

# The Power of a Helping Heart

(Prep - Ages 5-6):

## Lesson 1 of 9

### Lesson Summary

This introductory lesson explores the concept of helping others (altruism) through storytelling and a creative, hands-on activity. Students will discover the joy of being a "Kindness Superhero" and will be gently introduced to the idea that our bodies are amazing and can even help others in very special ways, laying the foundational understanding for future lessons on organ and tissue donation.

### Learning Intentions

Students will .....

- Understand that helping others makes us and them feel good.
- Identify different ways we can be kind and helpful.
- Recognise that our bodies are special and can do amazing things.

### Success Criteria

Students can .....

- Give an example of a time I helped someone.
- Say one reason why it's good to be a helper.
- Create a 'Helping Heart' to show I am a Kindness Superhero.

### Lesson Details

Time:	30 minutes
Year Level:	Foundation / Prep (Ages 5-6)
Unit:	This is Lesson 1 of 9 in the series.
Educational Partner:	This lesson is adapted from resources provided by DonateLife

### General Capabilities

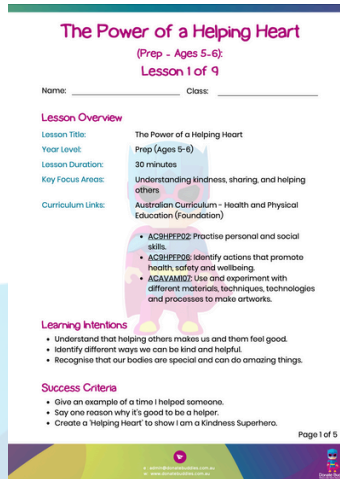
Personal and Social Capability, Ethical Understanding, Critical and Creative Thinking.



# Lesson Guides and Printables

## Lesson Plan

[Download PDF](#)



**The Power of a Helping Heart**  
(Prep - Ages 5-6)  
Lesson 1 of 9

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

**Lesson Overview**

**Lesson Title:** The Power of a Helping Heart  
**Year Level:** Prep (Ages 5-6)  
**Lesson Duration:** 30 minutes  
**Key Focus Areas:** Understanding kindness, sharing, and helping others  
**Curriculum Links:** Australian Curriculum - Health and Physical Education (Foundation)

- AC91HEFP02: Practise personal and social skills.
- AC91HEFP08: Identify actions that promote health, safety and wellbeing.
- AC91MAM02: Use and experiment with different materials, techniques, technologies and processes to make artworks.

**Learning Intentions**

- Understand that helping others makes us and them feel good.
- Identify different ways we can be kind and helpful.
- Recognise that our bodies are special and can do amazing things.

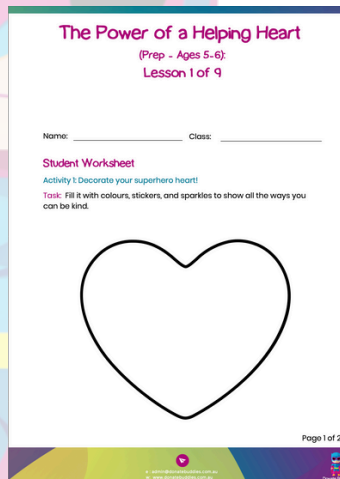
**Success Criteria**

- Give an example of a time I helped someone.
- Say one reason why it's good to be a helper.
- Create a 'helping heart' to show I am a Kindness Superhero.

Page 1 of 5

## Student Worksheet

[Download PDF](#)




**The Power of a Helping Heart**  
(Prep - Ages 5-6)  
Lesson 1 of 9

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

**Student Worksheet**

**Activity 1: Decorate your superhero heart!**

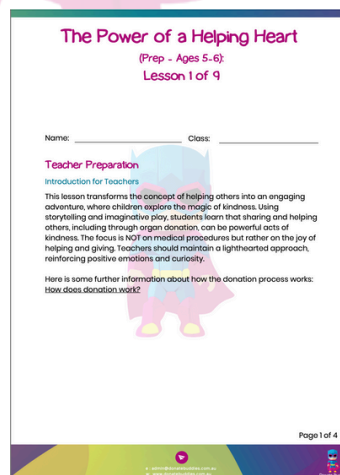
**Task:** Fill it with colours, stickers, and sparkles to show all the ways you can be kind.



Page 1 of 2

## Teacher Content Info

[Download PDF](#)



**The Power of a Helping Heart**  
(Prep - Ages 5-6)  
Lesson 1 of 9

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

**Teacher Preparation**

**Introduction for Teachers**

This lesson transforms the concept of helping others into an engaging adventure, where children explore the magic of kindness. Using storytelling and imaginative play, students learn that sharing and helping others, including through organ donation, can be powerful acts of kindness. The focus is NOT on medical procedures but rather on the joy of helping and giving. Teachers should maintain a lighthearted approach, reinforcing positive emotions and curiosity.

Here is some further information about how the donation process works: [How does donation work?](#)

Page 1 of 4



# Curriculum Mapping and Links

## Australian Curriculum (v9.0)

Subject	Strand	Content Descriptor
Health and Physical Education	Personal, Social and Community Health	<a href="#"><u>AC9HPFP02</u></a> : Practise personal and social skills to interact with others with care, empathy and respect.
Health and Physical Education	Personal, Social and Community Health	<a href="#"><u>AC9HPFP06</u></a> : Identify actions that promote health, safety and wellbeing.
The Arts (Visual Arts)	Creating	<a href="#"><u>ACAVAM107</u></a> : Use and experiment with different materials, techniques, technologies and processes to make artworks.

## Queensland Curriculum (QCAA)

Subject	Syllabus	Content Description
Health and Physical Education	Foundation	Explore how to interact with others with care, empathy and respect.
Health and Physical Education	Foundation	Identify actions that help them be healthy, safe and active.
The Arts (Visual Arts)	Foundation	Experiment with and use art elements, principles, materials, technologies and processes.



## Resources Required

- A picture book about kindness or helping (e.g., *The Rainbow Fish* by Marcus Pfister, *Have You Filled a Bucket Today?* by Carol McCloud, or a simple story you create).
- Large 'heart' shapes cut from paper or thin card (one per student).
- Various craft supplies: glitter, coloured paper squares, crayons, markers, stickers, child-safe glue.
- A "Kindness Cape" (a simple piece of fabric) for the teacher to wear.
- Upbeat, positive music for the craft activity.

## Skills

- Communicating
- Collaborating
- Empathy
- Fine motor skills
- Creative thinking

## Teacher Preparation

- Read through the lesson plan and have all resources ready.
- Prepare the heart cut-outs and craft station.
- This topic is sensitive. The focus for this age group is not on death, loss, or complex medical procedures. It is about the positive concepts of helping, kindness, and the amazing capabilities of the human body. Use positive and magical language throughout.

## Additional Information

This lesson has been created as part of [Donate Buddies](https://www.donatebuddies.com.au), 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.

