

LESSON PLAN 5

Early Years
The Art of Kindness

Lesson Plan 5.0: Early Years

The Art of Kindness

Lesson Title	The Art of Kindness: Patchwork of Kindness
Lesson Summary	This lesson will explore the importance of kindness, and working together. Students will be introduced to the importance of kindness and how small acts of kindness can have a big impact in their community.
Year Level	This lesson is for Early Years: Kinder, Prep & ELC
Lesson Duration	40-50 minutes
Learning Intention	We are learning to understand what kindness is and how we can show kindness to others.
Evidence of Learning	By the end of the lesson, students will be able to: - Explain what kindness means - Share an example of being kind - Create a “patch of kindness” that shows a kind action or message - Show kindness to others in our classroom
Assessment Criteria	Participation: Engage in class discussions and take part in the activity Creativity: Demonstrate decorating the patch to show kindness Reflection: Reflect on personal experiences with kindness
Things you will need	- Make-A-Wish story or video - Digital device to play the Make-A-Wish video (optional) - Craft materials for the activity (scissors, paint, markers, glitter, crayons) - Large space/piece of paper to place the patches
Teacher Preparation Notes	- Review the Make-A-Wish video or story to highlight key moments that demonstrate the lesson intention. - Review Make-A-Wish video for sensitive content. - Print off activity templates. - Write the success criteria and learning intention on the board before the lesson begins. - Ensure craft materials are ready and organised for the activity. - Allow students to share their patches, but ensure that sharing is optional to maintain a safe and respectful environment. - Note: Each lesson introduces Make-A-Wish Australia. If you have done previous lessons, feel free to amend the script. - Teachers should adapt this lesson to meet the diverse needs of students, including those with varying abilities and those with Special Educational Needs (SEN).

Early Years Lesson Plan 5.0

The Art of Kindness - Scripted

Introduction & icebreaker (10-12 minutes)

Introduce the students to the lesson themes

"Hello everyone, and welcome to today's lesson! Today, we're going to explore how kindness is powerful."

"Who likes to be kind?" (pause for show of hands)

"That's wonderful that so many of you are kind!"

Icebreaker

"Let's play a kindness game. I'm going to say something. If it's kind, put your hands on your head. If it's not kind, cross your arms."

"Helping a friend who fell over" ✓

"Taking someone's toy" ✗

"Saying please and thank you" ✓

"Not letting someone join your game" ✗

"Sharing your snack" ✓

"Great work, everyone. It's good to see that you know how to be kind."

Introducing Make-A-Wish Australia

"Now I want to tell you about Make-A-Wish. Make-A-Wish helps children who are sick and need extra happiness. They give special wishes to make kids smile. Some kids wish for a puppy, or a trip to the beach. Being kind and bringing joy helps make these wishes come true."



"Today, I want to share Clancy's Snow Wish."

Video if suitable: [Clancy's Snow Wish ❄️ Husky Sleigh Ride Adventure | Make-A-Wish Australia - YouTube](#)

Story:

"Clancy's wish was to have a snowy animal adventure."

"Clancy's wish came true at Mt Hotham, as Clancy snuggled up to huskies and experienced the thrill of a sleigh ride with the Howling Huskies team."

"Clancy was very happy when she received her wish."

"Clancy's mum said seeing the expression on Clancy's face and her overall excitement when they first arrived were priceless moments their family will cherish forever."

"Put your hand up if the story/video made you smile?" (pause)

"Great! It made me smile as well."

"Kindness is like a thread that connects us all together. Today, we will create our own artwork showing an act of kindness, and then we'll put all our pieces together like a blanket made of many different squares."

Activity: Patchwork of Kindness (20 minutes)

"Now before we do our activity, I want you to close your eyes and think about a time when someone was kind to you. Maybe a friend shared their lunch with you, or a family member gave you a hug when you were sad."

Now, think about how that kindness made you feel. Did it make you smile? Did you feel warm inside? (pause for a few moments)

"You can open your eyes now. I want you to hold onto this feeling when decorating your patch."

(Hand out the templates to the students)

"In one box, I'd like you all to draw something that shows kindness or something that is kind. It can be anything you wish. You can use different colours and patterns, you can draw a family member or pet, anything that makes you think of kindness."



"I'm going to draw giving a gift to my friend."

"You can colour in the second box using your favourite colours."

(Help students as needed)

If you have extra time: cut and stick the patches onto a large piece of paper or noticeboard.

Wrap-Up and Reflection (3 minutes)

"Great work today, everyone. All of your patches look so great!"

"Let's all hold our patches up." **(Pause)**

"Wonderful work! Remember that kindness connects us together and makes the classroom a lovely place to be."

If you have extra time: cut and stick the patches onto a large piece of paper or noticeboard.

Early Years Lesson Plan 5.0

The Art of Kindness - Unscripted

Introduction (10-12 minutes)

Introduce the students to the lesson themes

- Welcome students and introduce the lesson theme of kindness
- Ask the students if they like to be kind (pause for show of hands)

Icebreaker

- Introduce the kindness game where if something said is kind, they put their hands on their head, and if it's not kind, they cross their arms. Examples:
- "Helping a friend who fell over" ✓
- "Taking someone's toy" ✗
- "Saying please and thank you" ✓
- "Not letting someone join your game" ✗
- "Sharing your snack" ✓
- Praise the students for knowing what kindness is

Introducing Make-A-Wish Australia

- Talk about Make-A-Wish, which helps critically ill children who are facing hard times by granting them wishes. Explain that all wishes give children joy and that each wish is different. Explain that one child may wish for a puppy, and another for a holiday to the Gold Coast.
- Introduce Clancy's snow adventure wish
- **Video if suitable:** [Clancy's Snow Wish ❄️ Husky Sleigh Ride Adventure | Make-A-Wish Australia - YouTube](#)
- **Story:** "Clancy's wish came true at Mt Hotham, as Clancy snuggled up to huskies and experienced the thrill of a sleigh ride with the Howling Huskies team."
"Clancy was very happy when she received her wish."

"Clancy's mum said seeing the expression on Clancy's face and her overall excitement when they first arrived were priceless moments their family will cherish forever."

- Ask if the story made them smile **(pause)** and say something positive about the story.
- Explain that kindness is like a thread that connects us all together, and that they will be creating their own artwork patches that show kindness, which will then be pieced together.

Activity: Patchwork of Kindness (20 minutes)

- Ask the students to close their eyes and think about a time when someone was kind to them. Give suitable examples.
- Ask them to think about how it made them feel – e.g. warm inside.
- Tell the students to open their eyes

(Hand out the templates to the students)

- Explain that in the first patch they can draw something that shows kindness or something that is kind.
- Let them know that this could be anything, like a family member or pet.
- Give the students an example, e.g 'giving a gift to a friend'.
- Explain that the second patch is to be coloured in.
- Encourage different colours and patterns.
- Help students as needed.

Wrap-Up and Reflection (3 minutes)

- Praise everyone's work and remind them of the lesson themes.
- Remind them that kindness connects us together and makes the classroom a lovely place to be

If you have extra time: cut out and stick the patches onto a large piece of paper or noticeboard.