

little aevidum

TOPIC

Introduction to Aavidum

LEVEL

Kindergarten

THEME

We Care About Each Other

LEARNING OUTCOMES

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

- Identify that Aavidum means “I’ve got your back.”
- Show simple ways to be kind and help friends.
- Explain that caring for each other makes our classroom a better place.

MATERIALS

- Chart paper or whiteboard and markers
- Butcher paper
- Markers or crayons

ESSENTIAL QUESTIONS

- What does Aavidum mean?
- How can we show that we care for each other in our classroom?
- How does helping and being kind make our classroom a happy place?

CHECK-IN / WELCOME (5 MINUTES)

Gather students in a circle.

Say: Today we are going to learn about something very special called Aavidum. Aavidum is a word that means, “I’ve got your back!” It means we take care of each other and help our friends feel happy and safe.

Check-In Question: Raise your hand if you’ve ever helped a friend or if a friend helped you. (Pause for responses).

“What happened? How did it make you feel?”

Take 3–4 brief responses to highlight caring behaviors.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

On chart paper or on the board, write: Aavidum = “I’ve got your back!”

Ask: “What do you think it means when someone says, ‘I’ve got your back’?”

- Guide them toward: “It means they care about you, help you, and are kind.”

Explain: “Aavidum is about kindness, helping friends, and making sure no one feels left out. When we take care of each other, we help everyone feel good inside. That’s called having good mental health!”

- Keep “mental health” language simple (how we feel inside and how we help others feel good too).

Prompt: “What are some ways we can show Aavidum in our classroom?”

Record responses: sharing, helping someone up, using kind words, inviting friends to play.

ACTIVITY: OUR HELPING HANDS (20 MINUTES)**Instructions:**

- Get a large piece of butcher paper and title it “Our Helping Hands.”
- Invite students to gather around the paper and trace their hand on the paper.
- Ask them to draw or have help writing one way they can help or be kind to a classmate either inside their hand or beside their hand. They can pick a color that matches their individuality.
- Once everyone is done, one at a time, have students come up and share their ideas aloud, such as “I can help my friend pick up crayons,” etc.

Say: “Each hand shows that we’ve got each other’s backs. When we all put our helping hands together, our classroom becomes a caring place.”

WRAP-UP (5 MINUTES)

Ask: “How will you show Aavidum today?”

Take 2–3 answers.

Say: “Your challenge this week is to pick one way to help or be kind to someone in our class. Each time you do it, you’re saying, ‘I’ve got your back.’”

Closing Call-and-Response:

Teacher: “What does Aavidum mean?”

Students: “I’ve got your back!”

Say: “Aavidum’s symbol is a handprint to show a caring hand reaching out in support. Let’s end this lesson by celebrating what we learned by all giving each other Aavidum-hand-high-fives.”

- Students high-five each other to conclude the lesson.