

Our Kindness Celebration: A Superhero Song

(Prep - Ages 5-6):

Lesson 9 of 9

Lesson Overview

Lesson Title:	Our Kindness Celebration: A Superhero Song
Year Level:	Prep (Ages 5-6)
Lesson Duration:	30 minutes
Key Focus Areas:	Understanding kindness, sharing, and helping others
Curriculum Links:	<p>Australian Curriculum – Health and Physical Education (Foundation)</p> <ul style="list-style-type: none">• <u>AC9HPFP02</u>: Practise personal and social skills to interact with others with care, empathy and respect.• <u>AAC9AMU201</u>: Sing and play instruments to create and perform music.• <u>ACAVAM107</u>: Use and experiment with different materials, techniques, technologies and processes to make artworks.

Learning Intentions

- Remember and celebrate all the ways we can be a Kindness Superhero.
- Learn and sing a song about helping others.
- Create a special medal to show we are part of the Kindness Superhero team.

Success Criteria

- Sing some of the "Kindness Superhero" song.
- Name one thing a Kindness Superhero does.
- Make and wear my "Kindness Superhero Medal."



Teaching Sequence

Work through this lesson in the following sequence:

Duration	Part	Focus
5 minutes	Part A. Our Superhero Journey	Review and Introduction to the Celebration
10 minutes	Part B. The Kindness Superhero Song	Learning and Singing Our Special Song
10 minutes	Part C. Our Superhero Medals	Creative "Medal of Kindness" Activity
5 minutes	Part D. The Kindness Celebration	"Graduation" Ceremony and Final Reflection

Part A. Our Superhero Journey (5 minutes)

Step 1. Review and Introduction

- Gather students on the floor. Display some of the crafts from previous lessons (e.g., the Helping Chain, the Wall of Kindness).
- Say with excitement: "Hello Kindness Superheroes! Today is a very special day. For many weeks, you have been in superhero training, and today is our Kindness Celebration to celebrate everything you have learned!"
- Lead a brief, interactive review: "Let's think about our journey. Put your hand on your heart if you remember learning about your 'Helping Heart'?" (Pause). "Wave your hands if you remember learning about our 'Helping Teams'?" (Pause). "Point to a friend you would share the 'Gift of Time' with." (Pause). "Give a big thumbs up if you remember learning about making a 'Kind Choice'?" (Pause).
- Say: "You have learned so much! You are all officially Kindness Superheroes."



Part B. The Kindness Superhero Song (10 minutes)

Step 1. Introducing the Song

- Unveil the large chart with the song lyrics and picture cues.
- Say: "Every great superhero team has its own special anthem or song, and today we are going to learn ours! It's called the 'Kindness Superhero Song,' and it has all of our special lessons inside it."

Step 2. Learning the Song

- Point to the words and pictures as you teach the song line by line. Use a simple call-and-response method first (you sing a line, they sing it back).
- The song is to the tune of "Twinkle, Twinkle, Little Star."
(Verse 1)
With my helping heart so true,
Kindness is in all I do.
Helping teams, we stand so tall,
We will catch friends if they fall.
With my helping heart so true,
Kindness is in all I do.
(Verse 2)
Doctors help with magic tools,
Following the kindness rules.
Giving time for fun and play,
Making choices the kind way.
With my helping heart so true,
Kindness is in all I do.
- Sing the song through together a few times, encouraging simple actions like pointing to their heart or giving a thumbs up.

Part C. Our Superhero Medals (10 minutes)

Step 1. Introducing the Creative Activity

- Say: "Now that we have our official song, every Kindness Superhero needs their official medal! You have all earned a very special 'Medal of Kindness' for completing your training."
- Distribute the pre-cut cardboard circles, ribbons, and special craft supplies.
- Instruct: "Your mission is to decorate your medal. Make it as shiny, sparkly, and special as you can. This medal shows everyone that you are a true Kindness Superhero with a big, helping heart."

Page 3 of 5



Step 2. Creative Time

- Students move to tables to create their medals. Play some upbeat, celebratory music.
- As they work, circulate and praise their designs.
- "What a wonderful medal! It looks perfect for a superhero."
- "You should be so proud of earning this."
- Help students attach the ribbon to their medal so they can wear it.

Part D. The Kindness Celebration (5 minutes)

Step 1. The "Graduation" Ceremony

- Gather the students back to the floor, wearing their medals.
- Say: "Kindness Superheroes, please stand up. You have all done an amazing job. You have learned how to be kind, how to work in a team, and how to make the world a better place. I am so proud to present you all with your Medals of Kindness!"
- Lead the class in a big round of applause for themselves.

Step 2. Final Reflection and Song

- Ask: "How does it feel to be an official Kindness Superhero?"
- Say: "Remember, you can use your superhero powers every single day just by being kind. Let's sing our song one last time to celebrate!"
- Sing the "Kindness Superhero Song" together with pride and enthusiasm.

Differentiated Learning

- Extension:
 - Ask students to draw a symbol on their medal that represents their favourite part of being a superhero (e.g., a heart, a helping hand).
 - Invite a confident student to help you lead the class in the song.
- Learning Support:
 - Focus on learning the chorus or the first verse of the song.
 - Provide pre-cut shiny shapes and stickers for students who may find decorating the medal challenging.



Teacher Reflection

- Did this lesson feel like a successful and joyful celebration of the unit?
- Were the students proud to receive their "medals"?
- Did the song effectively consolidate the key messages from the previous lessons?
- What was the most impactful part of this 9-lesson journey for the students? What will they remember most?

Assessment

- Observation of participation in the celebratory review and song.
- Willingness to sing and perform the actions for the "Kindness Superhero Song."
- Creative expression and pride shown in the "Kindness Superhero Medal" craft.
- Verbal expression of understanding what it means to be a "Kindness Superhero."

Additional Notes:

Ensure the lesson is a joyful and positive culmination of the entire unit. The focus should be on celebrating the students' learning journey and reinforcing their sense of empowerment and pride as official "Kindness Superheroes."

This final lesson solidifies the unit's key messages in a memorable and happy way. It provides a powerful, positive conclusion, leaving students with a lasting sense of their own capacity for kindness and the importance of helping others.

