Little aevidum

Introduction in the Elementary Grades (K-6)

"I have your back and I will be a friend!"

Objectives/Goals:

- To understand what the Aevidum idea and word means.
- To recognize the signs of sadness in others (peers and adults).
- To recognize and know other peers and staff members that children can turn to and talk to when feeling sad or upset, or when they have a problem.
- To create a school culture of caring, kindness, respect, and empathy in which all students, staff, and families are connected to each other through a common cause and support system.

"School connectedness" is the belief by students that adults and peers in the school care about their learning as well as care about them as individuals (CDC, 2009).

Aevidum at a Glance

Important Elements:

- Visuals around the entire school
  - Classroom posters
  - Front end/office posters
  - Cafeteria, Gym, Playground visuals
- Parent Communication/Education Resources
  - Explanations to families about Aevidum and it being a program to help create a culture of kindness that teaches kids to support and care for each other, especially in times of sadness and teaches empathy and why empathy is important
- Classroom Lessons to reinforce and teach students about:
  - Empathy
  - Caring/Kindness
  - How to get help and help others
  - Signs of sadness
  - How to be a good friend
- Incorporation of Classroom Meetings run by teachers to reinforce the ideas covered and listed during classroom lessons
  - Students are allowed to share concerns with their teachers and peers
- Create a referral/reporting system (in school and online) for students, staff, and families to report concerns of sadness to the school counselor.
- Formation of an Aevidum Club or School-Leadership Program

Why start early?

As is the case with most programs related to mental health and social-emotional development, earlier positive exposure to an idea/concept can lead to better outcomes in prevention and reinforcement.

Aevidum can fit nicely and easily into many of the various programs chool districts across the country are already implementing to teach students how to be kind and caring to each other.

Social skill development is important early on for students' mental and emotional health so that they can follow a healthy path later on in their schooling.

Additionally, many children entering our school systems are lacking exposure and understanding of basic social and character trait and “soft-skills” due to a variety of different reasons (parent lack of understanding/value of these traits, parents working more and having less time to reinforce/teach these ideas, etc.).

A lack of understanding and appreciation for the importance of the concept of empathy is also evident in many schools and with many young children due to a high fascination and large amounts of time spent playing video games or using electronic devices rather than having direct, personal contact and interactions with others.