

The Body's Helping Heroes

(Year 4 - Ages 9-10):

Lesson 1 of 9

Lesson Summary

This 60-minute lesson introduces students to the concept of organ and tissue donation through the empowering and familiar theme of "heroes." Students will brainstorm different types of heroes in their community and then be introduced to a new kind: "Helping Heroes" who give the gift of life. Using a simple, non-scary story or metaphor (e.g., a "broken part" that needs a "spare part"), the lesson explains that sometimes our organs get sick and need help. This introduces transplantation as an amazing act of kindness and science. Students will use their creative skills to design a "Thank You" card for a "Helping Hero," connecting this profound act back to the core concept of altruism.

Learning Intentions

Students will

- Identify a range of "heroes" in their community and what makes them heroic.
- Understand that our bodies are amazing, but sometimes organs can get very sick and stop working properly.
- Be gently introduced to the concept of organ and tissue donation as a heroic way to help "repair" someone's body.
- Recognise that the choice to donate is an example of profound kindness (altruism).

Success Criteria

Students can

- List two different types of heroes and describe the kind or brave thing they do.
- Explain in their own words that if an organ is "broken," sometimes it can be "fixed" with a gift from a helper.
- Design a card that expresses gratitude to a "Helping Hero" and their family.
- Connect the act of donation to the idea of "helping just to help."

Lesson Details

Time:	60 minutes
Year Level:	Year 4 (Ages 9-10)
Unit:	This is Lesson 1 of 9 in the series.
Educational Partner:	This lesson is adapted from resources provided by DonateLife

General Capabilities

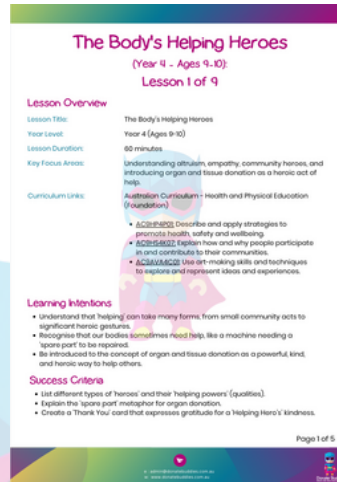
Personal and Social Capability, Ethical Understanding, Critical and Creative Thinking, Health and Physical Education.



Lesson Guides and Printables

Lesson Plan

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(Year 4 - Ages 9-10)
Lesson 1 of 9

Lesson Overview

Lesson Title: The Body's Helping Heroes
Year Level: Year 4 (Ages 9-10)
Lesson Duration: 60 minutes
Key Focus Areas: Understanding altruism, empathy, community heroes, and introducing organ and tissue donation as a heroic act of help.
Curriculum Links: Australian Curriculum - Health and Physical Education (Foundation)

- **AC:PEF002** Describe and apply strategies to promote health, safety and wellbeing
- **AC:SE002** Explain how and why people participate in and contribute to their communities.
- **AC:CAL002** Use art-making skills and techniques to explore and represent ideas and experiences.

Learning Intentions

- Understand that helping can take many forms, from small community acts to significant heroic gestures.
- Recognise that our bodies sometimes need help, like a machine needing a spare part to be repaired.
- Be introduced to the concept of organ and tissue donation as a powerful, kind, and heroic way to help others.

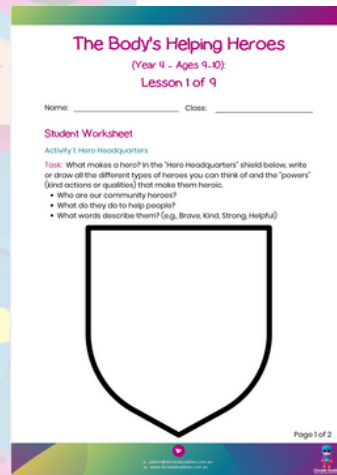
Success Criteria

- List different types of heroes and their 'helping powers' (qualities).
- Explain the 'spare part' metaphor for organ donation.
- Create a 'Thank You' card that expresses gratitude for a Helping Hero's kindness.

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Student Worksheet

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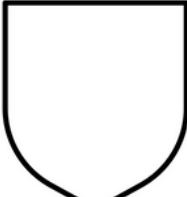
Name: _____ Class: _____

Student Worksheet

Activity 1 Hero Headquarters

Task: What makes a hero? In the 'Hero Headquarters' shield below, write or draw all the different types of heroes you can think of and the 'powers' (kind actions or qualities) that make them heroic.

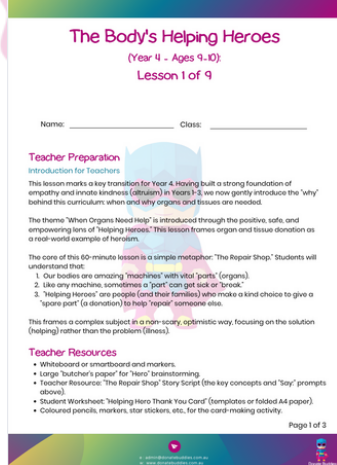
- Who are our community heroes?
- What do they do to help people?
- What words describe them? (e.g. Brave, Kind, Strong, Helpful)



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Teacher Content Info

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Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson marks a key transition for Year 4. Having built a strong foundation of empathy and innate kindness (outlined in Years 1-3), we now gently introduce the 'why' behind this curriculum when and why organs and tissues are needed.

The theme 'When Organs Need Help' is introduced through the positive, safe, and empowering lens of 'Helping Heroes.' This lesson frames organ and tissue donation as a real-world example of heroism.

The core of this 60-minute lesson is a simple metaphor: 'The Repair Shop.' Students will understand that:

1. Our bodies are amazing 'machines' with vital 'parts' (organs).
2. Like any machine, sometimes a 'part' can get sick or 'break'.
3. 'Helping Heroes' are people (and their families) who make a kind choice to give a 'spare part' (a donation) to help 'repair' someone else.

This frames a complex subject in a non-scary, optimistic way, focusing on the solution (helping) rather than the problem (illness).

Teacher Resources

- Whiteboard or smartboard and markers.
- Large 'butcher's paper' for 'Hero' brainstorming.
- Teacher Resource: 'The Repair Shop' story script (for key concepts and 'Say' prompts above).
- Student Worksheet: 'Helping Hero Thank You Card' (templates or folded A4 paper).
- Coloured pencils, markers, star stickers, etc. for the card-making activity.

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Curriculum Mapping and Links

Australian Curriculum (v9.0)

Subject	Strand	Content Descriptor
Health and Physical Education	Personal, Social and Community Health	AC9HP4P01 : Describe and apply strategies to promote health, safety and wellbeing.
Humanities and Social Sciences (HASS)	Civics and Citizenship	AC9HS4K07 : Explain how and why people participate in and contribute to their communities.
The Arts (Visual Arts)	Creating	AC9AVA4C01 : Use art-making skills and techniques to explore and represent ideas and experiences.

Queensland Curriculum (QCAA)

Subject	Syllabus	Content Description
Health and Physical Education	Year 4	Identify and practise strategies to promote health, safety and wellbeing.
Humanities and Social Sciences (HASS)	Year 4	How people, places and events are commemorated in the local community and beyond (links to celebrating heroes).
The Arts (Visual Arts)	Year 4	Create artworks that communicate ideas, concepts, observations, feelings and experiences.



Resources Required

- Whiteboard or smartboard.
- Large sheets of paper for "Hero" brainstorming.
- Markers.
- Teacher Resource: "The Repair Shop" Story Script. (A simple, teacher-led story using a metaphor. See Teacher Preparation).
- Student Worksheet: "Helping Hero Thank You Card." (A folded A4 paper or a simple template).
- Coloured pencils, markers, and optional craft supplies (e.g., star stickers, glitter glue) to make the cards "magical."
- Picture book (optional extension): Spare Parts: A Book about Organ Donation by D. M. M. R. Ph.D. or a similar age-appropriate story about helping.

Skills

- Empathy
- Critical Thinking
- Communication
- Perspective-taking
- Creative Expression
- Problem-Solving (understanding a problem and its solution)

Teacher Preparation

- Prepare "The Repair Shop" Story: This is a simple metaphor you will tell the class. It's not a formal script, but a guide.
- Example Guide: "Imagine our bodies are like amazing, super-advanced machines. Like a car or a computer. And inside, we have all these important parts, like our heart 'engine,' our lung 'air filters,' and our kidney 'water filters.' Usually, they work perfectly! But what happens when you're playing with a favourite toy, and a really important piece breaks? (Get student answers). That's right, you try to fix it. Sometimes, you need a 'spare part' to make it work again."
- "It's the same with our bodies. Sometimes, a part, like a kidney or a heart, can get sick and 'break.' Doctors are like the best 'mechanics' in the world, but sometimes, even they can't fix the part. The only way to help that person get better is with a 'spare part' from someone else."
- "This is where the 'Helping Heroes' come in. Sometimes, when a person passes away, their family can make a choice to share their 'spare parts' to help someone else who is very sick. That one hero can help fix many people's 'broken parts.' It's like giving the most amazing superpower gift in the world. That's called donation."
- Photocopy or prepare the blank "Thank You Card" materials.
- Language is Key: Use positive, simple, and empowering terms.
- Use: "Broken," "stopped working," "repair," "fix," "spare part," "helping gift," "passed away," "a family's choice."
- Avoid: "Death," "dying," "harvesting," "taking organs," "cut open." The focus is on the gift and the help.



Additional Information

This lesson has been created as part of a program designed to help children explore kindness, empathy, and the importance of helping others. By introducing these concepts in a safe, age-appropriate, and engaging way, children can understand the power of altruism and how their choices can make a big difference.

Organ, eye, and tissue donation is a real-life example of this. One organ donor can save up to seven lives and help many more people through eye and tissue donation. This lesson is the first step in helping students understand this profound act of community kindness.

