



TOPIC

Introduction to Aavidum

LEVEL

First Grade

THEME

I've Got Your Back

LEARNING OUTCOMES

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

- Say that Aavidum means "I've got your back."
- Explain how being a good friend shows support and caring.
- Give examples of ways to help or comfort their friends.

MATERIALS

- Chart paper or whiteboard and markers
- Blank paper (one per student)
- Crayons or markers for drawing
- Space on a bulletin board or wall for an "I've Got Your Back" Wall display

ESSENTIAL QUESTIONS

- What does it mean to have someone's back?
- How can we show our friends that we care and support them?
- How does saying "I've got your back" help our classroom feel safe and happy?

CHECK-IN / WELCOME (5 MINUTES)

Gather students in a circle.

Say: "Today we're learning about a special word: Aavidum. Aavidum means 'I've got your back!' When we say this, we're telling our friends that we care about them and will help them when they need it."

Check-In Question:

"Have you ever had a friend help you or cheer you up? How did it feel?"
Take a few short responses to build connection.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Write Aavidum = "I've Got Your Back" on the board.

Say: "Having someone's back means we notice when they need help and we support them. Aavidum is about making sure everyone feels cared for and included."

Ask: "What are some things friends do to show they've got your back?"

Examples: sharing supplies, inviting someone to play, giving a kind word when they're sad.

Write answers on the board

Reinforce: "When we say 'I've got your back,' we are being kind, helpful, and responsible friends. That's what Aavidum is all about!"

ACTIVITY: GOT YOUR BACK PARTNER PRACTICE + WALL (20 MINUTES)

Instructions:

- Pair up students.
- Say: "Turn to your partner and say: 'I've got your back!' Now, tell your partner one way you could show you've got their back."
- Give 2 minutes for each student to share.
- Invite volunteers to share their ideas aloud.
- Give each student a blank sheet of paper.
- Say: "Draw a picture of yourself helping or caring for a friend. This could be sharing, playing together, or cheering them up."
- When finished, have students write "I've got your back!" on their paper.
- Collect all drawings and create an "I've Got Your Back Wall" display.

Say: "When we see this wall, we'll remember that our class is a place where we take care of each other and say: 'I've got your back!'"

WRAP-UP (5 MINUTES)

Ask: "How can saying 'I've got your back' make someone feel better?"

Brief responses: safe, happy, loved, included.

Say: "This week, your challenge is to find one friend in our class who needs help or a kind word and show them that you've got their back."

Closing Call-and-Response:

Teacher: "What does Aavidum mean?"

Students: "I've got your back!"

Say: "Let's end this lesson by celebrating what we learned by all giving each other Aavidum-hand-high-fives."

Students high-five each other to conclude the lesson.