

Too Good for Violence – A Peaceable Place Grade 1 2020 Edition

Correlated with Alaska Skills for a Healthy Life

Lesson 1 A Great Day – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify action steps needed to reach a goal
- Set a personal goal

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person’s well-being is the integration of health knowledge, attitudes, and behaviors;

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 5) understand how attitude and behavior affect the well-being of self and others; and

Lesson 2 Thinking Cap On – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Discuss the benefits of stopping to think before making a decision
- Demonstrate the skill of anticipating consequences of choices
- Discuss personal responsibility for making positive choices

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person’s well-being is the integration of health knowledge, attitudes, and behaviors;

B. A student should be able to demonstrate responsibility for the student’s well-being.

A student who meets the content standard should:

- 1) demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

Lesson 3 Cattitude – *Identifying and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Comprehend feelings as natural responses that are neither right nor wrong
- Differentiate feelings from actions
- Demonstrate using an I-message and other healthy ways to express emotions

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

B. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

- 2) demonstrate a variety of communication skills that contribute to well-being;

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 2) communicate effectively within relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

Lesson 4 Hear Me Out – *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Demonstrate using one's eyes, ears, and brain to listen
- Identify the body language of an active listener
- Demonstrate the ability to ask questions without interrupting
- Practice verbal and non-verbal communication

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

B. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

- 2) demonstrate a variety of communication skills that contribute to well-being;
- 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 2) communicate effectively within relationships;

5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

2) take responsible actions to create safe and healthy environments;

Lesson 5 The Cat's Meow – *Bonding and Relationships*

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Identify examples of pro-social behavior

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

B. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

2) demonstrate a variety of communication skills that contribute to well-being;

6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

2) communicate effectively within relationships;

3) evaluate how similarities and differences among individuals contribute to relationships;

4) understand how respect for the rights of self and others contributes to relationships;

5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

2) take responsible actions to create safe and healthy environments;

Lesson 6 Leading by Example – *Respect for Self and Others*

Objectives

Following this lesson, the student will be able to:

- Comprehend the concept of respect
- Identify examples of respect for self and others
- Demonstrate the ability to be respect in a variety of situations
- Discuss how people are alike and how they are different
- Discuss respect for individual differences

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

B. A student should be able to demonstrate responsibility for the student’s well-being.

A student who meets the content standard should:

- 2) demonstrate a variety of communication skills that contribute to well-being;
- 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 2) communicate effectively within relationships;
- 3) evaluate how similarities and differences among individuals contribute to relationships;
- 4) understand how respect for the rights of self and others contributes to relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

Lesson 7 Calm Before the Storm – *Anger Management*

Objectives

Following this lesson, the student will be able to:

- Describe the physical sensations of anger as warning signs of conflict
- Differentiate angry feelings and aggressive actions
- Demonstrate ways to use self-control to manage angry feelings

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person’s well-being is the integration of health knowledge, attitudes, and behaviors;

B. A student should be able to demonstrate responsibility for the student’s well-being.

A student who meets the content standard should:

- 2) demonstrate a variety of communication skills that contribute to well-being;

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 2) communicate effectively within relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

Lesson 8 Share and Share Alike – *Conflict Resolution*

Objectives

Following this lesson, the student will be able to:

- Comprehend peace and conflict
- Comprehend conflict as a normal and natural part of being human
- Demonstrate cooperative strategies to manage conflict

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;
- 4) recognize patterns of abuse directed at self or others and understand how to break these patterns;

B. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

- 1) demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;
- 2) demonstrate a variety of communication skills that contribute to well-being;
- 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 2) communicate effectively within relationships;
- 4) understand how respect for the rights of self and others contributes to relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

Lesson 9 Sticks and Stones – *Identifying and Managing Teasing Situations*

Objectives

Following this lesson, the students will be able to:

- Identify words and actions that support the feelings of others
- Identify words and actions that hurt the feelings of others
- Demonstrate positive responses to teasing

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;
- 4) recognize patterns of abuse directed at self or others and understand how to break these patterns;

B. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

- 1) demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;

- 2) demonstrate a variety of communication skills that contribute to well-being;
- 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 1) resolve conflicts responsibly;
- 2) communicate effectively within relationships;
- 4) understand how respect for the rights of self and others contributes to relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

Lesson 10 School of Thought – *Problem Solving*

Objectives

Following this lesson, the student will be able to:

- Identify a variety of solutions when working to solve a problem
- Demonstrate creative ways to solve a problem

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

B. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

- 2) demonstrate a variety of communication skills that contribute to well-being;
- 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 1) resolve conflicts responsibly;
- 2) communicate effectively within relationships;
- 4) understand how respect for the rights of self and others contributes to relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;