

The Invisible String of Kindness

(Year 2 - Ages 7-8):

Lesson 5 of 9

Lesson Overview

Lesson Title:	The Invisible String of Kindness
Year Level:	Year 2 (Ages 7-8)
Lesson Duration:	30 minutes
Key Focus Areas:	Understanding empathy, unseen connections, and the reasons for helping others.
Curriculum Links:	<p>Australian Curriculum - Health and Physical Education (Foundation)</p> <ul style="list-style-type: none">• <u>AC9HP2P01</u>: Identify and practise emotional responses that account for own and others' feelings.• <u>AC9E2LY02</u>: Use interaction skills including turn-taking, speaking clearly, and listening to others' ideas.• <u>AC9AVA2C01</u>: Use materials, techniques and technologies to explore art making, and represent ideas and experiences.

Learning Intentions

- Understand that kindness can be a powerful, invisible force.
- Explore the idea that we are all connected by invisible strings of kindness.
- Recognise that the gift of donation is a way of sending a powerful gift of health to someone else.

Success Criteria

- Describe one way to send a kind thought along an "invisible string."
- Explain that some of the best gifts are things we cannot see.
- Create a "Kindness Charm" to represent an invisible act of kindness.



Teaching Sequence

Work through this lesson in the following sequence:

Duration	Part	Focus
5 minutes	Part A. The String of Kindness	Introduction, "What If" Scenario & Creating a Connection Web
10 minutes	Part B. Invisible Gifts	Story Time & Brainstorming Unseen Gifts
10 minutes	Part C. Creating Our Kindness Charms	Creative Activity & Connecting to the Big Idea
5 minutes	Part D. A Web Full of Kindness	Reflection and Sharing

Part A. The String of Kindness (5 minutes)

Step 1. Review and Introduction

- Gather students in a circle on the floor.
- Say: "Hello everyone! In our last lessons, we've talked about our amazing bodies and our precious time. Today, we're going to explore something magical. What if I told you that we are all connected by invisible strings, stretching from our hearts to the hearts of others?"

Step 2. Creating the Web

- Hold up a ball of yarn. Say: "These invisible strings are like this yarn. They connect us to our family, our friends, and even people we've never met. Let's make a visible one to see what it looks like!"
- Hold the end of the yarn and gently toss the ball to a student across the circle, asking them to hold onto their part of the string.
- Ask that student to toss the ball to another student, and so on, until a web of yarn has been created that connects everyone in the circle.
- Say: "Look at our amazing web! We are all connected. When we are kind, we send a little shimmer of happiness along these strings." Page 2 of 5



Part B. Invisible Gifts (10 minutes)

Step 1. Brainstorming Invisible Gifts

- Say: "Now that we can see our connection, let's think. What are some gifts we can send along these strings that are invisible? We can't see them or hold them, but they are very powerful."
- Brainstorm a list of "invisible gifts" with the class. Write them on the board (e.g., a kind thought, a wish for someone to be happy, courage, strength, a happy memory, a silent cheer).

Step 2. Story Time ("Mila's Message of Courage")

- Say: "I'm going to tell you a short story about how powerful these invisible gifts can be. This is the story of Mila and her friend Tom. Tom was feeling very nervous about his swimming lesson. Mila was at home, but she thought about her invisible string connecting her to Tom. She closed her eyes and sent him the biggest, bravest, most courageous thought she could. When Tom got to the pool, he suddenly felt a little bit stronger, as if a friend were right there cheering him on, and he was able to jump in!"
- Ask: "What invisible gift did Mila send? How did it help Tom?"

Part C. Creating Our Kindness Charms (10 minutes)

Step 1. Creative Activity

- Students move to tables. Distribute the "My Kindness Charm" worksheet or pre-cut card shapes.
- Instruct: "Your job is to create a special 'Kindness Charm.' This charm will hold one of your invisible gifts. I want you to draw a symbol on your charm to represent your invisible gift. It could be a sun for happiness, a star for a wish, or a lightning bolt for strength."
- Students design their charms. As they work, circulate and talk about their invisible gifts.
 - "Tell me about the invisible gift your charm holds."
 - "Who would you like to send that wonderful gift to?"

Step 2. Connecting to the Bigger Idea

- As they finish, gently introduce the connection.
- Say with a caring tone: "Your charms hold such powerful, kind gifts. But sometimes, a person's body is very tired and unwell, and they need more than a brave thought. They need the biggest, most powerful invisible gift of all—the gift of health."



- Continue with a sense of wonder: "When a kind family makes the loving choice to share the gift of a healthy organ, they are sending the most powerful shimmer of strength and health along the invisible string. They are giving someone the chance to be healthy and strong again, to have more happy days, and more time with their family. It is the most powerful invisible gift in the world."

Part D. A Web Full of Kindness (5 minutes)

Step 1. Charging the Charms

- Once charms are complete (with a ribbon or string attached), have students come back to the circle.
- Say: "Now, let's use our connection to make these charms even more powerful. Everyone hold your charm. Close your eyes and think hard about the kind, invisible gift you want to put inside it. Let's charge them up with all our good feelings!"
- After a moment of quiet, students can tie their charm onto their part of the yarn web.

Step 2. Reflection

- Admire the web, now decorated with their Kindness Charms.
- Ask: "Our web is now full of invisible gifts! How does it feel to know that we are all connected and can send strength and happiness to each other, even without saying a word?"
- Say: "It's a wonderful reminder that the kindest things we do are often the things that can't be seen, and helping others is the most magical feeling of all."

Differentiated Learning

- Extension:
 - Challenge students to write a short "magical instruction" on the back of their charm (e.g., "This charm gives you courage.").
 - Ask them to think of a time they received an "invisible gift" from someone—like a cheer from the crowd or a kind look from a teacher—and how it made them feel.
- Learning Support:
 - Provide a list of "invisible gift" ideas on the board with simple pictures for students to choose from (a heart for love, a smiley face for joy).
 - Use verbal prompts to help them think of an idea: "What is a happy feeling you would like to share with a friend?" or "What wish do you have for your family?"



Teacher Reflection

- Did the "Invisible String" metaphor and yarn activity effectively convey the concept of unseen connections?
- Were students able to grasp the idea of an "invisible gift" and provide examples?
- Did the connection between sending an invisible gift and the gift of donation feel gentle, positive, and empowering for the students?
- How can I use the "invisible string" language to manage classroom relationships and encourage empathy?

Assessment

- Observation of participation in the yarn web activity and discussions.
- Ability to identify and articulate an "invisible gift."
- Creative expression in the "Kindness Charm" worksheet, showing a clear symbolic representation of their gift.
- Verbal understanding that the gift of donation is a powerful, kind, and "invisible" way of helping someone.

Additional Notes:

Ensure the lesson keeps the concept of the "Invisible String of Kindness" central. The physical prop of the yarn web is key to making this abstract idea concrete and memorable. The lesson's power comes from reframing giving as an unseen force, which connects beautifully to the idea that a donor may never meet the person they help, but the powerful, invisible gift of health connects them forever.

