



A Teacher's Lesson Plan · September



HEART OF GOLD

Kindness, courage & the truth that
you're **never too young** to make a difference

Big idea: **You are never too young to make a difference.**

Grades K-8

45 minutes

One class period





What this lesson is **really** about

Heart of Gold is a lesson in compassion — not a lesson in illness. Students decorate a gold paper heart, hear one short, hopeful story, and discover that helping others can be joyful and creative. The fun part — coloring, decorating, building a class display — *is* the kind act.

This will NOT scare your students

The lesson is gentle, age-appropriate, and uplifting. No frightening images, no medical detail. The message children keep is simple and safe: **some kids are having a hard time, and we can be kind and help them feel less alone.**

What they'll learn

- ♥ Anyone, at any age, can help others
- ♥ Small kindness → real, positive impact
- ♥ Empathy, generosity & teamwork
- ♥ Gold is the color of childhood cancer awareness

What you'll need

- ♥ Gold paper hearts (free in your kit)
- ♥ Crayons, markers, colored pencils
- ♥ Wall space for a Heart of Gold Wall
- ♥ Optional: Jordan's founder video

Say it in one sentence

"Some children spend time in the hospital instead of at school. Today we get to make something beautiful to remind them people are cheering them on — because you're never too young to brighten someone's day."





A true story, told simply

"You are never too young to make a difference."

Share this in your own words: *Whip Pediatric Cancer was started by a girl named Jordan when she was just 16. She saw children fighting cancer and decided she couldn't wait until she was older to help.*

She didn't have millions of dollars or a big organization. She simply had a heart that cared enough to begin — and that one decision has stood beside children and families for more than a decade.

The takeaway for students: age has never been a requirement for compassion. When one young person chooses to care, an entire world can begin to change.



A special video from Jordan, the founder

Jordan is making a **downloadable video** to play at your assembly or in class. She speaks straight to your students — encouraging them to follow their calling, believe in themselves, and remember they're never too young to change the world. **Play it to kick off the lesson.** (*Arrives with your Heart of Gold kit.*)





Your class, minute by minute

0-5
min

Welcome & wonder. "Why is our color gold today?" Reveal: gold is the color of courage for kids who are sick. Keep it light.

5-12
min

Story or video. Tell Jordan's story, or play the founder video. Land on: *you're never too young to make a difference.*

12-18
min

Five lessons. Walk through the five simple ideas (next page). Younger grades: pick two or three.

18-35
min

Decorate your heart! The fun part — names, art, and messages of encouragement. Every heart is different; every heart matters.

35-42
min

Build the Heart of Gold Wall. Add every heart to the display and watch a wall of hope come together.

42-45
min

The high five. Promise to tell five people gold means childhood cancer awareness — then high-five a friend.

A

Decorate

Add your name, art, or a kind message to your gold heart.

B

Donate

Families may give a suggested \$5 — but it's never required.

C

Display

Every heart joins the wall, standing with kids fighting cancer.

Every heart belongs on the wall — a donation is never required. 🧡



GIVE ME FIVE

The whole program is built around one friendly number: **five**.

- 1 You're never too young to make a difference.**
One 16-year-old chose to act. You just have to care enough to start.
- 2 Kids helping kids changes the world.**
Kindness in one classroom spreads to a whole school and community.
- 3 Small acts make a big impact.**
A decorated heart or kind message reminds someone they're not alone.
- 4 Together, small things become big.**
One heart is paper. Hundreds become a wall of hope. One school becomes a movement.
- 5 Awareness is the first step to change.**
Even without giving, displaying a gold heart helps a child feel seen and remembered.

The Give Me Five Challenge

Five minutes to decorate · a suggested \$5 (optional) · learn the five lessons · tell five people
gold = childhood cancer awareness · give a high five.



DO THE MATH!

See how small gifts add up to something big.

Every Heart of Gold is a suggested **\$5** gift. Ask your class: *if everyone in our whole school takes part, how much could we raise together?*

$$\begin{array}{c} \$5 \\ \text{per heart} \end{array} \times \begin{array}{c} 500 \\ \text{students} \end{array} = \begin{array}{c} \$2,500 \\ \text{raised together!} \end{array}$$



Small amounts add up.

One \$5 heart feels small — but hundreds of them become **thousands of dollars** for kids fighting cancer. Every single heart counts.

Our goal



\$2,500

Set a class or school goal and color in the thermometer as you get closer!

Grades K-2

Count by 5s! 5, 10, 15, 20... Each jump is one more heart. How high can you count as a class?

Grades 3-5

Multiply! If our class has 25 students: $25 \times \$5 = \125 . Now try your real class size.

Grades 6-8

We've raised \$1,000 toward \$2,500. What % is that? **40%**. What if 10 schools each raised \$2,500?

It takes teamwork.

No one reaches the goal alone. When **everyone gives a little**, together we do a lot — that's how \$5 turns into \$2,500.

Skills: counting by 5s · multiplication · addition · percentages · goal-setting



Why **gold**, and what stays

Gold is the color of childhood cancer awareness

It stands for the strength and courage of every child fighting this disease. Each gold heart tells a child: **We see you. We're with you. You are not alone.**

The fun and the meaning are the same thing

Point this out to students: the joyful activity — coloring, decorating, creating — **is** the kind act. The gold heart they had fun making becomes a real message of hope. Having "a heart of gold" means being kind, and that's exactly what they're doing.

What students take with them

- ♥ You're never too young to make a difference
- ♥ You don't need millions — \$5 and a kind word matter
- ♥ Kids helping kids can change the world

Get your FREE kit

Free gold hearts, a fundraising page & the founder video.

whippediatriccancer.org/heart-of-gold

Thank you for having a Heart of Gold 🧡

"When I grow up I want to find a cure for cancer." — written by a student. That's the spark this lesson lights. — Jordan, Founder

