

Too Good for Violence – Social Perspectives Grade 3

2018 Edition

Correlated to 2020 Colorado Academic Standards for Comprehensive Health

Lesson 1 Program Designer – *Setting Reachable Goals*

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify steps to setting and reaching goals
- Name a personal goal
- Describe personal progress toward a goal

Standard 4. Prevention and Risk Management

Prepared Graduates:

6. Apply knowledge and skills that promote healthy, violence-free relationships.

Grade Level Expectation:

2. Describe pro-social behaviors and skills that enhance healthy interactions with others
Set a goal and a plan to be helpful and supportive to another person at school or at home.

Lesson 2 Consider the Consequences – *Making Responsible Decisions*

Objectives

Following this lesson, the student will be able to:

- Identify the steps of the decision-making model
- Generate alternative solutions and evaluate their consequences for a range of academic and social situations
- Determine when decisions should be made alone or with the help of a trusted adult
- Discuss decisions and consequences

Standard 3. Social and Emotional Wellness

Prepared Graduates:

4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

Grade Level Expectation:

2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others.
Demonstrate effective interpersonal communication skills necessary to express emotions, personal needs, and wants in a healthy way.

Lesson 3 Getting to Know Me - *Identifying and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Name a variety of emotions
- Demonstrate an awareness of one's own physical signals associated with specific emotions
- Describe a range of emotions and the situations that cause them
- Recognizing the emotions of others by observing facial expressions and body language
- Demonstrate using an I-message and other healthy ways to express emotions

Standard 3. Social and Emotional Wellness

4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others.

Evidence Outcomes:

Students Can:

- a. Demonstrate effective interpersonal communication skills necessary to express emotions, personal needs, and wants in a healthy way.
- b. Describe positive ways to show care, consideration, and concern for others.
- c. Identify how to show respect for individual differences.
- d. Demonstrate how to communicate about personal boundaries directly, respectfully, and assertively.
- e. Identify potential conflicts that arise within relationships and strategies to resolve those conflicts.

Lesson 4 Listening Program Active - *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Differentiate effective and ineffective listening skills
- Demonstrate active listening: look, lean in, ask
- Discuss active listening as a way to show caring and respect
- Use listening skills to identify the feelings and perspectives of others
- Demonstrate effective speaking skills

Standard 3. Social and Emotional Wellness

Prepared Graduates:

4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

Grade Level Expectation:

2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others.

Evidence Outcomes:

Students Can:

- a. Demonstrate effective interpersonal communication skills necessary to express emotions, personal needs, and wants in a healthy way.
- b. Describe positive ways to show care, consideration, and concern for others.
- c. Identify how to show respect for individual differences.
- d. Demonstrate how to communicate about personal boundaries directly, respectfully, and assertively.
- e. Identify potential conflicts that arise within relationships and strategies to resolve those conflicts.

Lesson 5 Human Interface – *Bonding & Relationships*

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Identify examples of pro-social behaviors
- Describe approaches for making and keeping friends
- Demonstrate ways to begin, continue, and end a conversation

Standard 3. Social and Emotional Wellness

Prepared Graduates:

4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

Grade Level Expectation:

1. Utilize knowledge and skills to treat self and others with care and respect.

Evidence Outcomes:

Students Can:

- a. Identify the characteristics of someone who has self-respect and positive self-esteem.
- b. Acknowledge the value of personal and others' talents and strengths.
- c. Summarize the importance of respecting the personal space and boundaries of others.
- d. Discuss the importance of treating others the way you would like to be treated.
- e. Give examples of skills that develop and maintain healthy relationships as well as strong friendships.

Prepared Graduates:

4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

Grade Level Expectation:

2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others.

Evidence Outcomes:

Students Can:

- a. Demonstrate effective interpersonal communication skills necessary to express emotions, personal needs, and wants in a healthy way.
- b. Describe positive ways to show care, consideration, and concern for others.
- c. Identify how to show respect for individual differences.
- d. Demonstrate how to communicate about personal boundaries directly, respectfully, and assertively.
- e. Identify potential conflicts that arise within relationships and strategies to resolve those conflicts.

Lesson 6 Respect Matters – *Respect for Self and Others*

Objectives

Following this lesson, the students will be able to:

- Define respect
- Identify examples of respect for self, others, and property
- Demonstrate the ability to be respectful in different situations
- Discuss the role of respecting differences and communication on connecting with others

Standard 3. Social and Emotional Wellness

Prepared Graduates:

4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

Grade Level Expectation:

1. Utilize knowledge and skills to treat self and others with care and respect.

Evidence Outcomes:

Students Can:

- a. Identify the characteristics of someone who has self-respect and positive self-esteem.
- b. Acknowledge the value of personal and others' talents and strengths.
- c. Summarize the importance of respecting the personal space and boundaries of others.
- d. Discuss the importance of treating others the way you would like to be treated.
- e. Give examples of skills that develop and maintain healthy relationships as well as strong friendships.

Prepared Graduates:

4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

Grade Level Expectation:

2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others.

Evidence Outcomes:

Students Can:

- a. Demonstrate effective interpersonal communication skills necessary to express emotions, personal needs, and wants in a healthy way.
- b. Describe positive ways to show care, consideration, and concern for others.
- c. Identify how to show respect for individual differences.
- d. Demonstrate how to communicate about personal boundaries directly, respectfully, and assertively.
- e. Identify potential conflicts that arise within relationships and strategies to resolve those conflicts.

Lesson 7 Tuning Frequencies – *Conflict Resolution*

Objectives

Following this lesson, the student will be able to:

- Define peace and conflict
- Discuss conflict as a normal and natural part of being human
- Discuss the role of understanding other points of view in resolving a conflict
- Recognize his or her capacity to learn and use skills for managing conflict
- Demonstrate nonviolent strategies to manage conflict

Standard 3. Social and Emotional Wellness

Prepared Graduates:

4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

Grade Level Expectation:

2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others.

Evidence Outcomes:

Students Can:

- a. Demonstrate effective interpersonal communication skills necessary to express emotions, personal needs, and wants in a healthy way.
- d. Demonstrate how to communicate about personal boundaries directly, respectfully, and assertively.
- e. Identify potential conflicts that arise within relationships and strategies to resolve those conflicts.

Lesson 8 Reset Function- *Anger Management*

Objectives

Following this lesson, the student will be able to:

- Describe the physical sensations of anger as warning signs of conflict
- Identify thoughts and events that can trigger angry responses
- Identify physical signals that indicate the presence and degree of angry feelings
- Differentiate angry feelings and aggressive actions
- Demonstrate ways to use self-control to manage angry feelings

Standard 3. Social and Emotional Wellness

Prepared Graduates:

4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

Grade Level Expectation:

2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others.

Evidence Outcomes:

Students Can:

- a. Demonstrate effective interpersonal communication skills necessary to express emotions, personal needs, and wants in a healthy way.
- d. Demonstrate how to communicate about personal boundaries directly, respectfully, and assertively.
- e. Identify potential conflicts that arise within relationships and strategies to resolve those conflicts.

Standard 4. Prevention and Risk Management

Prepared Graduates:

- 6. Apply knowledge and skills that promote healthy, violence-free relationships.

Grade Level Expectation:

- 2. Describe pro-social behaviors and skills that enhance healthy interactions with others.

Evidence Outcomes:

Students Can:

- a. Give examples of pro-social behaviors such as helping others, being respectful of others, cooperation, consideration and being kind.
- c. Describe how responding to anger can be positive and/or negative.
- d. Demonstrate strategies for self-control that can manage anger and other strong feelings in positive ways.

Lesson 9 Short Circuit - *Identifying and Managing Bullying Situations*

Objectives

Following this lesson, the students will be able to:

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

Standard 3. Social and Emotional Wellness

Prepared Graduates:

- 4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

Grade Level Expectation:

- 2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others.

Evidence Outcomes:

Students Can:

- a. Demonstrate effective interpersonal communication skills necessary to express emotions, personal needs, and wants in a healthy way.
- d. Demonstrate how to communicate about personal boundaries directly, respectfully, and assertively.
- e. Identify potential conflicts that arise within relationships and strategies to resolve those conflicts.

Standard 4. Prevention and Risk Management

Prepared Graduates:

- 6. Apply knowledge and skills that promote healthy, violence-free relationships.

Grade Level Expectation:

- 2. Describe pro-social behaviors and skills that enhance healthy interactions with others.

Evidence Outcomes:

Students Can:

- b. Give examples of pro-social behaviors such as helping others, being respectful of others, cooperation, consideration and being kind.
- c. Describe how responding to anger can be positive and/or negative.
- d. Demonstrate strategies for self-control that can manage anger and other strong feelings in positive ways.

Lesson 10 Advanced Programming – Problem Solving

Objectives

Following this lesson, the student will be able to:

- Define and demonstrate brainstorming in a cooperative group
- Recognize his or her capacity to learn and use skills for problem solving
- 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

Prepared Graduates:

- 4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

Grade Level Expectation:

- 1. Utilize knowledge and skills to treat self and others with care and respect.

Evidence Outcomes:

Students Can:

- a. Identify the characteristics of someone who has self-respect and positive self-esteem.
- b. Acknowledge the value of personal and others' talents and strengths.
- c. Summarize the importance of respecting the personal space and boundaries of others.
- d. Discuss the importance of treating others the way you would like to be treated.
- e. Give examples of skills that develop and maintain healthy relationships as well as strong friendships.

Prepared Graduates:

- 4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

Grade Level Expectation:

- 2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others.

Evidence Outcomes:

Students Can:

- a. Demonstrate effective interpersonal communication skills necessary to express emotions, personal needs, and wants in a healthy way.
- b. Describe positive ways to show care, consideration, and concern for others.
- c. Identify how to show respect for individual differences.
- d. Demonstrate how to communicate about personal boundaries directly, respectfully, and assertively.
- e. Identify potential conflicts that arise within relationships and strategies to resolve those conflicts.