



TOPIC

Leadership

LEVEL

First Grade

THEME

Lead the Way

LEARNING OUTCOMES

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

- Describe what good leaders do.
- Show leadership by helping and guiding others.

MATERIALS

- Blindfolds, scarves, or bandanas (enough for half the class)
- Cones, chairs, paper footprints, or classroom-safe items to create an obstacle course
- Tape (to mark start/finish lines)

ESSENTIAL QUESTIONS

- What makes a good leader and how can I be one?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Hi leaders! Did you know that a good leader doesn't just try to win or go first? A good leader helps everyone succeed. At Aavidum, we say, 'I've got your back.' That means we look out for each other!"

Ask:

- "Have you ever helped someone else learn something or do something hard?"
- "How did it feel to help them?"

Summarize: "Helping others is a superpower of good leaders. Today, we're going to practice leading with kindness, patience, and clear directions!"

GUIDED DISCUSSION / TOPIC INTRODUCTION (5 MINUTES)

Ask: "What do you think makes someone a good leader?"

Write student ideas on the board or a poster labeled "Good Leaders..."

Add and emphasize:

- Use kind words
- Help others when they need it
- Stay calm and patient
- Explain things clearly
- Cheer others on

Say: "At Aavidum, we are all leaders when we say: 'I've got your back!'"

ACTIVITY: LEAD THE WAY OBSTACLE COURSE (20 MINUTES)**Instructions:**

- Use cones, chairs, or tape to make a simple course (zig-zags, walk-around, hop-on-a-shape, etc.).
- Mark a clear start and finish.
- If outside or in a gym, make it more active. If in a classroom, keep it compact and safe.

Instructions to Students: “You will work with a partner. One of you will be blindfolded. The other person will be the leader and help guide your friend through the obstacle course using your voice, but no touching! After one person makes it through, we’ll switch so everyone gets a turn to be the leader.”

- Review safety expectations. If a student is anxious about being blindfolded, offer the option to close their eyes and hold a paper shield up instead.
- Model how to give simple instructions (e.g., “Take two steps forward. Now turn to the right. Stop!”)
- Encourage cheering and calm encouragement.
- Rotate pairs as needed based on time and group size.
- After everyone is done, gather students together and ask:
 - “How did it feel to be the leader?”
 - “What was hard about helping someone else?”
 - “What helped your partner feel safe and successful?”
 - “What do great leaders do when something doesn’t go right?”
 - “How did you show ‘I’ve got your back’ during this game?”
- Say: “Great leaders use kind voices, stay calm, and care about helping others. That’s what Aavidum leaders do every day.”

WRAP-UP (5 MINUTES)

Say: “Today we learned that being a leader means helping others, not just doing it ourselves. We practiced leading with our words and showing care”

Say: “Your challenge this week is to lead the way by helping someone in your class, on the playground, or at home. When you help them, say or think: ‘I’ve got your back!’ That’s the Aavidum way.”