



TOPIC

Introduction to Aavidum

LEVEL

Third Grade

THEME

What is Mental Health?

LEARNING OUTCOMES

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

- Define mental health as how we think, feel, and act.
- Identify different feelings and how they affect themselves and others.
- Explain how supporting friends can help improve mental health for everyone.

MATERIALS

- Chart paper or whiteboard and markers
- Blank paper (one per student)
- Crayons or markers

ESSENTIAL QUESTIONS

- What is mental health?
- How do our feelings affect the way we act and treat others?
- How can Aavidum help us support each other's mental health?

CHECK-IN / WELCOME (5 MINUTES)

Gather students in a circle.

Say: "Today we're going to learn about mental health. Mental health is a big phrase, but it's actually very simple. It's about how we think, feel, and act and it affects how we treat other people. Aavidum cares about mental health because it's important for everyone to feel good inside and know they are supported."

Check-In Question:

"How are you feeling today. Are you happy, tired, excited, calm, or something else?"

Students can use thumbs up/middle/down or share a single word.

Go around to every student.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Write Mental Health = How We Think, Feel, and Act on the board.

Ask: "What are some feelings we all experience sometimes?"

List responses on the board: happy, sad, worried, excited, calm, angry, etc.

Explain: "Everyone has mental health, just like everyone has physical health. Sometimes we feel great and happy, and sometimes we might feel sad or worried. Both are normal. Aavidum is about helping each other so we can feel supported no matter what."

CONTINUED GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Ask: "What are some things you might notice if you're having a hard time with your physical health?"

Guide toward tired, runny nose, fever, sore throat, broken bone, etc.

Ask: "What are some things you might notice if you're having a hard time with your mental health?"

Guide toward sad, overwhelmed, worried, lonely, etc.

Say: "When you're having a hard time with your physical health OR your mental health, it's important to pay attention. The good news is that when we are having a hard time, there are people to help us get better like doctors, friends, parents, and even teachers like me. When we say, 'I've got your back,' we mean we'll notice how our friends feel and help them if they need it. Supporting each other helps everyone's mental health."

ACTIVITY: HAPPY HEARTS / WORRIED HEARTS (20 MINUTES)

Instructions:

- Give each student a blank paper. Fold it in half or draw two large hearts (one labeled "Happy Heart" and one labeled "Worried Heart").
- Say: "In the Happy Heart, draw things, people, or places that make you feel happy, safe, and supported."
- Say: "In the Worried Heart, draw things that make you feel nervous, sad, or upset."
- Allow 8–10 minutes for drawing.
- Invite volunteers to share 1 or 2 items from their hearts.
- Ask: "What helps turn a Worried Heart into a Happy Heart?"
- Guide toward answers like: talking to a friend, getting help from a teacher, kind words, playing with someone, praying, taking a break.

Say: "When we help our friends, we can make their worried hearts feel lighter. Aavidum is all about saying, 'I've got your back!' so no one feels alone."

WRAP-UP (5 MINUTES)

Ask: "Why is it important to care about how people feel?"

Sample responses: it makes them feel better, it shows kindness, it helps everyone feel safe.

Say: "Your challenge this week is to notice how a friend is feeling. If they seem happy, celebrate with them. If they seem sad or worried, show them you care by saying or doing something kind."