

Too Good for Violence – A Peaceable Place Grade 2 2019 Edition

Correlated to 2020 Colorado Academic Standards for Comprehensive Health

Lesson 1 Chasing Squirrels – *Setting Reachable Goals*

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Discuss his or her own personal strengths
- Identify the importance of setting goals
- Describe the steps to setting and reaching goals
- Set a personal goal

Standard 3. Social and Emotional Wellness

1. Utilize knowledge and skills to develop a positive self-concept.

Identify the personal traits that best represent who you are and why they are important.

Lesson 2 The Important Link– *Making Responsible Decisions*

Objectives

Following this lesson, the student will be able to:

- Discuss the benefits of stopping to think before making a decision
- Define consequence
- Demonstrate predicting possible consequences
- Demonstrate how to make good decisions

Standard 3. Social and Emotional Wellness

1. Utilize knowledge and skills to develop a positive self-concept.

Express intentions to treat self with care and respect.

Lesson 3 How I Feel – *Identifying and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Demonstrate verbal and non-verbal expressions of feelings
- Differentiate feelings from actions
- Demonstrate using an I-message and other healthy ways to express emotions

Standard 3. Social and Emotional Wellness

1. Utilize knowledge and skills to develop a positive self-concept.

Describe the importance of being aware of one's own feelings and of being sensitive to the feelings of others.

Express intentions to treat self with care and respect.

2. Utilize knowledge and skills to develop an awareness of others and maintain healthy relationships.

Discuss the importance of thinking about the effects of one's actions on other people.

Describe how you will use pro-social behaviors such as cooperation, being sensitive to the feelings of others, helping others, and being respectful of others.

Lesson 4 How Do You Do? – *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Demonstrate the social skill of making introductions
- Demonstrate polite, assertive communication using I-messages
- Demonstrate active listening skills

Standard 3. Social and Emotional Wellness

1. Utilize knowledge and skills to develop a positive self-concept.

Describe the importance of being aware of one's own feelings and of being sensitive to the feelings of others.
Express intentions to treat self with care and respect.

2. Utilize knowledge and skills to develop an awareness of others and maintain healthy relationships.

Discuss the importance of thinking about the effects of one's actions on other people.
Describe how you will use pro-social behaviors such as cooperation, being sensitive to the feelings of others, helping others, and being respectful of others.

Lesson 5 Friends Fur-Ever – *Bonding and Relationships*

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Describe how friends help each other
- Describe approaches to making and keeping friends
- Identify examples of pro-social behavior

Standard 3. Social and Emotional Wellness

1. Utilize knowledge and skills to develop a positive self-concept.

Identify the characteristics of someone who has personal qualities that are important to you.
Identify the personal traits that best represent who you are and why they are important.
Describe the importance of being aware of one's own feelings and of being sensitive to the feelings of others.
Express intentions to treat self with care and respect.

2. Utilize knowledge and skills to develop an awareness of others and maintain healthy relationships.

Discuss the importance of thinking about the effects of one's actions on other people.
Describe how you will use pro-social behaviors such as cooperation, being sensitive to the feelings of others, helping others, and being respectful of others.
Describe the benefits of a friendship.
Describe how to make and maintain friendships.

Lesson 6 Respectfully Yours – *Respect for Self and Others*

Objectives

Following this lesson, the student will be able to:

- Define respect
- Identify examples of respect for self, others, property, and the environment
- Demonstrate the ability to be respectful in different situations
- Discuss how people are alike and how they are different
- Discuss respect for individual differences

Standard 3. Social and Emotional Wellness

1. Utilize knowledge and skills to develop a positive self-concept.

Identify the characteristics of someone who has personal qualities that are important to you.
Identify the personal traits that best represent who you are and why they are important.
Describe the importance of being aware of one's own feelings and of being sensitive to the feelings of others.
Express intentions to treat self with care and respect.

2. Utilize knowledge and skills to develop an awareness of others and maintain healthy relationships.

Discuss the importance of thinking about the effects of one's actions on other people.
Describe how you will use pro-social behaviors such as cooperation, being sensitive to the feelings of others, helping others, and being respectful of others.
Describe how to make and maintain friendships.

Lesson 7 Peaceable Pups – Conflict Resolution

Objectives

Following this lesson, the students will be able to:

- Define peace and conflict
- Differentiate peaceable and non-peaceable social behaviors
- Discuss conflict as a normal and natural part of being human
- Demonstrate cooperative strategies to manage conflict

Standard 3. Social and Emotional Wellness

1. Utilize knowledge and skills to develop a positive self-concept.

Describe the importance of being aware of one's own feelings and of being sensitive to the feelings of others.
Express intentions to treat self with care and respect.

2. Utilize knowledge and skills to develop an awareness of others and maintain healthy relationships.

Discuss the importance of thinking about the effects of one's actions on other people.
Describe how you will use pro-social behaviors such as cooperation, being sensitive to the feelings of others, helping others, and being respectful of others.

Standard 4. Prevention and Risk Management

4. Demonstrate interpersonal communication skills to prevent injury or to ask for help in an emergency or unsafe situation.

Demonstrate effective refusal skills to avoid unsafe situations.

Lesson 8 How to Handle Frustration without Howling – Anger Management and Mindfulness

Objectives

Following this lesson, the student will be able to:

- Define frustration; recognize and identify the feeling
- Describe frustration as a normal, healthy response to new and challenging tasks
- Differentiate angry feelings and aggressive actions
- Demonstrate ways to use self-control to manage frustration and angry feelings
- Describe the physical sensations of anger as warning signs of conflict

Standard 3. Social and Emotional Wellness

1. Utilize knowledge and skills to develop a positive self-concept.

Describe the importance of being aware of one's own feelings and of being sensitive to the feelings of others.
Express intentions to treat self with care and respect.

2. *Utilize knowledge and skills to develop an awareness of others and maintain healthy relationships.*

Discuss the importance of thinking about the effects of one's actions on other people.

Lesson 9 Safety Monitor – Identifying and Managing Bullying Situations

Objectives

Following this lesson, the students will be able to:

- Define bullying
- Differentiate tattling and reporting
- Define bully, target, and witness
- Identify ways the target or the witness can respond to a bullying situation

Standard 3. Social and Emotional Wellness

1. *Utilize knowledge and skills to develop a positive self-concept.*

Describe the importance of being aware of one's own feelings and of being sensitive to the feelings of others.
Express intentions to treat self with care and respect.

2. *Utilize knowledge and skills to develop an awareness of others and maintain healthy relationships.*

Discuss the importance of thinking about the effects of one's actions on other people.

Describe how you will use pro-social behaviors such as cooperation, being sensitive to the feelings of others, helping others, and being respectful of others.

Describe how to make and maintain friendships.

Standard 4. Prevention and Risk Management

3. *Demonstrate how to respond appropriately to various types of bullying.*

Identify examples of physical bullying.

Identify examples of social bullying (e.g., rumors, gossiping, excluding others).

Identify why making fun of others is harmful to self and others.

Explain how to advocate for yourself and someone else who is being bullied.

4. *Demonstrate interpersonal communication skills to prevent injury or to ask for help in an emergency or unsafe situation.*

Demonstrate effective refusal skills to avoid unsafe situations.

Lesson 10 Possibilities – Problem Solving

Objectives

Following this lesson, the students will be able to:

- Define and demonstrate brainstorming in a cooperative group
- Identify a variety of solutions when working to solve a problem
- Demonstrate working together to stimulate creative problem solving

Standard 3. Social and Emotional Wellness

1. *Utilize knowledge and skills to develop a positive self-concept.*

Express intentions to treat self with care and respect.

2. *Utilize knowledge and skills to develop an awareness of others and maintain healthy relationships.*

Discuss the importance of thinking about the effects of one's actions on other people.

Describe how you will use pro-social behaviors such as cooperation, being sensitive to the feelings of others, helping others, and being respectful of others.

