

**TOPIC**

Introduction to Aavidum

LEVEL

Fifth Grade

THEME

Building a Caring Culture

LEARNING OUTCOMES

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

- Explain how Aavidum builds a safe, supportive school culture.
- Describe actions that make school feel caring and welcoming.
- Make a personal promise to help create a positive and stigma-free school environment.

MATERIALS

- Chart paper or whiteboard and markers
- Large poster paper or bulletin board space (for "Aavidum Promise Poster")
- Sticky notes or index cards
- Markers, crayons, or colored pencils

ESSENTIAL QUESTIONS

- How can we help make our school a place where everyone feels safe and supported?
- What does it mean to build a caring school culture?
- How does Aavidum help create a positive environment for everyone's mental health?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today we're talking about how Aavidum helps us build a school where everyone feels safe, supported, and cared for. Aavidum is about compassion, support, and acceptance. Together, we can make our school a place where no one feels left out or alone."

Check-In:

"Raise your hand if you've ever felt happier or calmer because someone at school showed you kindness or support."
Take 2-3 responses.

Say: "That's what Aavidum is all about: making sure every student feels cared for and knows, 'I've got your back.'"

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Write the heading: "What Makes a School Feel Caring and Safe?"

Ask: "What are some things that make a school feel good to be in?"

Examples: friends being kind, teachers who listen, no bullying, helping each other.
Record answers on the board.

Ask: "Now, what things can make a school feel less safe or welcoming?"

Examples: teasing, gossip, feeling left out.

Say: "Aavidum is about choosing actions that make school better for everyone's mental health and building a culture where kindness and acceptance are the norm. As leaders in our school, we need to try to make sure that we're choosing actions that help make our school community stronger and safer."

ACTIVITY: CARING SCHOOL PROMISE (20 MINUTES)**Instructions:**

- On the board, write: "What can WE do to build a caring school culture?"
- Students brainstorm actions they can take.
 - Examples: invite someone new to sit with you at lunch, check in on friends, stand up for someone, include others in games
- Record ideas as a class list.
- Display a large blank poster or piece of butcher paper labeled "Our Aavidum Promise: We've Got Your Back!"
- Give each student a sticky note or index card.
- Say: "On your note, write or draw one promise you will make to help our school feel caring and safe. This is your Aavidum promise."
 - Examples: "I will sit with someone new at lunch," "I will be kind," "I will ask my friends how they're doing."
- Students place their notes on the poster, creating a colorful display of promises.
- Say: "When we look at this poster, we'll see that together, our class is saying, 'We've got each other's backs!' That's how we build a positive school culture."

WRAP-UP (5 MINUTES)

Say: "Aavidum is about creating a school culture where everyone feels safe and supported. Each one of us plays a role."

Ask:

- "How will our school feel if we all keep these promises?"
- "How can we work together to try to make sure everyone in our school community does actions to make our school feel caring and safe?"

Say: "Your challenge this week is to do one action from your Aavidum Promise. Look for ways to make someone else's day better."