



TOPIC

Appreciating & Valuing

LEVEL

Third Grade

THEME

Appreciation in Action

LEARNING OUTCOMES

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

- Understand what it means to appreciate and value others.
- Practice expressing appreciation.

MATERIALS

- Soft ball
- Cup of popsicle sticks with appreciation prompts

ESSENTIAL QUESTIONS

- What does it mean to appreciate someone or something?
- Why is it important to value others?
- How can showing appreciation help us build a stronger Aavidum community?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Hi, everyone! Today, we're going to talk about two very important words: appreciation and valuing. These words are connected to Aavidum because Aavidum is all about saying, 'I've got your back!' When we appreciate and value others, it helps people feel seen, cared for, and included. Before we start, we're going to pass the talking ball. When it comes to you, say your name and one thing that made you feel happy today. Ready? I'll go first: 'My name is [Name], and my coffee was extra tasty today.'"

Pass the ball until everyone shares.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Put the word APPRECIATION on the board.

Say: "Let's start with our first word: appreciation. Turn and talk in groups of 3 or 4: What do you think the word appreciation means? You'll have 2 minutes to discuss."

- Allow 2 minutes. Circulate to listen in.

Say: "Okay, let's share! What did your group say?" Call on 2 or 3 groups.

Say: "Great answers! Appreciation means 'enjoyment of the good qualities of someone.' It's when we notice what's good about someone or something and let them know."

Ask: "Who can give me an example of showing appreciation? It could be thanking someone, noticing their hard work, or telling them you like something they did."

- Take a few examples

Put the word VALUING on the board.

Say: "Now let's talk about our second word: valuing. Switch groups so you're sitting with new people. Talk with your new group: What do you think valuing means? You'll have 2 minutes."

After 2 minutes, call on groups to share.

CONTINUED GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Valuing means 'considering someone to be important; having a high opinion of them.' It's about showing that we care about someone because they matter."

Ask: "What's an example of valuing someone?"

- Students may say things like: inviting someone to play, listening when they talk, helping them when they're stuck.

Say: "When we value people, we are showing them that they are important to us and to our Aavidum classroom."

ACTIVITY: THE GRATITUDE GAME (20 MINUTES)

Say: "Now, we're going to play The Gratitude Game! This is a fun way to practice showing appreciation and valuing."

Prior to the class, create a cup of popsicle sticks with the following prompts:

- Name a person you appreciate and why.
- Share something in nature you value.
- What's one thing a classmate has done that made you feel happy?
- Name one thing about yourself you appreciate.
- What is a classroom or school rule you value and why?
- Who is someone at school or at home you appreciate but don't always say it to?

Pass around the cup of popsicle sticks. Have each student choose a stick and share their answer with the group. Model the exercise by going first. Continue the exercise until each student has had a turn.

WRAP-UP (5 MINUTES)

Say: "Wow, we heard so many amazing examples of appreciation and valuing today. Let's think about what we learned."

Ask:

- "How did it feel to share appreciation?"
- "How does it feel when someone appreciates or values you?"
- "How do these actions connect to Aavidum and saying, 'I've got your back'?"

Say: "This week, I want to challenge you. Find one person to show appreciation or value to every day. It can be a simple 'thank you,' a compliment, or even just a smile. Small acts of appreciation make a BIG difference! Appreciation and valuing make our classroom stronger."

End with Aavidum high-fives all around the room.