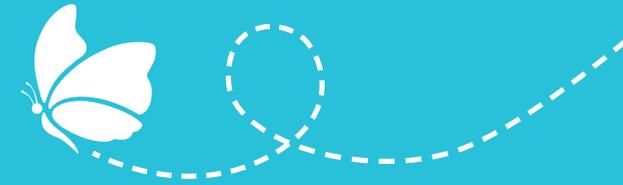


Do It For Dolly Day
Week Lesson Plan
for Primary Schools



DAY 1 WHAT DOES KINDNESS MEAN?



Learning Focus

Students explore what kindness looks like and feels like in everyday life.



Introduction

"This week, we are celebrating Do It For Dolly Day. It's all about kindness – showing care, helping others, and making sure everyone feels safe and included. What does kindness mean to you?"



Guiding Questions

- "What does kindness look like?" (sharing, helping, inviting others to play)
- "What does kindness sound like?" (kind words, compliments, saying thank you)
- "What does kindness feel like?" (warm, happy, included, safe)



Activities - Student Cohort

Lower Primary (Years 1-3)

Kindness Tree

- ★ Draw a big tree on butchers' paper. Students write/draw kind actions on leaf shapes and stick them to the tree.

<https://youtu.be/f5dogDzxll8?si=8qbYzgF-mgKHBEHq>

Upper Primary (Years 4-6)

Kindness Mind Map

- ★ Students brainstorm all the ways kindness can be shown (physical actions, words, inclusion, online behaviour).



Reflection Prompt



“One kind thing I can do this week is...”

DO IT FOR DAY



DAY 2 BANTER VS BULLYING



Learning Focus

Students explore what kindness looks like and feels like in everyday life.



Introduction

"Sometimes friends joke around, and that can be fun. But sometimes a joke can go too far and hurt someone. Today we're learning how to tell the difference between banter and bullying."



Guiding Questions

"How can we tell if a joke is still fun?" (everyone is laughing, no one feels hurt)

"What are signs a joke has gone too far?" (someone looks upset, tries to walk away, isn't laughing)

"What can we do if we think a joke is hurting someone?" (say sorry, stop, check how they feel)



Activities - Student Cohort

Lower Primary (Years 1-3)

Scenario Sorting - Read simple situations

★ Scenario Sorting Prompts - Read each scenario and decide if it is an example of fun banter or bullying

- "A friend says you run like a turtle, and you both giggle together."
- "Someone keeps calling you 'loser' every day, even when you ask them to stop."
- "At lunchtime, your friend jokes that your sandwich looks funny, and you both laugh about it."
- "Two classmates keep whispering and pointing at you, and you feel left out."

- "A friend says you're good at drawing, but jokes they're better. You both smile and keep drawing together."
- "Someone pushes you out of the line and says you don't belong there."
- "Your friend says your new haircut makes you look like a rockstar, and everyone laughs in a fun way."
- "Another student takes your hat and won't give it back, even when you say it's not funny."
- "A friend calls you 'speedy' when you run fast, and you feel proud and happy."
- "Someone keeps making fun of your shoes and other people start laughing at you too."

Upper Primary (Years 4-6)

Scenario Sorting - Fun Banter or Bullying?

★ Read each scenario and decide if it is an example of fun banter or bullying. Then describe why!



Reflection Prompt

“One way I can make sure my words don't hurt someone is...”



DO IT FOR DAY



DAY 3 STANDING UP AND SPEAKING OUT



Learning Focus

Students learn how to be an upstander rather than a bystander.



Introduction

“When we see someone being treated unkindly, we have a choice – do nothing, or stand up and show kindness. What could you do if you saw someone being hurt by words or actions?”



Guiding Questions

“What does it mean to be an upstander?” (helping, supporting, speaking out safely)

“Why is it important to stand up?” (shows people they are not alone, helps stop unkind behaviour)



Activities - Student Cohort

Lower Primary (Years 1-3)

Kind Superhero

- ★ Students draw a superhero with powers of kindness (e.g., “Super Listener”, “Captain Courage”, “The Helper”) and label how they help others.

Upper Primary (Years 4-6)

After discussing the qualities of being an upstander

- ★ Students create a puzzle with comments on how everyone fits in/ how we can include everyone/ that everyone’s qualities matter.



Reflection Prompt



“One way I can stand up for kindness is...”

DO IT FOR DAY



DAY 4 OUR KINDNESS CULTURE



Learning Focus

Students identify how to make kindness part of their school culture.



Introduction

"What makes our school a kind place? What could we do to make it even kinder?"



Guiding Questions

"What helps people feel safe here?" (friends, teachers, fair rules, inclusion)
"What could we do to spread kindness every day?" (greet people, buddy up with someone, share positive notes)



Activities - Student Cohort

Lower Primary (Years 1-3)

Class brainstorm and create a Kindness Pledge Poster titled:

- ★ "In our school we choose kindness by..." Each student adds a pledge (e.g., "I will invite others to play", "I will use kind words").

Upper Primary (Years 4-6)

- ★ Create kindness slogans, posters, or digital messages to share on Do It For Dolly Day.

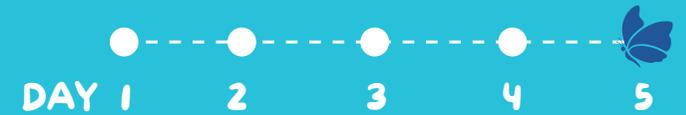


Reflection Prompt

"One change I'd like to see in our school is..."



DAY 5 WHAT DOES KINDNESS MEAN?



Learning Focus

Celebrate and share acts of kindness with the whole school community.



Introduction

"Today is Do It For Dolly Day – a day to celebrate kindness, help others, and stand up against bullying. Let's share what we have learned this week."



Guiding Questions

"Today on Do It For Dolly Day, I showed kindness when I..."
"What is one kind thing you will try to do tomorrow?"
"How would our school change if everyone did one kind thing every day?"



Activities

All Primary

- ★ Dress in blue and wear heart symbols.
- ★ Display kindness posters, pledges, and artwork in a "Kindness Gallery".
- ★ Hold a mini-assembly where students share their pledges or what they learned.



Reflection Prompt



"This week, I made a difference by..."

DO IT FOR DAY

