

LESSON PLAN 5

Grade 3-4
The Art of Kindness

Lesson Plan 5.2: Grade 3-4

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 3-4
Lesson Duration	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 - YouTube • 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 • An object for the kindness ripple (can be a ball of paper, ball, classroom mascot etc)
Teacher Preparation Notes	• Review Make-A-Wish video for sensitive content. Clancy’s Snow Wish ❄️ Husky Sleigh Ride Adventure Make-A-Wish Australia - YouTube • 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)

Grade 3-4 Lesson Plan 5.2

The Art of Kindness - Scripted

Introduction & Icebreaker (15 minutes)

"Good morning/good afternoon! Today we're going to learn about the power of kindness, and how that impacts our classroom."

"Now we all know what it means to be kind, but can anyone answer why it's important?"

(encourage answers of: you don't know what someone else is going through, empathy, etc.)

"Great answers, everyone. It's important to be kind to each other as we never know what someone is going through."

Icebreaker activity

"Now, I want you to close your eyes for a second. Think about a time when someone was kind to you. Maybe a friend shared their lunch, or a friend gave you a hug when you were having a rough day."

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

"Thank you for sharing! Those are wonderful feelings."

Introducing Make-A-Wish Australia

"I'd like to talk about Make-A-Wish Australia. Make-A-Wish grants life-changing wishes to critically ill children and provides them with hope and joy. Each wish is unique. For example, one child might wish for a puppy, or a holiday to the Gold Coast. It takes kind people working together to make a wish happen, and today I want to share Clancy's wish."

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



“What a lovely video, who agrees” (pause for response)

Activity: The Kindness Ripple

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

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.

(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)

“So now you’re going to make your own patches of kindness. We will then stitch all the pieces together into a mural, like a quilt made of all our different squares!” (note: can be several murals if that is easier)

“Now I want you to remember that feeling of when someone was kind to you and the ripple exercise, and we’re going to use them to help create our patch.”

Hand out the templates to the students

“In the first patch I’d like you all to draw something that demonstrates kindness. Your kindness can be something you’ve seen, something you’ve done, or something you wish to see in the world. It can be:

- Caring for an animal or the environment



- Standing up for someone
- Sharing with a classmate
- Being a good listener

"I want to encourage you to use different patterns and art styles."

"In the second patch I'd like you to give an example of what it is to be kind."

(Help students as needed)

"Great job everyone! Now we're all going to stick our patches onto the paper(s) to finish our lovely patchwork quilt."

Wrap-Up and Reflection (5-10 minutes)

"Now it's time to reflect on our patches."

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

1. What does being kind mean to you?
2. What can we do to encourage kindness in the classroom?
3. What kindness would you like to see in the world?

"Great work today, everyone. Remember that kindness is also important outside of the classroom. I want you all to go home and think of ways you can be extra kind to your family and guardians."

Grades 3-4 Lesson Plan 5.2

The Art of Kindness - Unscripted

Introduction (10-12 minutes)

- Welcome students and introduce the lesson theme of kindness and how it impacts our classroom.
- Ask the students why being kind is important. (encourage answers of: you don't know what someone else is going through, empathy, etc.)
- Introduce the kindness icebreaker – ask the students to close their eyes and think of a time someone did something kind – give classroom-related examples.
- Ask students how it made them feel (let 2-3 students share simple answers: happy, good, warm, less alone, etc.) Thank them for sharing.

Introducing Make-A-Wish Australia

- Talk about Make-A-Wish Australia and how they grant life-changing wishes to critically ill children and provide them with hope and joy. Explain that each wish is unique and that one child may wish for a puppy, and another a holiday to the Gold Coast. It takes many kind people working together to make a wish happen.
- Introduce Clancy's wish
- Play video: [Clancy's Snow Wish ❄️ Husky Sleigh Ride Adventure | Make-A-Wish Australia - YouTube](#)

Activity: Kindness Ripple (5 minutes)

- 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)

Hand out the activity templates

- Let the students know they're going to be making their own artwork patches that demonstrate kindness, which will then be stitched together like a quilt.
- Ask the students to revisit their previous example of when someone was kind, and think of that feeling for when they're creating their patch.
- In the first patch: draw something that demonstrates kindness. The kindness can be something they've seen, something they've done, or something they wish to see in the world.

Examples:

1. Caring for an animal or the environment
 2. Standing up for someone
 3. Sharing with a classmate
 4. Being a good listener
- Encourage different art styles and colours
 - The second patch is used to give a written example of an act of kindness

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. What does being kind mean to you?



2. What can we do to encourage kindness in the classroom?

3. What kindness would you like to see in the world?

- 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.