

Planting a Seed of Kindness

(Year 1 - Ages 6-7):

Lesson 8 of 9

Lesson Summary

This lesson uses the beautiful metaphor of planting a seed to help students understand the positive impact of sharing stories about kindness. Students will learn that sharing the story of the "gift of life" is like planting a "Kindness Seed" that can grow into more kindness and understanding in the community. Through a hands-on craft activity, they will create their own "Kindness Seed" and a special packet to keep it in, reinforcing the idea that they hold the power to help kindness grow by sharing what they know.

Learning Intentions

Students will

- Understand that sharing a kind story is like planting a seed that grows.
- Recognise that our kind words and stories can help more kindness spread.
- Create our own "Kindness Seed" as a reminder of the important story we can share.

Success Criteria

Students can

- Explain that a "Kindness Seed" is a story about helping.
- Decorate a "Kindness Seed" with a picture about the gift of donation.
- Place my "Kindness Seed" in its packet, ready to be "planted" by sharing the story.

Lesson Details

Time:	30 minutes
Year Level:	Year 1 (Ages 6-7)
Unit:	This is Lesson 8 of 9 in the series.
Educational Partner:	This lesson is adapted from resources provided by DonateLife

General Capabilities

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

Page 1 of 4



Lesson Guides and Printables

Lesson Plan

[Download PDF](#)

Planting a Seed of Kindness
(Year 1 - Ages 6-7)
Lesson 8 of 9

Lesson Overview

Lesson Title: Planting a Seed of Kindness
Year Level: Year 1 (Ages 6-7)
Lesson Duration: 30 minutes
Key Focus Areas: Understanding kindness, helping and the positive impact of our actions.
Curriculum Links: Australian Curriculum - Health and Physical Education (Foundation)

- ACHEAR2202 Describe how respect, empathy and compassion can be expressed to build positive relationships.
- ACSSU302 Identify the basic needs of plants and animals, including air, water, food or shelter, and describe how the places they live meet those needs.
- ACBVA4202 Use materials, techniques and technologies to explore art making, and represent ideas and experiences.

Learning Intentions

- Understand that sharing a kind story is like planting a seed that grows.
- Recognise that our kind words and stories can help more kindness spread.
- Create our own "Kindness Seed" as a reminder of the important story we can share.

Success Criteria

- Explain that a "Kindness Seed" is a story about helping.
- Decorate a "Kindness Seed" with a picture about the gift of donation.
- Place my "Kindness Seed" in its packet, ready to be "planted" by sharing the story.

Page 1 of 5

Student Worksheet

[Download PDF](#)

Planting a Seed of Kindness
(Year 1 - Ages 6-7)
Lesson 8 of 9

Name: _____ Class: _____

Student Worksheet

Activity: Decorate your seed packet!

Task: Make this packet beautiful. This is where you will keep your special Kindness Seed safe.

My Kindness Seed
Ready to help kindness grow! ☺

Kindness Gardener: _____

Page 1 of 1

Teacher Content Info

[Download PDF](#)

Planting a Seed of Kindness
(Year 1 - Ages 6-7)
Lesson 8 of 9

Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson adapts the complex theme of "registering an audience" into a beautiful and simple metaphor for Year 1 students: planting a seed of kindness. The goal is to help students understand that the positive stories they have learned about helping have the power to create more kindness in the world when they are shared.

The central metaphor is key: the story of the gift of life is a seed. When we share the story with someone, we are planting that seed in their heart. The kindness and understanding that results is the flower that grows. This lesson empowers students by showing them that their words have a real, positive impact. The craft activity of creating their own "Kindness Seed" and packet makes this abstract idea tangible and memorable.

Page 1 of 3



Curriculum Mapping and Links

Australian Curriculum (v9.0)

Subject	Strand	Content Descriptor
Health and Physical Education	Personal, Social and Community Health	<u>AC9HP2P02</u> : Describe how respect, empathy and compassion can be expressed to build positive relationships.
Science	Biological sciences	<u>AC9SIU01</u> : Identify the basic needs of plants and animals, including air, water, food or shelter, and describe how the places they live meet those needs.
The Arts (Visual Arts)	Creating	<u>AC9AVA2C01</u> : Use materials, techniques and technologies to explore art making, and represent ideas and experiences.

Queensland Curriculum (QCAA)

Subject	Syllabus	Content Description
Health and Physical Education	Year 1	Describe how respectful and empathetic behaviours build positive relationships.
Science	Year 1	Explore the needs of living things, and how people care for living things.
The Arts (Visual Arts)	Year 1	Use materials, techniques and technologies to make artworks that represent ideas.



Resources Required

- A real plant or flower, and a separate small seed to show the connection.
- A picture book about planting seeds or growth (e.g., *The Tiny Seed* by Eric Carle).
- A worksheet with a "seed packet" and "Kindness Seed" template to be cut out.
- Scissors and glue sticks.
- Crayons, markers, and stickers.

Skills

- Metaphorical thinking (simple)
- Communication
- Fine motor skills
- Understanding cause and effect (planting a seed leads to growth).

Teacher Preparation

- Have the real seed and plant ready for the demonstration.
- Prepare the worksheets for the craft activity.
- The core of this lesson is the metaphor: The seed is the story of kindness and the gift of donation. Planting the seed means telling that story to someone. The flower that grows is the kindness and understanding that blooms in the other person's heart. This abstract idea is made concrete through the physical craft activity.

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.

