

**TOPIC**

Resilience & Growth Mindset

LEVEL

First Grade

THEME

We Can Do Hard Things

LEARNING OUTCOMES

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

- Name a time when they learned something hard by practicing.
- Use positive self-talk when they face challenges.
- Support their friends by encouraging them to keep trying.

MATERIALS

- Chart paper/whiteboard & markers
- Pre-cut badge shapes (paper or cardstock)
- Crayons, markers, stickers (for decoration)
- Safety pins or tape (optional, to wear badges)

ESSENTIAL QUESTIONS

- What does it mean to do something hard and keep trying?
- How can our words help us feel brave and strong?
- How does positive self-talk help us not give up?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today for our Aavidum lesson, we're going to learn about doing hard things and how to talk to ourselves in kind, brave ways to keep going. This is called resilience. It means not giving up."

Ask: "Can you share one thing you learned that was hard at first but you kept trying?"

- Examples: tying shoes, riding a bike, reading a hard word.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Sometimes when we face something hard, we might think, 'I can't do it.' But those words don't help us. Instead, we can use positive self-talk. Positive self-talk is when we say kind and strong words to ourselves to help us keep going."

Ask: "Have you ever said something nice to yourself to feel better or stronger?"

Model: "I used to say, 'I can do this!' when I was learning to ride my bike."

Put on the board:

- "I can do hard things."
- "I won't give up."
- "I am brave."

Practice Together: "Let's say them together in strong voices. Ready? 1, 2, 3..."
Chant affirmations together 2 to 3 times.

ACTIVITY: BRAVE BADGES (20 MINUTES)

Say: "Now we are going to make our own Brave Badges. These badges will remind us of positive words we can say to ourselves when things feel hard."

Instructions:

- Pass out badge shapes.
- Ask each student to pick one affirmation from the board OR create their own.
- Write it (teachers/support staff can help with spelling).
- Decorate badges with crayons, markers, and stickers.
- Encourage sharing while they work:
 - "What words are you putting on your badge?"
 - "When might you use those words?"

Optional: Once finished, let students wear their badges (tape or pin them).

Say: "Let's share! Who would like to show their Brave Badge and say their affirmation to the group?"

- Encourage applause after each share.

Ask: "How does it feel when we say kind, strong words to ourselves?"

WRAP-UP (5 MINUTES)

Say: "Today we learned that we can do hard things by talking to ourselves with brave words. When things feel tricky, we don't give up. We keep trying and tell ourselves: 'I can do hard things!'"

Challenge:

"This week, use your Brave Badge or words when you face something hard. You can also encourage a friend by reminding them: 'You can do it!' Part of Aavidum is having each other's backs."