

Superhero Check-In

(Year 3 - Ages 8-9):

Lesson 5 of 9

Lesson Summary

This lesson builds on the "Body's Superhero Team" by introducing the concept of a "Superhero Check-In." Students learn that even superheroes need to communicate and that it's important to listen to their bodies and talk to a trusted adult (their 'Team Manager') if a hero feels tired or unwell. Through a fun "What's the Signal?" activity and a creative task where they design a 'check-in' conversation, students explore how to talk about their wellbeing. The lesson gently links this to the importance of family conversations, framing the discussion about organ donation as the ultimate team meeting where families make kind and heroic decisions together.

Learning Intentions

Students will

- Understand the importance of listening to their body's signals.
- Explore how to talk to a trusted adult about their health and feelings.
- Recognise that family conversations are essential for making important decisions about helping others.

Success Criteria

Students can

- Identify a signal that one of their organ superheroes might be tired.
- Explain why it's important to talk to a 'Team Manager' (family) about their wellbeing.
- Create a comic strip showing a "Superhero Check-In" conversation..

Lesson Details

Time:	30 minutes
Year Level:	Year 3 (Ages 8-9)
Unit:	This is Lesson 5 of 9 in the series.
Educational Partner:	This lesson is adapted from resources provided by DonateLife

General Capabilities

Personal and Social Capability, Health and Physical Literacy, Critical and Creative Thinking.

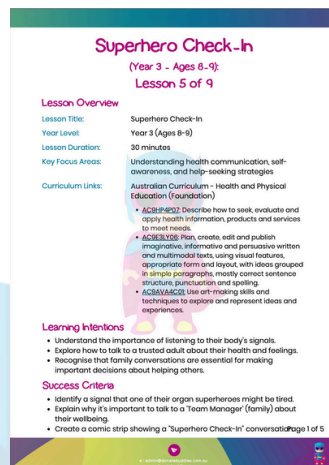
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Lesson Guides and Printables

Lesson Plan

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Superhero Check-In
(Year 3 - Ages 8-9)
Lesson 5 of 9

Lesson Overview

Lesson Title: Superhero Check-In
Year Level: Year 3 (Ages 8-9)
Lesson Duration: 30 minutes
Key Focus Areas: Understanding health communication, self-awareness, and help-seeking strategies
Curriculum Links: Australian Curriculum - Health and Physical Education (Foundation)

- **ACHPHE02** Describe how to seek, evaluate and apply health information, products and services to meet needs.
- **ACELV05** Plan, create, edit and publish imaginative, informative and persuasive written and multimodal texts, using visual features, appropriate form and layout, with ideas grouped in single paragraphs, mostly correct sentence structure, punctuation and spelling.
- **ACMMV02** Use art-making skills and techniques to explore and represent ideas and experiences.

Learning Intentions

- Understand the importance of listening to their body's signals.
- Explore how to talk to a trusted adult about their health and feelings.
- Recognise that family conversations are essential for making important decisions about helping others.

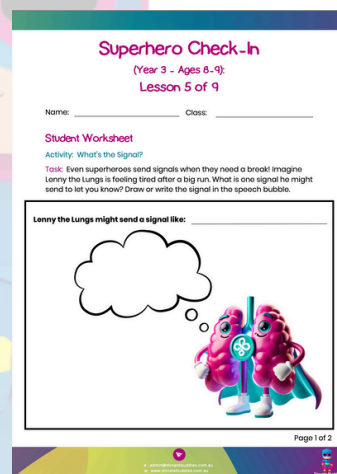
Success Criteria

- Identify a signal that one of their organ superheroes might be tired.
- Explain why it's important to talk to a 'Team Manager' (family) about their wellbeing.
- Create a comic strip showing a 'Superhero Check-in' conversation.

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Student Worksheet

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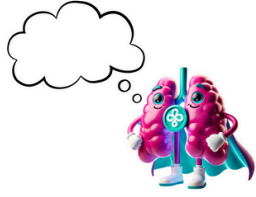
Name: _____ Class: _____

Student Worksheet

Activity: What's the Signal?

Task: Even superheroes send signals when they need a break! Imagine Lenny the Lungs is feeling tired after a big run. What is one signal he might send to let you know? Draw or write the signal in the speech bubble.

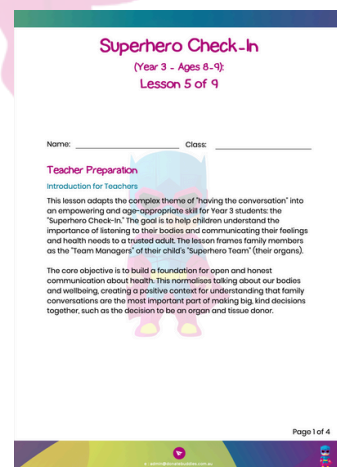
Lenny the Lungs might send a signal like:



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Teacher Content Info

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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.

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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	AC9HP4P07 : Describe how to seek, evaluate and apply health information, products and services to meet needs.
English	Biological sciences	AC9E3LY06 : Plan, create, edit and publish imaginative, informative and persuasive written and multimodal texts, using visual features, appropriate form and layout, with ideas grouped in simple paragraphs, mostly correct sentence structure, punctuation and spelling.
The Arts (Visual Arts)	Creating	AC9AVA4C01 : 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.
English	Year 3	Create a variety of written and multimodal texts for different purposes and audiences.
The Arts (Visual Arts)	Year 3	Create artworks that communicate ideas, concepts, observations, feelings and experiences.



Resources Required

- The "Superhero Organ" trading cards (from Lesson 4).
- A "Superhero Signal" worksheet for each student.
- A picture book about expressing feelings or talking to parents (e.g., In My Heart: A Book of Feelings by Jo Witek).
- Markers, crayons, and coloured pencils.
- A prop "communicator" or walkie-talkie.

Skills

- Communication
- Health literacy
- Help-seeking
- Self-awareness
- Creative expression

Teacher Preparation

- Have the Donate Buddies character cards and the "communicator" prop ready.
- The core of this lesson is the "Superhero Check-In" metaphor. It reframes the potentially difficult topic of "having the conversation" into a positive, proactive, and empowering skill for children: checking in with their bodies and communicating with their families. This normalises health conversations and builds a foundation of trust and communication.

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.

