lesson. Your enthusiasm will bring it to life. Use the real seed and plant as a powerful visual aid.
 - **Say:** "A tiny seed can grow into a big, beautiful flower if we plant it and care for it. A kind story is just like a seed. If we 'plant' it by telling someone, it can grow into more kindness in their heart!"
- **What is the Seed?** Be explicit that the "seed" is the collection of positive stories they have learned.
 - **Say:** "Our Kindness Seed holds all the important stories we know: the story of Kindness Superheroes, of strong Helping Teams, of the Magical Helpers, of the Gift of Time, and of the brave family who makes the kind choice to say 'yes'."
- **What is 'Planting'?** Clearly define "planting" as the act of sharing.
 - **Say:** "How do we plant our Kindness Seed? We don't need soil! We 'plant' it by telling our kindness story to someone we love, like our family. That's how the kindness starts to grow."
- **Connecting to the Bigger Idea:** This lesson is about the ripple effect of the donation story.
 - **Say with a warm, encouraging tone:** "Every time you share the story of the 'magical gift,' you are planting a seed. You are helping more people understand how wonderful and kind it is to be a helper. You are helping to grow a whole garden of kindness in our community, just by sharing a story."

Safety and Sensitivity Considerations

- **Making the Abstract Concrete:** The metaphor of a story being a seed can be abstract. The physical craft of decorating a seed and a packet is crucial to grounding this idea. Continually link the physical object to the abstract concept.
- **No Pressure for Outcomes:** The goal is to empower children to share, not to assign them a task. The focus is on the beauty of the story and the potential for growth. Avoid any language that suggests they must make someone understand or agree. The act of sharing is the success.



- **Focus on Growth and Positivity:** Keep the entire lesson focused on the positive imagery of planting, growing, and flowers blooming. This reinforces a hopeful and empowering message about the impact of positive communication.

Teacher Resources

- A real plant or flower, and a separate small seed.
- A picture book about planting seeds (e.g., The Tiny Seed by Eric Carle).
- Small, pre-made paper envelopes ("seed packets").
- Small, flat seeds (like beans) or paper circles.
- Glue sticks, crayons, markers, and stickers.

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. ✨

