

LESSON PLAN 5

Grade 1-2
The Art of Kindness

Lesson Plan 5.1: Grade 1-2

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 Grade 1-2
Lesson Duration	50-60 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
Things you will need	• Make-A-Wish story or video Clancy’s Snow Wish ❄️ Husky Sleigh Ride Adventure Make-A-Wish Australia • 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 Clancy’s Snow Wish ❄️ Husky Sleigh Ride Adventure Make-A-Wish Australia • 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)



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The Art of Kindness - Scripted

Introduction & Icebreaker (20 minutes)

"Good morning/ afternoon! Today we're going to learn about being kind and helpful. We're going to make something special together called a Patchwork of Kindness."

"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 game. Close your eyes and think about something nice someone did for you. Maybe someone gave you a hug, or shared a toy, or helped you tie your shoes."

"Open your eyes. How did that make you feel?" (let 2-3 students share simple answers: happy, good, warm and write them on the board)

"Thank you for sharing! Those are wonderful feelings"

Introduction to Make-A-Wish Australia

"Now I want to tell you about Make-A-Wish Australia. Make-A-Wish helps critically ill children and grants them a special wish to make kids smile. Some children wish for a puppy or a trip to the beach, and being kind and bringing joy helps make these wishes come true."

"Today I want to share Clancy's wish to have a snow adventure."

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

"Did the video make you smile?" (pause for responses)

"Why is it nice to be kind to others?" (pause for answers)

Activity: The Kindness Ripple

“Let’s explore what we can do to be kind in the classroom with a quick activity.”

Give one student a soft ball (or just start with them)

That student says one kind action they could do (e.g., “help someone with their work”) and then gently passes/pretends to pass the ball to another student.

“Now I’d like to do a quick activity to show the impact kindness can have in our classroom.”

(Pass the ball/ball of paper to a student)

“I’d like you to say one classroom-based act of kindness, and then pass the ball/object to another student for their turn.”

(allow around 5 students to have a go)

“Great work. As you can see, each act of kindness travels from person to person, like a ripple.”

“We all contribute to the atmosphere in the classroom, and kindness is like a thread that connects us all.”

Activity: Patchwork of Kindness (25 minutes)

“Now I want you to remember that feeling of when someone was kind to you, and we’re going to use this to help create our 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, and 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 as needed)



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

Wrap-Up and Reflection (5 minutes)

"Good job, everyone! Now it's time to reflect on our patches."

"I'd love you to answer the following questions using your reflection sheets."

1. How did you feel making the patch?
2. What does being kind mean to you?
3. What can we do to encourage kindness in the classroom?

"Great work today, everyone. All of your patches look so great! Remember that kindness connects us together and makes the classroom a lovely place to be."

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

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The Art of Kindness - Unscripted

Introduction & Icebreaker (20 minutes)

Welcome students and introduce the lesson theme of kindness

- Let the students know they'll be creating patches of kindness
- Ask the students if they like to be kind (pause for show of hands)

Icebreaker

- Introduce the kindness icebreaker – ask the students to think of a time someone did something kind – give a classroom-related example.
- Ask students how it made them feel (let 2-3 students share simple answers: happy, good, warm)
- Write answers on the board

Introduction to Make-A-Wish Australia

- Talk about Make-A-Wish who help critically ill children who are facing hard times by granting them wishes. Explain that all wishes give the children joy and that each wish is different. Explain that one child may wish for a puppy, and another a holiday to the Gold Coast.
- Introduce Clancy's wish.
- Video: [Clancy's Snow Wish ❄️ Husky Sleigh Ride Adventure | Make-A-Wish Australia - YouTube](#)
- Ask if the story made them smile (pause) and say something positive about the story.
- Ask students why it's nice to be kind.

Activity: Kindness Ripple (5 minutes)

- Explain they're now going to explore kind things that they can do in the classroom.
- Introduce the kindness ripple activity which will demonstrate the impact of kindness in the classroom.
- Hold a soft ball/soft object and state a classroom-based action of kindness e.g. help someone tie their shoes and then pass the ball/object to a student.
- Ask the student to say another kind action they could do in the classroom (e.g., "help someone with their work") and then ask them to gently pass/pretend to pass the ball to another student. **Continue this and let 5-6 students have a turn.**
- Praise their work and remind students it's important to be kind to each other as we never know what someone is going through.
- Remind students that we all contribute to the atmosphere in the classroom and kindness is like a thread that connects us all.

Activity: Patchwork of Kindness (20 minutes)

- Ask the students to revisit their previous example of when someone was kind and remember that feeling for when they're creating their patch.

Hand out the templates to the students

- Students will use the first box to draw something that shows kindness, let them know it can be anything they wish.
- Encourage different colours and patterns, they can draw a family member or pet – anything!
- Give an example of what you would draw – e.g. giving a gift to my friend.
- Let them know the second patch is for them to colour in using their favourite colours.

Wrap-Up and Reflection (5 minutes)

- Praise the students for their work and let them know it's time to reflect on their patches.
- Hand out the reflection worksheets and get them to answer the following questions (you can write them on the board).
 1. How did you feel making the patch?
 2. What does being kind mean to you?
 3. What can we do to encourage kindness in the classroom?
- Thank everyone for their hard work and effort and remind students that kindness connects them and makes the classroom a nice place to be.

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