

# Sharing Our Kindness Stories

(Year 1 - Ages 6-7):

Lesson 5 of 9

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

## Teacher Preparation

### Introduction for Teachers

This lesson adapts the complex theme of "Having the Conversation" into an empowering, age-appropriate activity for Year 1 students: "Sharing Our Kindness Stories." The goal is to shift students from being learners to being confident sharers. We will achieve this by framing them as "Kindness Ambassadors" with an important, positive message.

The lesson consolidates the key themes from the unit so far. The core activity is for students to design a "Kindness Story Stone" on a worksheet. This is not a literal stone at first, but a design for a symbol that represents their favourite "kindness story." This worksheet becomes a tangible, child-led tool they can take home to help them share what they've learned in a natural, low-pressure way. It provides a gentle opening for families to discuss the topic further if they feel it is appropriate.



## Key Concepts & Language for Teachers

- **The "Kindness Ambassador" Frame:** This metaphor is central. It gives students a sense of purpose and importance.
  - **Say:** "Today, you all have a very special job. You are going to become Kindness Ambassadors! An ambassador is someone who shares a very important and positive message with other people. Our message is all about kindness and helping."
- **The "Story Stone" Metaphor:** This is the tool for the ambassadors. It makes the abstract idea of a "message" into something concrete.
  - **Say:** "Every good ambassador needs a tool to help them remember their story. We are going to design a special Story Stone. It's a stone with a picture on it that holds a big, important story. Your drawing will be the symbol for the kindness story you want to share."
- **Consolidating the "Big Story":** The brainstorm should help students recall the main positive messages from the unit. Guide them to remember these key ideas:
  - **The Kindness Ripple:** One kind act can spread to many people.
  - **Our Caring Circles:** We all belong to groups that care for us.
  - **Our Amazing Bodies & Super-Mechanics:** Our bodies are amazing, and doctors and nurses are helpers who care for them.
  - **The Gift of More Tomorrows:** The gift of donation gives people a future full of happy moments.
- **Connecting to the Bigger Idea:** The act of sharing is the connection. You are empowering them to begin the "ripple effect" of communication.
  - **Say with encouragement:** "When you share your kindness story with your family, using your story stone to help you remember, you are being a true Kindness Ambassador. You are helping the grown-ups in your life understand the gift of donation in a happy and positive way. You are starting a new ripple of kindness."



## Safety and Sensitivity Considerations

- **Child-Led and Low-Pressure:** Emphasise that this is a fun activity about sharing a happy story. The child is in complete control of if, when, and how they share their story stone at home. There is no pressure or expectation.
- **Say:** "You can use your story stone design to share your story with your family tonight, or another day when it feels right. It's your special message to share when you're ready."
- **Focus on Positive Storytelling:** The goal is to report on the "good news" of helping. If a child focuses on a sad aspect, gently acknowledge their feeling and redirect to the positive outcome. Say: "That's a thoughtful point. And the most wonderful part of the story is how the 'super-mechanics' can help, isn't it?"
- **Empowerment, Not Instruction:** The aim is to empower children to share, not to instruct parents on what to do. The story stone is a simple, positive starting point that allows families to engage with the topic at their own comfort level.

## Teacher Resources

- A picture book about the power of words or stories (e.g., *The Word Collector* by Peter H. Reynolds).
- A large mind map on the whiteboard or butcher's paper titled "Our Kindness Stories."
- A worksheet for each student with a large, smooth stone outline.
- (Optional) Smooth, flat stones for a follow-up art activity where students can paint their designs.
- Crayons, markers, and coloured pencils.

## Magical Body Facts for Year 1 (Ages 6–7)

(Simple, wow-worthy, and friendly for little learners!)

- Your heart is the size of your fist – and it never stops working!
- Your lungs fill up with air every time you breathe in – like two balloons! 🎈
- You have 206 bones in your body – that's a lot of strong support!
- Your kidneys clean your blood like magic water filters. 💧
- Your brain sends messages to your body faster than a race car! 🧠🚗
- Your eyes blink about 20 times a minute to keep them clean and wet. 👁️
- Your skin is your biggest organ – it's like your superhero suit! 🦸
- Blood zooms around your body in tubes called blood vessels – they go everywhere!
- Your liver has over 500 jobs – it's like the busiest helper in your body.
- When you smile, your body feels happy too! 😊

Page 3 of 3

