

# The Power of a Helping Heart

(Prep - Ages 5-6):

## Lesson 1 of 9

Name: \_\_\_\_\_ Class: \_\_\_\_\_

### Teacher Preparation

#### Introduction for Teachers

This lesson transforms the concept of helping others into an engaging adventure, where children explore the magic of kindness. Using storytelling and imaginative play, students learn that sharing and helping others, including through organ donation, can be powerful acts of kindness. The focus is NOT on medical procedures but rather on the joy of helping and giving. Teachers should maintain a lighthearted approach, reinforcing positive emotions and curiosity.

Here is some further information about how the donation process works:  
[How does donation work?](#)



# Key Points to Cover

## Part 1: The Kindness Superhero (5 minutes)

### 1 Introduction & Tuning In:

- Gather students on the floor. Put on your "Kindness Cape."
- Say: "Hello, everyone! Today, I'm a Kindness Superhero, and we're going on a mission to discover a very special power... the power of helping! What do you think a Kindness Superhero does?"
- Take a few answers (e.g., helps people, shares, is nice).

### 2 Story Time:

- Read a picture book about sharing or helping. If using *The Rainbow Fish*, focus on how good the fish felt after sharing his shiny scales.
- Ask: "How did the [character] help their friend? How do you think the friend felt? How did the helper feel?"

## Part 2: Our Amazing Helping Bodies (15 minutes)

### 1 Brainstorming Ways to Help:

- Say: "We don't need a real cape to be a superhero. We can use our amazing bodies to help others every single day! What can our hands do to help?" (e.g., wave hello, help a friend up, pack away toys, draw a picture for someone).
- Ask: "What can our legs do to help?" (e.g., walk to get something for mum, run to get help). "What can our voices do to help?" (e.g., say kind words, ask someone if they are okay).

### 2 Introducing the 'Helping Heart':

- Say: "The most important part of a Kindness Superhero is their heart. Not just the heart inside our chest that goes thump-thump-thump, but our 'helping heart' where all our kindness comes from. When we help someone, our helping heart feels warm and sparkly!"

### 3 Creative Activity - Decorate Your Helping Heart:

- Move students to tables where the heart cut-outs and craft supplies are laid out. Play some gentle, upbeat music.
- Instruct: "Now you get to create your very own Helping Heart! Every time you add a sparkle, a colour, or a sticker, I want you to think of one way you can be a helper. This heart will be a reminder of your amazing superpower of kindness."



- Circulate and talk to students about their ideas for helping as they create.

### Part 3: The Most Magical Gift (5 minutes)

#### 1 Connecting to a Bigger Idea (Gentle Introduction):

- As students finish their craft, gather them back together, holding their hearts.
- Say: "Your Helping Hearts are so beautiful and full of power! Our bodies are so amazing they can do incredible things. Did you know that sometimes, a person's body can get a bit sick, and one of their parts stops working properly? Maybe their own heart is not thumping strongly, or their lungs have trouble breathing."
- Say with a sense of wonder: "The most magical, super-special way a person can help is by giving a part of their own body to someone who needs it to get better. It's like giving the most precious gift in the whole world to help someone's body work again. It's the biggest act of a Kindness Superhero."
- Keep this brief and abstract. Avoid any discussion of where the part comes from at this stage. The focus is purely on the concept of a "special gift."

### Part 4: Reflection (5 minutes)

#### 1 Sharing Circle:

- Ask a few students to share their heart and one way they will use their helping power this week.
- Ask: "How does it feel to know you have the power to help others?"

#### 2 Closing Chant: Kindness Superhero Movement Chant

- Lead the students in a simple chant to finish the lesson.
- Chant: (while pointing to themselves, taught call-and-response style, with actions)
  - Teacher: "When I help, I shine like a star!"
  - (Students repeat, jumping into star pose 🌟)
  
  - Teacher: "My hands can help in every way!"
  - (Students wiggle fingers and mime helping motions – like packing away or sharing)



- Teacher: “My voice is kind — I know what to say!”
- (Students put hands to mouth gently, then hands on heart)
  
- Teacher: “My heart is strong, and full of love.”
- (Students thump chest gently twice and smile big)
  
- Teacher: “I’m a helper!”
- (Students say loudly and strike a superhero pose 🦱)
  
- All together: 🎵 “Kindness grows when I give and share,  
 ■ Because I’ve got love and magic to spare!”
- (Spin once, then end with hands in the air!)

## Safety and Sensitivity Considerations

- Some children may have personal experiences with illness or hospitals, so be mindful of their emotions.
- Keep the focus on kindness and helping, avoiding any distressing details.
- If a child has questions beyond what’s in the lesson, reassure them and suggest they ask a parent for more information.

## Teacher Resources

- A picture book about kindness or helping (e.g., *The Rainbow Fish* by Marcus Pfister, *Have You Filled a Bucket Today?* by Carol McCloud, or a simple story you create).
- Large ‘heart’ shapes cut from paper or thin card (one per student).
- Various craft supplies: glitter, coloured paper squares, crayons, markers, stickers, child-safe glue.
- A “Kindness Cape” (a simple piece of fabric) for the teacher to wear.
- Upbeat, positive music for the craft activity.

## 🦱 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. ✨

