



TOPIC

Conclusion

LEVEL

Fifth Grade

THEME

Mental Health Matters

LEARNING OUTCOMES

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

- Explain why mental health is important and how it affects our daily lives.
- Describe how Aavidum helps make it easier to talk about feelings and support others.

MATERIALS

- Large poster paper (1 per group)
- Markers, crayons, or colored pencils
- Glue sticks or tape

ESSENTIAL QUESTIONS

- Why is it important to talk about our feelings and support others?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today we're going to wrap up our Aavidum lessons by talking about something really important, mental health. That means how we think, feel, and take care of our emotions. Just like we take care of our bodies, we need to take care of our minds and hearts too."

Ask:

- "What are some ways people take care of their mental health?"
- "Why do you think it can be hard for someone to talk about their feelings?"

Say:

"Aavidum is all about making sure no one ever feels alone. When we say 'I've got your back,' we mean we care about how someone is really doing, even if they're having a tough day."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Today, you're going to work in small groups to create your own PSA Posters, which stands for Public Service Announcement. These posters will share powerful, kind messages that encourage others to talk about their feelings, be compassionate, and check in on friends."

Explain:

- Your poster should include:
 - A positive message about mental health or kindness
 - At least one Aavidum phrase or quote
 - Bright colors and visuals to grab attention
- Optional examples to spark ideas:
 - "You never know what someone is going through. Be kind."
 - "Check in on a friend today. Your words might change their day."
 - "I've got your back, always."
 - "It's okay to ask for help."

ACTIVITY: PSA POSTERS (20 MINUTES)**Instructions:**

- Break into groups of 3 or 4 students.
- Start by brainstorming ideas on sticky notes or scrap paper.
- Choose your main message and one Aavidum quote.
- Design and decorate your poster as a team.
- Make sure your message is clear, kind, and supportive.
- Circulate among groups helping students clarify messages and encouraging teamwork. Support any students who may need help discussing emotional topics.

Say: "Let's take time to share our amazing messages with each other. Each group will present their poster and explain why they chose their message."

- Allow each group a minute or two to present.

Optional:

- Display the posters in the hallway or around the classroom.
- Create a "Mental Health Matters" wall with the full collection of messages.
- Partner with Aavidum Club by giving them the posters and allowing them to display them throughout the school.

WRAP-UP (5 MINUTES)**Ask:**

- "How did it feel to talk about mental health and support each other?"
- "Why do you think spreading kind messages can make a difference in our school?"
- "What can YOU do to help someone feel seen, heard, and supported?"

Say: "Even small actions like a kind word, a smile, or checking in can make a big difference. Mental health matters, and we all have the power to support each other. That's what Aavidum is all about."