



TOPIC

Appreciating & Valuing

LEVEL

First Grade

THEME

Let Kindness Grow

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Understand what appreciation and valuing mean.

MATERIALS

- Let Kindness Grow coloring sheet (one per students)
- Markers or crayons

ESSENTIAL QUESTIONS

- What does appreciation and valuing mean?
- Can you think of someone you appreciate and value?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Hi, everyone! I'm so happy to see you today. Let's go around the circle and say our names to welcome each other."

Go around the circle. After introductions, continue by saying, "Today we are learning about appreciation and valuing. These are two really important words that help us show others we've got their back, just like Aavidum teaches us."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Put the words APPRECIATION and VALUING on the Board by either writing them or using the slides.

Say: "Here are our two big words for today: APPRECIATION and VALUING. What do you think these words mean? Raise your hand if you have an idea."

- Call on 3 or 4 students. Say: "Those are great ideas! Let's learn what they mean."

Say: "Appreciation means enjoying the good qualities of someone. Valuing means thinking someone is important and special. So if I say, 'I appreciate my friend for always sharing,' that means I enjoy that quality about them. If I value someone, I see how important they are in my life!"

- Point to the words as you say them.

Say: "Can you think of someone you appreciate? Maybe someone who helped you or made you smile? Turn to the person next to you and share one person you appreciate and why."

- Allow 1 to 2 minutes for pair-sharing. Call on 2 or 3 volunteers to share with the class.

ACTIVITY: KINDNESS PLANTS (20 MINUTES)

Ask:

“Does anyone have plants or a garden where they live?”

- Wait for students to raise their hands.

“Does anyone know what plants need to grow strong and beautiful?”

- Answer: water, sunlight

“If plants need water and sunlight to grow, what do you think kindness needs so it can grow?”

- Guide the students toward appreciation and valuing each other.

Hand out Kindness Plant coloring sheets.

- Say: “Each one of you just got your very own kindness plant that you can draw however you want. On the leaves or flowers of your kindness plant, write or draw ways you can show appreciation or kindness to people. Here are some ideas:
 - Saying ‘thank you’
 - Giving a high-five
 - Helping a friend
 - Saying something nice
- Say: “Color your plant to make it beautiful because kindness makes the world more beautiful!”

Walk around and help students. Invite 2 or 3 to share their plants with the class.

WRAP-UP (5 MINUTES)

Say: “Let’s look at our two words one more time: APPRECIATION and VALUING. We learned that:

- Appreciation is enjoying the good qualities of someone.
- Valuing is seeing how important they are.”

Ask: “How can you show appreciation and valuing in your everyday life?”

- Call on 3 or 4 students. For example: “Say thank you,” “Help my mom,” “Tell my friend I like their drawing.”

Say: “This week, your challenge is to show appreciation to one person at school and one person at home. Remember, Aavidum means ‘I’ve got your back,’ and appreciation is one way we show it!”

End with a group cheer of “Aavidum!” and a big class high-five.