

# Lesson Plan: Kindness & Fairness through Fair Trade



**Class Level:** Junior & Senior Infants (4–6 years)



**Time:** 30–40 minutes

**Theme:** Fair Trade – How our choices can help others

**Curriculum Links:**

SPHE (Social, Personal & Health Education):

Myself & Others: Relating to others, Developing empathy

Myself & the Wider World: Developing citizenship

English:

Oral Language – Building vocabulary, responding to questions

Visual Arts:

Drawing & Making – Expressing ideas visually

Geography:

Human Environments – Awareness of other communities

**This pack contains:**

Images of:

Fair Trade Farmers

Fair Trade Logo

Fair Trade goods





Fairness Game images

Colouring page for  
Kindness badge







Kindness badge outline  
for children to use their  
own imagination

## Learning Objectives

By the end of this lesson, pupils will be able to:

-  Understand the simple idea that Fair Trade means farmers and workers are paid fairly for their work.
-  Recognise the Fair Trade symbol and know it stands for fairness and kindness.
-  Relate fairness in class life to fairness in the wider world.
-  Show kindness by thinking of ways to help others

## Resources Needed

-  Large printed Fair Trade logo
-  Photos of cocoa farmers, banana growers, and tea/coffee pickers
-  Basket with Fair Trade items (e.g., bananas, chocolate, tea box)
-  World map or globe
-  Chart paper / whiteboard
-  Drawing paper & crayons

## Lesson Steps

### 1. Circle Time Warm-up (10 minutes)

Sit pupils in a circle.

**Ask:** “What does it mean to be fair?” Collect examples like sharing toys, taking turns.

**Ask:** “What does it mean to be kind?” Gather examples from their own lives.

**Explain:** “Sometimes being fair means helping people we don’t even know — even if they live far away.”

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## 2. Show & Tell: Where Our Food Comes From (10 minutes)

Show a banana, a bar of chocolate, and a tea box. Ask: "Where do you think this comes from?"

Use the globe or map to point to the countries where these foods grow.

Show photos of farmers who grow these foods.

**Explain simply:** "Sometimes farmers are not paid enough to buy food or send their children to school. Fair Trade makes sure they get a fair price so they can live well."

**Show the Fair Trade logo and explain:** "This is a promise that farmers are treated kindly and fairly."

## 3. Fairness Game (5 minutes)

Hand out pretend fruit cards unevenly (some children get lots, others get none).

**Ask those with fewer:** "How does that feel?"

Redistribute so everyone has the same. **Ask again:** "How does this feel?"

**Link to:** "Fair Trade is like sharing the fruit so everyone gets a fair amount for their work."

## 4. Art Activity – "Fairness & Kindness Badges" (10–15 minutes)

Children draw their own badge inspired by the Fair Trade symbol.

Teacher or SNA can write on the back one "kind and fair" idea from each child (e.g., "I can share my toys" or "I can help at home").

## 5. Reflection & Closing (5 minutes)

**Ask:**

"What does Fair Trade mean?"

"Why is it kind?"

"What can we do in school to be fair?"

End with a kindness pledge: "We will try to be fair and kind to everyone – near and far."

## Assessment

Observe if children use words like "fair" and "kind" in discussions.

Look at badges for understanding of fairness idea.

## Home Link

Send home a simple note with the Fair Trade logo and message:

"We learned about being fair and kind today. Look for this symbol when shopping."



# THE FARMERS



Banana farmers and workers



Cocoa farmers



Coffee Farmers



Sugar Farmers



Tea Farmers

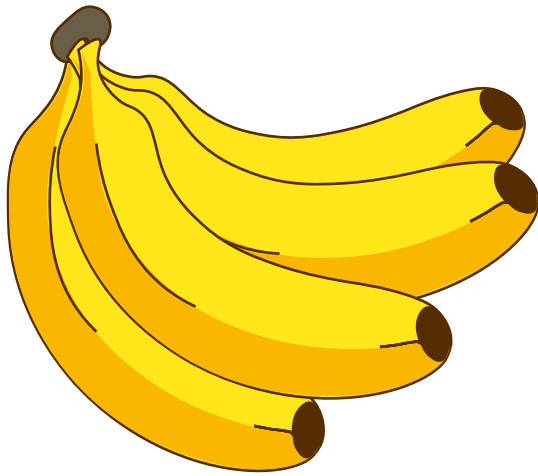
# FAIRTRADE



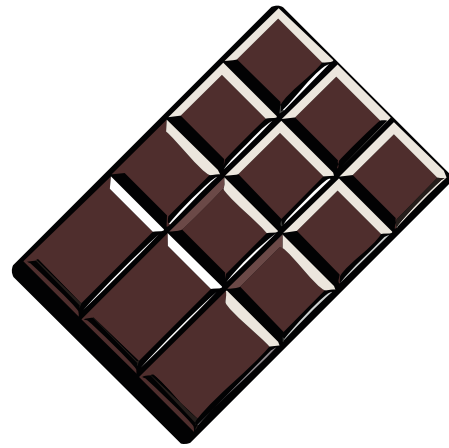
# FAIRTRADE



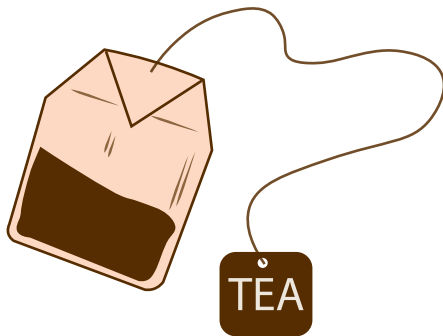
# Show & Tell: Where Our Food Comes From



BANANAS



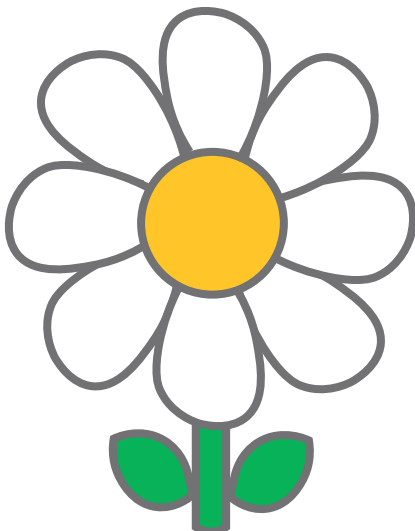
CHOCOLATE



TEA



SUGAR

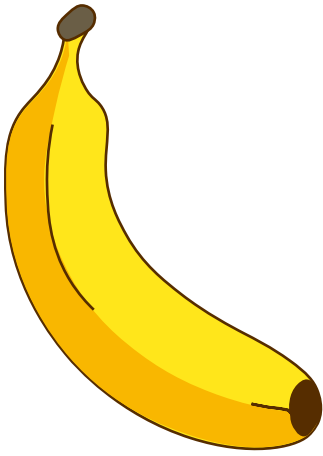


FLOWERS

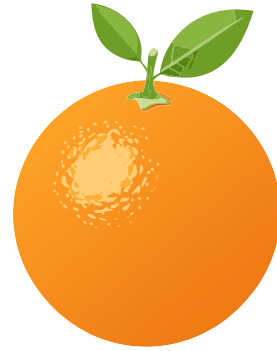


COFFEE

# FAIRNESS GAME



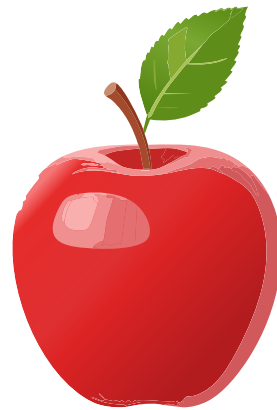
BANANA



ORANGE



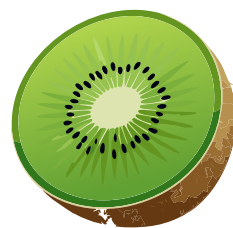
GRAPES



APPLE



MANGO



KIWI

# Fairness & Kindness Badges



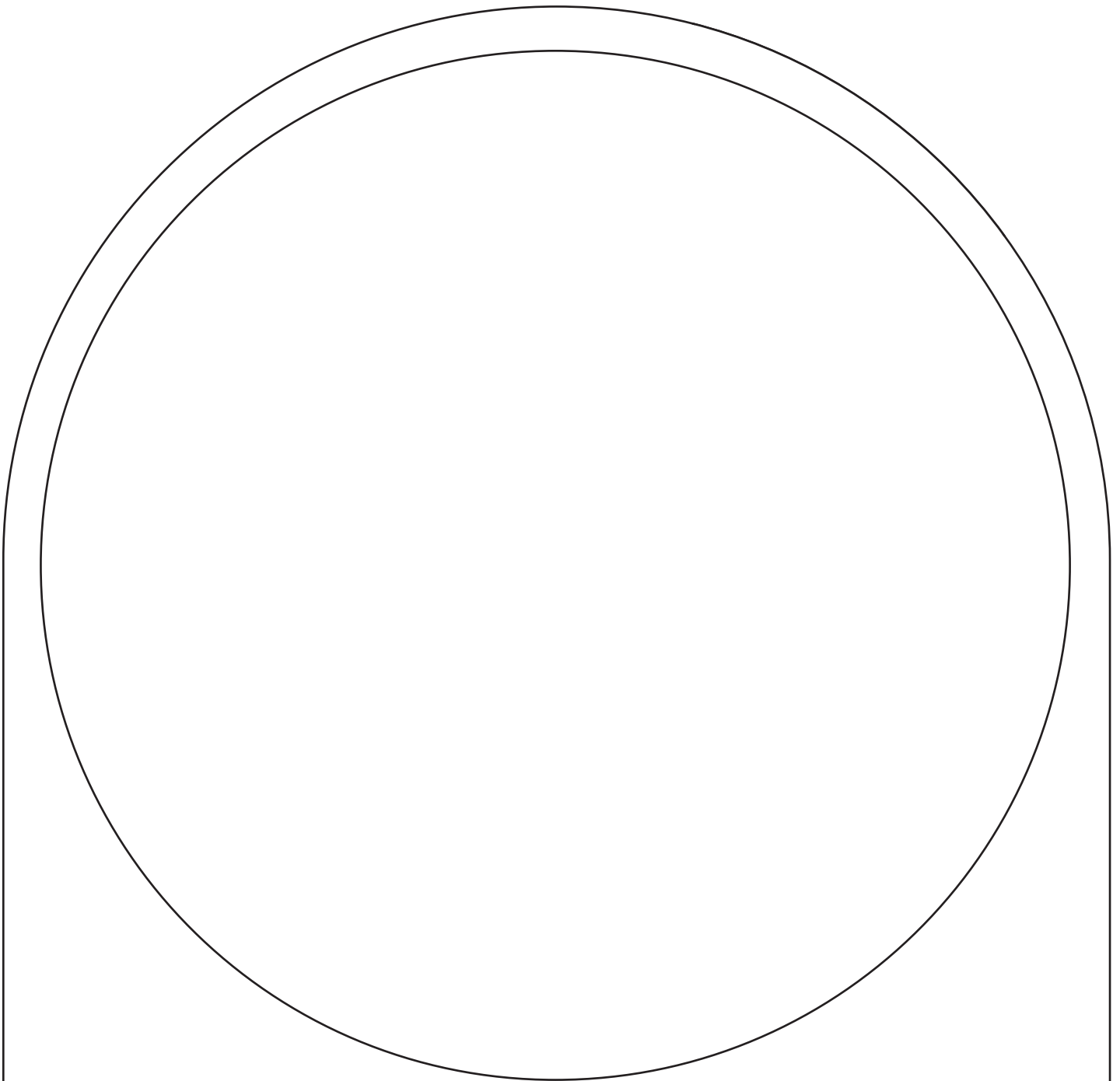
I am kind and fair when.....

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# Fairness & Kindness Badges



I am kind and fair when.....

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