



TOPIC

Appreciating & Valuing

LEVEL

Fifth Grade

THEME

Shouting Out Appreciation

LEARNING OUTCOMES

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

- Understand what the words appreciation and valuing mean.
- Recognize when we can show appreciation and valuing.
- Know how to help others show appreciation and valuing.

MATERIALS

- Soft ball
- Index cards
- Pencils
- Markers
- Colored pencils

ESSENTIAL QUESTIONS

- What does it mean to appreciate someone?
- What does it mean to value someone?
- Can you think of an example where you or someone else has shown appreciation or valuing?
- How does it make YOU feel when you are appreciated and valued?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today we're going to talk about two very important words: appreciation and valuing. These words connect to Aavidum because when we appreciate and value each other, we're saying: 'I've got your back!' We're going to do some fun activities today where we'll recognize the good in people and learn how showing appreciation can make someone's whole day better."

Pass the talking ball around the circle, inviting each student to say their name and share one thing they appreciate today, big or small.

- Example: "I'm Alex, and I appreciate my mom for making me pancakes this morning."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Put the word APPRECIATION on the board in big letters.

Say: "When you hear the word appreciation, what comes to mind? Think about how you feel when someone notices something good about you or thanks you for what you've done."

- Invite students to come up one at a time and write one word on the board that represents appreciation to them.
 - Examples could be kindness, thankfulness, helpfulness, etc..

After everyone has written, say: "Appreciation means enjoyment of the good qualities of someone. It's about seeing the best in people and letting them know we see it."

Ask:

- "When have you felt appreciated before?"
- "How did it make you feel?"

CONTINUED GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Put the word VALUING on the board.

Say: "Now let's talk about valuing. When we value someone, it means we think they are important and we respect them."

- Invite students to write one word that comes to mind when they think of valuing.
 - Examples could be respect, trust, importance, etc.

Share the definition: "Valuing means to consider someone to be important or to have a high opinion of them."

Ask:

- "Who are some people you value in your life, and why?"
- "What's the difference between appreciation and valuing?"
 - Guide them to see that appreciation is noticing the good, while valuing is recognizing someone's importance.

ACTIVITY: APPRECIATION SHOUT-OUTS (20 MINUTES)

Say: "Now we get to put appreciation into action! We're going to do something called Appreciation Shout-Outs. This is your chance to write a positive note to someone you appreciate or value. This could be a friend, classmate, teacher, family member, coach, or anyone you know."

Instructions:

- Hand out colorful index cards, markers, and stickers.
- Display prompts on the board:
 - "Thank you for..."
 - "I appreciate you because..."
 - "You make me smile when..."
 - "I value you because..."

Say: "Think about someone who has done something kind, helpful, or encouraging for you recently, or someone you simply value for who they are. Write their name at the top, then write or draw your message to them. Be specific!"

Play music while students write/draw.

Invite students to read a few shout-outs aloud to the class.

Optional extension:

Create a "Shout-Out Wall" (bulletin board or poster) where students can tape their cards OR provide envelopes so they can deliver them personally.

WRAP-UP (5 MINUTES)

Say: "Today we learned two important words: appreciation and valuing. When we appreciate and value others, we make them feel good and we also feel good inside. Aavidum is about lifting each other up and saying, 'I've got your back.'"

Ask:

- "What's one way you can show appreciation to someone at school this week?"
- "How might you use an Appreciation Shout-Out at home?"

Challenge:

"Your challenge is to give at least one Appreciation Shout-Out to someone this week. Notice what happens to them and to you when you do."