

A Superhero's Kind Choice

(Prep - Ages 5-6):

Lesson 6 of 9

Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson introduces the foundational ethical concept that helping is a choice. While the theme for older students is a complex debate on consent systems, for this age group, we are adapting it into the simple, positive, and empowering idea of making a kind choice. The lesson aims to help students understand that being a helper is a decision, and that choosing to say "yes" to helping is a powerful, kind, and heroic act.

Through storytelling, an interactive "Thumbs Up/Down" activity, and a "Helping Hand" craft, students will explore the concept of choice in a playful, non-judgmental way. This builds a crucial foundation for understanding that the "magical gift" of donation is not automatic; it is a special and loving choice made by a family to help others.



Key Concepts & Language for Teachers

- **Helping is a Choice:** This is the core message. Emphasise that Kindness Superheroes are heroes because they choose to help.
 - **Say:** "A superhero's greatest power is their kind heart, and they use that power when they choose to help someone. It's not something they have to do; it's something they decide to do."
- **"Thumbs Up for Kindness":** The interactive paddles are a simple, physical way for children to express their support for a kind choice.
 - **Frame the activity as voting for kindness. Say:** "We're going to be a team of judges. When you see someone making a kind choice to help, you can give it a big green thumbs up!"
- **The Power of "Yes":** Frame the act of agreeing to help as a powerful and positive decision.
 - **Say:** "When someone asks for help and you make the choice to say 'yes,' it's like you are sharing your superhero power. A kind 'yes' can change someone's whole day."
- **Connecting to the Bigger Idea:** This is the most direct link to the concept of consent. The language must be gentle, positive, and empowering.
 - **Say with a caring tone:** "Remember we learned that the Doctor and Nurse Team helps with the magical gift? That gift can only happen if a family makes a very brave and kind choice together. The doctors will ask the family, 'Would you like to share this magical gift to help another family?' And the family team talks about it, and then they make the most wonderful choice of all. They choose to say 'yes.' That 'yes' is the most powerful and loving choice, and it gives another family the gift of more time."

Safety and Sensitivity Considerations

- **No "Wrong" Answers:** During the "Thumbs Up/Down" activity, it is vital that there is no judgment. The goal is to explore the idea of choice. If a child gives a "thumbs down" to a helping scenario, treat it as a point for gentle discussion. Ask: "That's an interesting choice. What's another choice they could make?"
- **Empowerment, Not Obligation:** Be careful not to create a sense of obligation or guilt. The message is not "you must always help," but rather "it is a kind and powerful thing when you choose to help." This respects a child's own agency and boundaries.

Page 2 of 4



- **Focus on the Positive Choice:** When discussing the "magical gift," the focus must remain entirely on the heroic and loving nature of the family's choice to say "yes." Avoid any discussion of what would happen if the choice was "no." The lesson is about celebrating the act of consent, not the alternative.

Teacher Resources

- A picture book about making a choice (e.g., The Little Red Hen).
- Large "Thumbs Up" (green) and "Thumbs Down" (red) cards for each student.
- Large sheets of paper for handprints.
- Child-safe paint.
- A special "golden" heart sticker for each student.

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.

Page 3 of 4



👁️ 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. ✨

