

# Our Caring Circles

(Year 1 - Ages 6-7):

## Lesson 2 of 9

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

### Teacher Preparation

#### Introduction for Teachers

This lesson builds on the "ripple effect" concept by exploring the different groups, or "Caring Circles," that students belong to. The theme for older students, "Understanding Your Audience," is adapted here to focus on identifying the communities in a child's life (family, friends, class) and the specific ways these groups provide care and support.

The goal is to help students see themselves at the center of several interconnected circles of care. The visual demonstration with nesting bowls or hoops makes this abstract idea of community structure concrete. The lesson reinforces that because our circles are connected, kindness can travel between them, providing a powerful and positive framework for understanding how one family's caring circle can choose to help another through the gift of donation.



## Key Concepts & Language for Teachers

- **The "Caring Circles" Metaphor:** This is the central visual for the lesson. Use the nesting bowls or hoops to create a strong impression.
  - **The Inner Circle (Smallest Bowl):** "This is your Family Circle. These are the people you live with and who are closest to you."
  - **The Middle Circle:** "This is your Friend and Class Circle. You see them every day at school. They are a big part of your life."
  - **The Outer Circle (Largest Bowl):** "This is your Community Circle. It includes your neighbours, your sports teams, and all the helpers in our town. All these circles work together to care for you."
- **Identifying Caring Actions:** Move beyond just "being kind" to identifying specific actions.
  - **Ask:** "What does caring look like in your family circle? Does it look like a hug when you're sad? Does it look like someone making your favourite dinner?"
  - **Ask:** "What does caring sound like in our class circle? Does it sound like 'Do you want to play?' or 'I can help you with that?'"
- **Connecting to the Bigger Idea:** The connection to donation is about one circle extending to help another, creating a ripple across the community.
  - **Say with a gentle, thoughtful tone:** "We've seen how all our circles are connected. Sometimes, a family circle is going through a very sad time because someone is sick and needs help. Because our whole community is connected, another family circle can make the kindest choice to help them. They reach out from their circle to another circle and share the gift of life. It's a powerful way to show the whole community is one big caring circle."



## Safety and Sensitivity Considerations

- **Diverse Family Structures:** Be highly mindful of diverse family situations. Use inclusive language like "the grown-ups who care for you," "your people at home," or simply "your family circle" to ensure every child feels included, regardless of their living situation.
- **Social Dynamics:** Friend and class circles can be a source of anxiety for some children. Keep the focus on positive, ideal behaviours (what caring should look like) rather than asking for personal stories that might be negative. Frame the class circle as a team where everyone belongs.
- **Keep it Positive:** The lesson's strength is its positive framing of community support. If a child raises a negative experience within a group, acknowledge their feelings and gently redirect the conversation. Say: "That sounds like it was a difficult time. In our class caring circle, we all work together to make sure everyone feels safe and included."

## Teacher Resources

- A set of nesting bowls or concentric hoops.
- A picture book about different families or communities (e.g., The Family Book by Todd Parr).
- A worksheet with three large, overlapping circles.
- 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! 😊

