

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

Correlated to 2020 Colorado Academic Standards for Comprehensive Health

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

None apply at this time.

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

None apply at this time.

Lesson 3 Catitude – *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

Standard 3. Social and Emotional Wellness

1. Demonstrate how to express emotions in healthy ways.

- A. Explain possible causes for a variety of emotions.
- B. Identify appropriate ways to express emotions and cope with strong feelings.

2. Identify parents, guardians, and other trusted adults as resources for information about health.

- A. Demonstrate the ability to talk about feelings with parents and other trusted adults.
- B. Demonstrate strategies to resolve conflicts, such as sharing, collaboration, and appropriately advocating for personal needs.

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

Standard 3. Social and Emotional Wellness

1. Demonstrate how to express emotions in healthy ways.

- A. Demonstrate effective listening skills and verbal/nonverbal communication skills.
- B. Demonstrate strategies to resolve conflicts, such as sharing, collaboration, and appropriately advocating for personal needs.

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

Standard 3. Social and Emotional Wellness

1. Demonstrate how to express emotions in healthy ways.

- A. Describe and practice situations that require polite and empathetic responses such as please, thank you, and I'm sorry.
- B. Demonstrate strategies to resolve conflicts, such as sharing, collaboration, and appropriately advocating for personal needs.

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 respectful in a variety of situations
- Discuss how people are alike and how they are different
- Discuss respect for individual differences

Standard 3. Social and Emotional Wellness

1. Demonstrate how to express emotions in healthy ways.

- A. Describe and practice situations that require polite and empathetic responses such as please, thank you, and I'm sorry.
- B. Demonstrate strategies to resolve conflicts, such as sharing, collaboration, and appropriately advocating for personal needs.

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

Standard 3. Social and Emotional Wellness

1. Demonstrate how to express emotions in healthy ways.

- A. Explain possible causes for a variety of emotions.
- B. Identify appropriate ways to express emotions and cope with strong feelings.

2. Identify parents, guardians, and other trusted adults as resources for information about health.

- A. Demonstrate the ability to talk about feelings with parents and other trusted adults.
- B. Demonstrate the ability to ask for help from a parent and/or trusted adults.

Lesson 8 Share and Share Alike – *Conflict Resolution*

Objectives

Following this lesson, the student will be able to:

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

Standard 3. Social and Emotional Wellness

1. Demonstrate how to express emotions in healthy ways.

- A. Demonstrate effective listening skills and verbal/nonverbal communication skills.
- B. Describe and practice situations that require polite and empathetic responses such as please, thank you, and I'm sorry.
- C. Demonstrate strategies to resolve conflicts, such as sharing, collaboration, and appropriately advocating for personal needs.

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

Standard 3. Social and Emotional Wellness

1. Demonstrate how to express emotions in healthy ways.

- A. Describe and practice situations that require polite and empathetic responses such as please, thank you, and I'm sorry.
- B. Demonstrate strategies to resolve conflicts, such as sharing, collaboration, and appropriately advocating for personal needs.

2. Identify parents, guardians, and other trusted adults as resources for information about health.

- A. Identify trusted adults at home and at school.
- B. Demonstrate the ability to talk about feelings with parents and other trusted adults.
- C. Demonstrate the ability to ask for help from a parent and/or trusted adults.

Standard 4. Prevention and Risk Management

1. Explain why bullying is harmful and how to respond appropriately.

- A. Understand why it is wrong to tease others.
- B. Identify why making fun of others is harmful to self and others.
- C. Explain what to do if you or someone else is being bullied.
- D. Describe the difference between bullying and having a strong disagreement between people.
- E. Describe the difference between telling and tattling.
- F. Describe how you would advocate for yourself and others in a bullying situation.

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

Standard 3. Social and Emotional Wellness

1. Demonstrate how to express emotions in healthy ways.

- A. Demonstrate effective listening skills and verbal/nonverbal communication skills.
- B. Describe and practice situations that require polite and empathetic responses such as please, thank you, and I'm sorry.
- C. Demonstrate strategies to resolve conflicts, such as sharing, collaboration, and appropriately advocating for personal needs.