



TOPIC

Respect & Responsibility

LEVEL

First Grade

THEME

I Matter, You Matter

LEARNING OUTCOMES

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

- Explain that respecting themselves means using kind words about themselves and taking care of themselves.
- Explain that respecting others means being kind, caring, and including them.
- Recognize that everyone is important and deserves respect.

MATERIALS

- Mirror worksheet (one per student)
- Coloring Supplies

ESSENTIAL QUESTIONS

- What does it mean to respect yourself?
- What does it mean to respect others?
- How can respecting ourselves and others help everyone feel important and cared for?

CHECK-IN / WELCOME (5 MINUTES)

Say: "In Aavidum, we say, 'I've got your back.' That means we care for ourselves and for each other. Today we'll learn about how showing respect for ourselves and for others helps everyone feel important."

Check-In Question:

- "Raise your hand if someone said something kind to you this week. How did it make you feel?"
 - Take a few answers and connect to feelings of respect.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Put the words "I MATTER" and "YOU MATTER" on the board.

Ask: "What do you think it means to matter?"

- Take student responses.

Explain: "When we say 'I matter,' it means we are important. When we say 'You matter,' it means our friends and classmates are important too. Respect means showing that we care about ourselves and about others."

Discuss Self-Respect:

"When we respect ourselves, we use kind words about ourselves and take care of our bodies and feelings."

Discuss Respect for Others:

"When we respect others, we are kind, include them, and treat them the way we want to be treated."

Say: "Respect for ourselves and respect for others are both ways to say, 'I've got your back!'"

ACTIVITY: MIRROR AFFIRMATIONS (20 MINUTES)**Instructions:**

- Give each student a Mirror Worksheet.
- Say: "Look into your mirror. Smile at yourself! Now repeat after me: 'I am important. I matter.'"
- After repeating together, ask:
- "How does it feel to say kind words to yourself?"
 - Take 2–3 responses.
- Ask: "What other kind words could you say to yourself to show yourself respect and kindness? Using your coloring supplies, I want you to write and draw kind messages to yourself in your mirror. You could draw a heart to say 'I love myself' or you could draw an eye to say 'I have beautiful eyes.' Draw whatever kind and respectful messages you want to share with yourself."
- Circulate as students work to help with writing and to offer ideas and encouragement.
- When students are done, ask a couple volunteers to share one kind thing they said or drew about themselves.
- Then invite students to turn to a classmate and share a compliment:
 - Say: "Now, turn to a partner and say something kind to them to show respect."
- Try to make sure every student receives a kind message from a classmate.

WRAP-UP (5 MINUTES)**Ask:**

- "How do you feel when you use kind words for yourself?"
- "What makes everyone in our class special?"

Say: "This week, your challenge is to give one compliment to yourself and one compliment to a friend each day. That's how we show respect and say 'I've got your back!'"

Closing Chant: Lead students:

Teacher: "I matter!" (Students repeat)

Teacher: "You matter!" (Students repeat)

Teacher: "We've got each other's backs!" (Students repeat)

- End with high-fives around the circle.