

Too Good for Violence – A Peaceable Place Grade 1

2020 Edition

Correlated with Oklahoma Academic Standards for Health Education 2022

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

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Goal Setting

6.GS.2.1 Identify a short-term personal health goal.

6.GS.2.2 Identify who can help when assistance is needed to achieve a personal health goal.

6.GS.2.3 Describe what steps to take in order to achieve a personal health goal.

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

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Decision Making

5.DM.2.1 Identify situations that need a health-related decision (e.g., dealing with interpersonal conflict, managing anger, nutrition, safety, hygiene).

5.DM.2.2 Describe when help is needed and when it is not needed to make a healthy decision.

5.DM.2.3 Identify how family, peers, culture, technology, or media influence a health-related decision.

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 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Mental Health and Wellness

1.MH.2.1 Identify healthy ways to express and cope with needs, wants, emotions, feelings, and/or trauma.

1.MH.2.2 Explain the relationship between feelings and behavior.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Interpersonal Communication

4.IC.2.1 Identify healthy ways to express needs, wants, and feelings.

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 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Interpersonal Communication

4.IC.2.1 Identify healthy ways to express needs, wants, and feelings.

4.IC.2.2 Demonstrate effective listening and communication skills (e.g., paying attention, and verbal and nonverbal feedback) to enhance health.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Decision Making

5.DM.2.1 Identify situations that need a health-related decision (e.g., dealing with interpersonal conflict, managing anger, nutrition, safety, hygiene).

5.DM.2.2 Describe when help is needed and when it is not needed to make a healthy decision.

5.DM.2.3 Identify how family, peers, culture, technology, or media influence a health-related decision.

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 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Mental Health and Wellness

1.MH.2.1 Identify healthy ways to express and cope with needs, wants, emotions, feelings, and/or trauma.

Healthy Relationships

1.HR.2.2 Identify the characteristics of healthy family and peer relationships.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Interpersonal Communication

4.IC.2.2 Demonstrate effective listening and communication skills (e.g., paying attention, and verbal and nonverbal feedback) to enhance health.

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

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Mental Health and Wellness

1.MH.2.3 Explain the importance of respecting the boundaries of others.

Healthy Relationships

1.HR.2.2 Identify the characteristics of healthy family and peer relationships.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Interpersonal Communication

4.IC.2.2 Demonstrate effective listening and communication skills (e.g., paying attention, and verbal and nonverbal feedback) to enhance health.

4.IC.2.3 Identify safe and effective ways to respond when dealing with conflict (e.g., unwanted, threatening, or dangerous situation).

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 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Mental Health and Wellness

1.MH.2.1 Identify healthy ways to express and cope with needs, wants, emotions, feelings, and/or trauma.

1.MH.2.2 Explain the relationship between feelings and behavior.

1.MH.2.3 Explain the importance of respecting the boundaries of others.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Interpersonal Communication

4.IC.2.1 Identify healthy ways to express needs, wants, and feelings.

4.IC.2.2 Demonstrate effective listening and communication skills (e.g., paying attention, and verbal and nonverbal feedback) to enhance health.

4.IC.2.3 Identify safe and effective ways to respond when dealing with conflict (e.g., unwanted, threatening, or dangerous situation).

4.IC.2.4 Identify ways to tell a trusted adult when assistance is needed (e.g., enhance personal health, or are in an unwanted, threatening, or dangerous situation).

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

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Mental Health and Wellness

1.MH.2.1 Identify healthy ways to express and cope with needs, wants, emotions, feelings, and/or trauma.

1.MH.2.2 Explain the relationship between feelings and behavior.

1.MH.2.3 Explain the importance of respecting the boundaries of others.

Healthy Relationships

1.HR.2.1 Define a safe, trusted adult (e.g., parent, guardian, health professional) and identify characteristics of a trusted adult.

1.HR.2.2 Identify the characteristics of healthy family and peer relationships.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Interpersonal Communication

4.IC.2.1 Identify healthy ways to express needs, wants, and feelings.

4.IC.2.2 Demonstrate effective listening and communication skills (e.g., paying attention, and verbal and nonverbal feedback) to enhance health.

4.IC.2.3 Identify safe and effective ways to respond when dealing with conflict (e.g., unwanted, threatening, or dangerous situation).

4.IC.2.4 Identify ways to tell a trusted adult when assistance is needed (e.g., enhance personal health, or are in an unwanted, threatening, or dangerous situation).

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Decision Making

5.DM.2.1 Identify situations that need a health-related decision (e.g., dealing with interpersonal conflict, managing anger, nutrition, safety, hygiene).

5.DM.2.2 Describe when help is needed and when it is not needed to make a healthy decision.

Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.

Advocacy

8.AD.2.1 Practice ways to promote personal health (e.g., requesting healthy foods and drinks, avoiding second hand smoke, using personal safety equipment, practicing proper hygiene).

8.AD.2.2 Identify ways to encourage others to make positive health choices.

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 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Mental Health and Wellness

- 1.MH.2.1 Identify healthy ways to express and cope with needs, wants, emotions, feelings, and/or trauma.
- 1.MH.2.2 Explain the relationship between feelings and behavior.

Healthy Relationships

- 1.HR.2.1 Define a safe, trusted adult (e.g., parent, guardian, health professional) and identify characteristics of a trusted adult.
- 1.HR.2.2 Identify the characteristics of healthy family and peer relationships.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Analyze Influences

- 2.AN.2.1 Identify and describe how the family influences personal health practices and behaviors.
- 2.AN.2.3 Identify how peers, media, and technology (e.g., television/film, video games, advertisements, social media, and other screen time) influence health practices and behaviors.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Interpersonal Communication

- 4.IC.2.1 Identify healthy ways to express needs, wants, and feelings.
- 4.IC.2.2 Demonstrate effective listening and communication skills (e.g., paying attention, and verbal and nonverbal feedback) to enhance health.
- 4.IC.2.3 Identify safe and effective ways to respond when dealing with conflict (e.g., unwanted, threatening, or dangerous situation).
- 4.IC.2.4 Identify ways to tell a trusted adult when assistance is needed (e.g., enhance personal health, or are in an unwanted, threatening, or dangerous situation).

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Decision Making

- 5.DM.2.1 Identify situations that need a health-related decision (e.g., dealing with interpersonal conflict, managing anger, nutrition, safety, hygiene).
- 5.DM.2.2 Describe when help is needed and when it is not needed to make a healthy decision.

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 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Mental Health and Wellness

1.MH.2.1 Identify healthy ways to express and cope with needs, wants, emotions, feelings, and/or trauma.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Interpersonal Communication

4.IC.2.2 Demonstrate effective listening and communication skills (e.g., paying attention, and verbal and nonverbal feedback) to enhance health.

4.IC.2.3 Identify safe and effective ways to respond when dealing with conflict (e.g., unwanted, threatening, or dangerous situation).

4.IC.2.4 Identify ways to tell a trusted adult when assistance is needed (e.g., enhance personal health, or are in an unwanted, threatening, or dangerous situation).

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Decision Making

5.DM.2.1 Identify situations that need a health-related decision (e.g., dealing with interpersonal conflict, managing anger, nutrition, safety, hygiene).

5.DM.2.2 Describe when help is needed and when it is not needed to make a healthy decision.

Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.

Advocacy

8.AD.2.2 Identify ways to encourage others to make positive health choices.