

# The Blueprint of Kindness

(Year 3 - Ages 8-9):

## Lesson 1 of 9

### Lesson Summary

This lesson introduces the concept of altruism as an innate human characteristic, framed as a secret "Blueprint of Kindness" that everyone is born with. Students will become "Kindness Detectives," searching for clues that show how our bodies and brains are designed to be helpful and empathetic. Through a fun "True or False" activity and a creative design task, they will map out their own kindness blueprint. The lesson gently introduces organ and tissue donation as a powerful example of following this blueprint to help others in a profound way.

### Learning Intentions

Students will .....

- Understand that the desire to be kind is a natural part of being human.
- Identify feelings and actions that are part of their "Kindness Blueprint."
- Recognise that organ donation is a powerful expression of our built-in desire to help.

### Success Criteria

Students can .....

- Give an example of how their body or brain helps them be kind.
- Explain that kindness is something we are all born with.
- Design a "Kindness Blueprint" that includes kind thoughts, feelings, and actions.

### Lesson Details

Time:	30 minutes
Year Level:	Year 3 (Ages 8-9)
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.

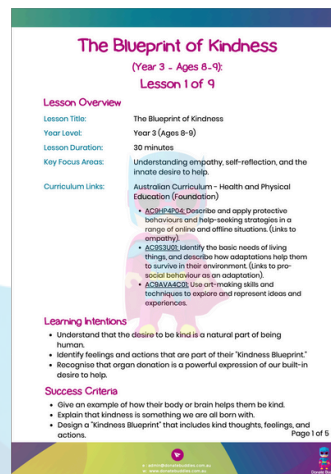
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# Lesson Guides and Printables

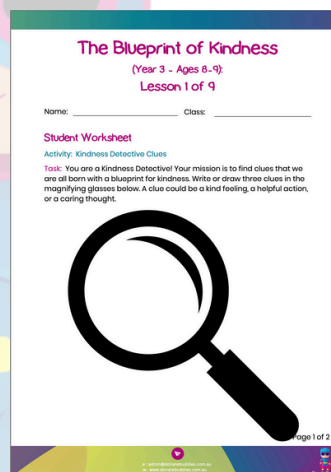
## Lesson Plan

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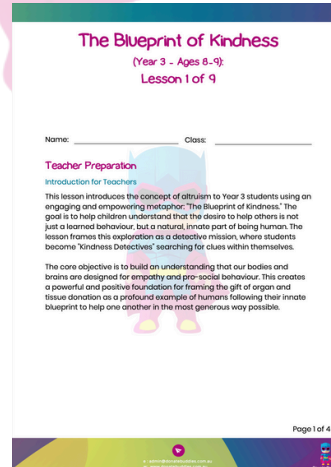
## Student Worksheet

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## Teacher Content Info

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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	<a href="#">AC9HP4P04</a> : Describe and apply protective behaviours and help-seeking strategies in a range of online and offline situations. (Links to empathy).
Science	Biological sciences	<a href="#">AC9S3U01</a> : Identify the basic needs of living things, and describe how adaptations help them to survive in their environment. (Links to pro-social behaviour as an adaptation).
The Arts (Visual Arts)	Creating	<a href="#">AC9AVA4C01</a> : 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 3	Describe and apply strategies that promote their own and others' health, safety and wellbeing.
Science	Year 3	Living things have basic needs, including food and water, and can be affected by changes to their environment.
The Arts (Visual Arts)	Year 3	Create artworks that communicate ideas, concepts, observations, feelings and experiences.



## Resources Required

- A large "Top Secret" envelope.
- A "Kindness Detective" magnifying glass prop.
- A "Kindness Blueprint" worksheet for each student.
- Markers, crayons, and coloured pencils.
- A picture book about innate kindness or empathy (e.g., I Am Human: A Book of Empathy by Susan Verde).

## Skills

- Self-reflection
- Critical thinking
- Empathy
- Creative design
- Communication

## Teacher Preparation

- Prepare the "Top Secret" envelope containing a blank "Kindness Blueprint."
- The core of this lesson is the "Kindness Blueprint" metaphor. It shifts the learning for this older age group from pure magic to a fun, investigative theme. The "Kindness Detective" role empowers students to look for evidence of kindness within themselves, framing altruism as a natural, scientific, and wonderful part of being human.

## Additional Information

This lesson has been created as part of Donate Buddies, a program designed to help young children explore kindness, sharing, and the importance of helping others. By introducing these concepts in a fun, age-appropriate, and engaging way, children begin to understand the power of kindness and how their actions can make a big difference.

Organ, eye, and tissue donation is a real-life example of this kindness, where one person can help save the lives of many others. While most people can donate tissue, only a small number of people who pass away in hospitals can become organ donors. One organ donor alone can save up to seven lives and help many more people through eye and tissue donation.

