



TOPIC

Conclusion

LEVEL

Sixth Grade

THEME

Letters to the Future

LEARNING OUTCOMES

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

- Reflect on how Aavidum has helped them understand the importance of kindness, support, and mental health.
- Communicate positive messages that inspire others.
- Contribute to building a supportive, welcoming school culture.

MATERIALS

- Lined or unlined paper
- Pens/pencils
- Optional: Colored pencils, markers, stickers, washi tape, envelopes

ESSENTIAL QUESTIONS

- How can I help others carry Aavidum forward?

CHECK-IN / WELCOME (5 MINUTES)

Say: "This year we've talked a lot about being there for one another, showing kindness, and speaking up about our feelings. Aavidum means 'I've got your back,' and each of you has helped make this school a more supportive place. Today, you're going to do something really meaningful: write a letter to someone you've never met, a 6th grader who will sit where you are next year. You're going to give them hope, encouragement, and your wisdom."

Ask students:

- "What's something you've learned this year about kindness or mental health?"
- "What advice would you give someone who's nervous or feeling alone?"
- "What helped YOU feel supported in 6th grade?"

Write key ideas on the board for inspiration ("Be yourself," "Check on your friends," "Speak up when you need help," "You are not alone").

GUIDED DISCUSSION / TOPIC INTRODUCTION (5 MINUTES)

To continue the brainstorming, ask:

- "What do you wish someone had told you in 6th grade?"
- "What does Aavidum mean to you in your own words?"

Continue to write key words and phrases on the board.

ACTIVITY: LETTER WRITING (20 MINUTES)

Instructions:

- Begin with a greeting like Dear Future 6th Grader, or just Hi!
- Write 4 to 6 sentences from the heart:
 - Something that helped you this year
 - Encouragement for someone going through a tough time
 - Why Aavidum matters to you
 - What you hope for them in the year ahead

ACTIVITY (CONTINUED)

- End with a closing like Sincerely, or Your Aavidum Friend, but don't sign your name. These letters will be anonymous.
- Encourage creativity. Let students decorate with color, borders, or stickers if time allows. Allow them to decorate envelopes as well if time permits.
- Ask for a few volunteers to read excerpts aloud. Applaud and celebrate the messages shared.
- Say: "You may not know who will read your letter, but your words could mean everything to someone. You're reminding the next group of students that they're not alone and that someone has their back, even before they walk through the door."

WRAP-UP (5 MINUTES)

Ask:

- "What does it feel like to pass on your experience and support?"
- "How do you hope your letter will make someone feel?"

Say: "The kind of school we want where everyone feels safe, supported, and seen happens because of people like you. Aavidum doesn't stop here. It grows when you share it."

LETTER DELIVERY

Work with your team to decide what you'd like to do with the letters. Consider giving them to incoming 6th graders during the first week of school. Potentially partner with the Aavidum Club and have them deliver the letters at the start of the new school year.