



TOPIC

Introduction to Aavidum

LEVEL

Fourth Grade

THEME

Ladder of Support

LEARNING OUTCOMES

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

- Explain that everyone has mental health, just like physical health.
- Describe why talking about feelings is healthy.
- Identify ways to respectfully check in on a friend and offer support.

MATERIALS

- Whiteboard or chart paper
- Markers
- Sticky notes
- Writing utensils

ESSENTIAL QUESTIONS

- Why is it important to talk about our feelings and support others?
- How is mental health similar to physical health?
- How does Aavidum help make our school a safe place to talk about feelings?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Raise your hand if you've ever been sick or had a sore throat. Did you go to the nurse, tell an adult, or take medicine to help you feel better?"
Take 1-2 answers.

Say: "Just like we take care of our bodies when we're sick, we also need to take care of our mental health, which refers to how we think, feel, and act. Everyone has mental health, just like physical health."

Check-In Question:

"Give me a thumbs up if you've ever felt happy or excited, a sideways thumb if you've ever felt worried or unsure, or a down thumb if you've ever felt sad. We've all felt these things, right?"

Normalize feelings: "See? Everyone has mental health - teachers, parents, friends, everyone - and all feelings are okay to feel."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

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

Say: "Good mental health doesn't mean feeling happy all the time. It means noticing our feelings, talking about them, and getting help or support when we need it."

Discuss:

"Why do you think some people don't talk about their feelings?"

Possible answers: afraid of being judged, don't want to bother anyone, don't know how.

"What happens when we keep feelings bottled up?"

Possible answers: stress grows, we feel alone.

"How can Aavidum help?"

Answer: Aavidum is about 'I've got your back,' making it safe to talk and support each other.

ACTIVITY: GOT YOUR BACK LADDER (20 MINUTES)**Instructions:**

- Say: "Think of a time when someone helped you feel better. Maybe they cheered you up, listened to you, or did something kind. Raise your hand if you'd like to share."
- Share 3 or 4 quick examples aloud.
- Draw a big ladder on the board with 4-5 rungs labeled:
 - Notice
 - Ask
 - Listen
 - Support
 - Follow Up
- Explain that supporting our friends has multiple steps, like climbing a ladder.
- Give each student 5 sticky notes.
- Students brainstorm examples of what they could do as a friend for each step (e.g., Notice: "I see you look quiet today," Ask: "Are you okay?").
- Have each student write an example of each ladder step on a sticky note and add it to the ladder after you talk about each step.
- Share a couple of students' notes for each point to reinforce the concept.

WRAP-UP (5 MINUTES)

Ask: "What are kind, respectful ways to ask how someone is doing if they seem sad or upset?"
Examples: "Are you okay?" "Do you want to talk?" "I'm here for you."

Say: "When we show empathy and ask how someone's doing, we help them feel safe. That's Aavidum: 'I've got your back.' Today we learned that mental health is how we think, feel, and act, and that everyone has it. Talking about our feelings and supporting others is healthy and makes our classroom stronger."

Say: "This week, your challenge is to check in on one friend with a kind question or comment, like 'How are you doing?' or 'I've got your back.' See how it makes both of you feel."