



TOPIC

Introduction to Aavidum

LEVEL

Second Grade

THEME

Helping Our Friends

LEARNING OUTCOMES

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

- Say that Aavidum means “I’ve got your back.”
- Explain that helping friends and being kind makes school a happier place.
- Give examples of ways to care for and include others.

MATERIALS

- Chart paper or whiteboard and markers
- Four labeled posters or chart headings: Acceptance, Appreciation, Acknowledgment, Caring (with simple icons or images for each)
- Sticky notes or pre-cut paper shapes (like hearts or hands)
- Crayons or markers

ESSENTIAL QUESTIONS

- What is Aavidum?
- How can we help our friends feel safe and cared for at school?
- What does it mean to say, “I’ve got your back”?

CHECK-IN / WELCOME (5 MINUTES)

Say: “Today we’re learning about Aavidum. Aavidum means ‘I’ve got your back.’ It’s all about making sure everyone at school feels safe, happy, and cared for.”

Check-In:

“Raise your hand if you’ve ever had a friend help you or cheer you up. How did it feel?”
Take a few short answers.

Connect:

“Aavidum is about helping friends and showing kindness so no one feels left out or alone.”

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Ask: “What makes our classroom feel happy and safe?”

Examples: sharing, listening, helping, including everyone.

Write their ideas on the board.

Explain: “Aavidum is about doing these kinds of things every day so everyone knows: ‘I’ve got your back.’ When we do this, our school feels like a team.”

ACTIVITY: BACK-TO-BACK COMPLIMENTS (20 MINUTES)
Instructions:

- Introduce Aavidum's four characteristics of a healthy community in simple language with pictures:
 - Acceptance: Being friends with everyone, and making everyone feel included.
 - Appreciation: Saying "thank you" and noticing good things people do.
 - Acknowledgment: Seeing all the amazing gifts and talents people have.
 - Caring: Doing kind things to help someone feel better.
- Say: "Since Aavidum means 'I've got your back,' we're going to sit in two lines back-to-back for our next activity."
- Put students in two lines.
- Use the following prompts to encourage the two partners to talk. After each prompt, have the students in one line move down one so that the partners keep changing.
 - "Say something to your partner to make them feel accepted, like they belong here."
 - "Say something to your partner to make them feel appreciated. Thank them for something they contribute to our classroom or a way they make you smile."
 - "Say something to your partner to make them feel acknowledged. Recognize something about them and give them a compliment. Do you like their hair? Do they always tell the best jokes?"
 - "Say something to your partner to make them feel cared about. What are some nice words to make them feel important and special?"
 - "Tell your partner one way you will try to spread Aavidum in our classroom."
- At the end, ask "How did it feel to give and hear kind words?"

WRAP-UP (5 MINUTES)

Ask: "How does it make someone feel when they know they're accepted, appreciated, acknowledged, and cared for?"

Brief responses: safe, happy, loved, included.

Say: "Aavidum is about helping each other so no one feels alone. When we use acceptance, appreciation, acknowledgment, and caring, we show our friends that 'I've got your back!'"

Say: "This week, choose one caring action you heard about today and try it in real life." Ask one or two students to share what caring action they plan to do.