

Superhero Check-In

(Year 3 - Ages 8-9):

Lesson 5 of 9

Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson adapts the complex theme of "having the conversation" into an empowering and age-appropriate skill for Year 3 students: the "Superhero Check-In." The goal is to help children understand the importance of listening to their bodies and communicating their feelings and health needs to a trusted adult. The lesson frames family members as the "Team Managers" of their child's "Superhero Team" (their organs).

The core objective is to build a foundation for open and honest communication about health. This normalises talking about our bodies and wellbeing, creating a positive context for understanding that family conversations are the most important part of making big, kind decisions together, such as the decision to be an organ and tissue donor.



Key Concepts & Language for Teachers

- **The "Superhero Check-In" Metaphor:** This is the central theme. Introduce it as a vital team procedure.
 - **Say:** "Every great superhero team needs to have regular check-ins to make sure everyone is feeling strong and ready for action. Your body's superhero team is the same! A 'Superhero Check-In' is when you listen to your body and then talk to your Team Manager—a trusted adult in your family—about how your heroes are feeling."
- **Defining "Body Signals":** Help students identify physical feelings as messages from their organ superheroes.
 - **Say:** "Our organ heroes can't talk with words, so they send us signals. A cough might be a signal from Lenny the Lungs. A tummy ache might be a signal from Izzy the Intestine. These aren't bad things; they are important messages telling us that a hero might need a little extra care or a rest."
- **Connecting Check-Ins to Help-Seeking:** Emphasise the role of the "Team Manager" (family).
 - **Say:** "Your Team Manager is the expert on your team. When you tell them about a signal, they know exactly what to do to help your hero feel better. Having a Superhero Check-In is the bravest and smartest thing a team member can do. It ensures the whole team stays healthy and strong."
- **Connecting to the Bigger Idea:** Frame the family discussion about donation as the ultimate "team meeting."
 - **Say with a caring and respectful tone:** "As we get older, our superhero teams have to make very big decisions. The decision to be an organ donor is a huge, heroic choice. That's when the most important team meeting of all happens. It's a special 'Superhero Check-In' where you share your kind promise with your family—your Team Managers. When they know your wishes, they can make sure your heroic decision is honoured. It's the ultimate act of teamwork and trust."

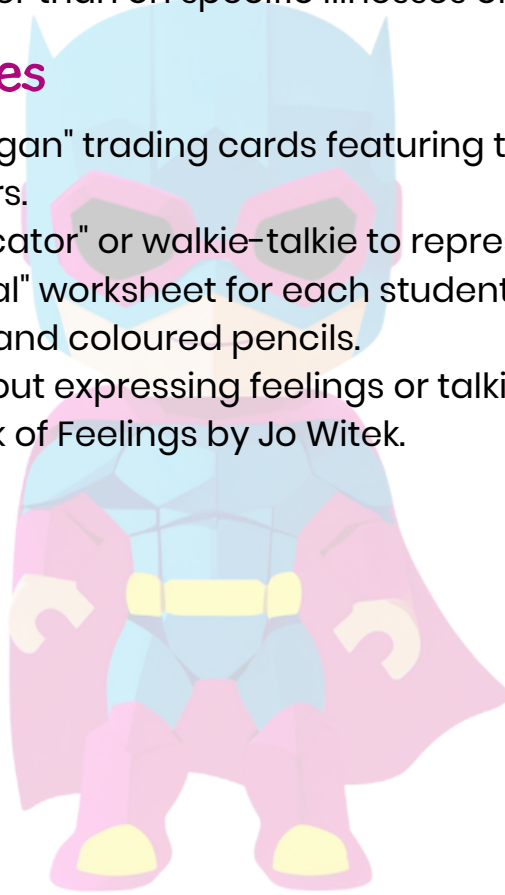


Safety and Sensitivity Considerations

- **Empower, Don't Alarm:** The goal is to empower students to speak up about their health, not to create anxiety. Frame body signals as normal and interesting messages, not as scary symptoms.
- **Define "Trusted Adult":** Be clear that a "Team Manager" is a safe and trusted adult in their family they can talk to, like a parent, grandparent, or carer.
- **Focus on Communication Skills:** The lesson is about the how of communication, not the what. Focus on the positive action of talking and listening, rather than on specific illnesses or medical conditions.

Teacher Resources

- The "Superhero Organ" trading cards featuring the official Donate Buddies characters.
- A prop "communicator" or walkie-talkie to represent the check-in.
- A "Superhero Signal" worksheet for each student.
- Markers, crayons, and coloured pencils.
- A picture book about expressing feelings or talking to parents, such as *In My Heart: A Book of Feelings* by Jo Witek.



Magical Body Facts for Year 3 (Ages 8–9)

- Your heart pumps around 7,500 litres of blood through your body every day! ❤️
- If all your blood vessels were stretched end-to-end, they could go around the Earth two and a half times! 🌍
- Your brain sends messages to your body at speeds of up to 430 km/h – faster than a Formula 1 car! 🏎️
- Your stomach gets a new layer of mucus every few days so the acid inside doesn't eat through it. 🤢
- The strongest muscle in your body (for its size) is your jaw muscle – perfect for biting into an apple! 🍏
- You blink around 15–20 times every minute, which means over 10 million blinks a year! 👁️
- Earwax isn't "yuck" – it's a special waxy shield that protects your ears from dust, germs, and water. 🧠🛡️
- Your bones are constantly being broken down and rebuilt – every 10 years you have a brand-new skeleton! 💀✨
- The acids in your stomach are strong enough to dissolve metal – but don't worry, your body is built to handle it! 🧪
- Your fingerprints are completely unique – no one else in the world has the same ones as you, not even identical twins! 🔍

