

Too Good for Violence – A Peaceable Place Grade 5

2024 Edition

Correlated with Massachusetts Comprehensive Health and Physical Education Standards 2023

Lesson 1 Preparing for Take Off – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify the steps in the goal-setting model
- Identify and apply the goal-naming criteria
- Name a short-term personal goal using the goal-naming criteria
- Describe the qualities and responsibilities of a positive digital citizen

Practice 1: Decision-making and Problem-Solving

Physical Activity and Fitness

7. Engage in independent and cooperative problem-solving activities while participating in physical activities.

Practice 2: Self-management and Goal Setting

Mental and Emotional Health

10. Demonstrate strategies and behaviors (which may include getting help) to help meet personal responsibilities and identify strategies to overcome barriers to meeting personal responsibilities.
11. Identify strategies for planning, prioritizing, and managing time.
12. Demonstrate strategies that support a growth mindset in and out of school.

Practice 5: Self-awareness and Analyzing Influences

Mental and Emotional Health

2. Describe personal interests and the skills needed to pursue those interests in ways that support personal growth.
3. Identify personal strengths and opportunities for growth and improvement in a variety of contexts (including physical activity).
4. Describe supports needed to achieve success for a difficult activity or task in varied contexts.

Lesson 2 Rocket Science – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Define consequence
- List the steps of the decision-making model
- Identify a variety of options to any given decision
- Demonstrate the ability to choose healthy options when making a decision
- Limit online activity to maintain a healthy media/life balance

Practice 2: Self-management and Goal Setting

Mental and Emotional Health

10. Demonstrate strategies and behaviors (which may include getting help) to help meet personal responsibilities and identify strategies to overcome barriers to meeting personal responsibilities.

11. Identify strategies for planning, prioritizing, and managing time.

Practice 3: Social Awareness, Relationship, and Communication Skills

Mental and Emotional Health

1. Develop an awareness that emotions may be expressed in different ways (e.g., through body language, intensity of expression) by various groups and in different cultures.

Practice 5: Self-awareness and Analyzing Influences

Mental and Emotional Health

4. Describe supports needed to achieve success for a difficult activity or task in varied contexts.

Lesson 3 Systems Check – *Identifying and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Name four basic emotions: happy, sad, angry, and scared and their variations
- Recognize the physical signals associated with particular emotions
- Identify the relationship between feelings and behavior
- Differentiate healthy and unhealthy ways to manage emotions

Practice 2: Self-management and Goal Setting

Mental and Emotional Health

1. Identify different feelings and emotions (e.g., anger, fear, grief, sadness, anxiety, stress, hopelessness, gratitude, love, excitement, contentedness, hope, pride, happiness) that people may experience and how people might express those emotions (including individual and cultural differences in expression).
2. Discuss how feelings and emotions can impact behavior.
3. Recognize that all feelings and emotions are information that individuals can use to support mental and emotional health.
4. Identify how a person's brain and body influence mental and emotional well-being.
8. Apply self-monitoring strategies, alone or with support, to regulate emotions (e.g., breathing techniques, appropriate sleep, proper nutrition) in varied settings.

Practice 3: Social Awareness, Relationship, and Communication Skills

Healthy Relationships

1. Identify characteristics of healthy and unhealthy relationships with a variety of individuals (i.e., family, peers, trusted adults, teachers).
2. Define and demonstrate ways to determine and respect the boundaries of self and others.
3. Demonstrate strategies for addressing one's own feelings and the feelings and perspectives of others in order to support positive relationships.
8. Describe how personal experiences, peers, family, media, society, community, and culture influence ways people interact in relationships and social situations.

Mental and Emotional Health

1. Develop an awareness that emotions may be expressed in different ways (e.g., through body language, intensity of expression) by various groups and in different cultures.

2. Explain the importance of talking with friends, parents, guardians or other trusted adults about feelings and emotions.

Lesson 4 This is Your Captain Speaking – *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Define communication
- Identify the elements of communication, both verbal and nonverbal
- Differentiate assertive, aggressive, and passive speaking styles
- Identify active listening skills
- Demonstrate effective online communication skills
- Explain how miscommunication occurs online
- Identify tactics to prevent online miscommunication

Practice 3: Social Awareness, Relationship, and Communication Skills

Healthy Relationships

1. Identify characteristics of healthy and unhealthy relationships with a variety of individuals (i.e., family, peers, trusted adults, teachers).
3. Demonstrate strategies for addressing one's own feelings and the feelings and perspectives of others in order to support positive relationships.
8. Describe how personal experiences, peers, family, media, society, community, and culture influence ways people interact in relationships and social situations.

Mental and Emotional Health

1. Develop an awareness that emotions may be expressed in different ways (e.g., through body language, intensity of expression) by various groups and in different cultures.
2. Explain the importance of talking with friends, parents, guardians or other trusted adults about feelings and emotions.

Lesson 5 My Flight Crew – *Bonding and Relationships*

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Understand how to be compassionate and empathetic toward others
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group
- Demonstrate compassion and empathy in online and offline encounters

Practice 2: Self-management and Goal Setting

Mental and Emotional Health

5. Describe and demonstrate strategies for expressing and regulating emotions in health-promoting ways.
8. Apply self-monitoring strategies, alone or with support, to regulate emotions (e.g., breathing techniques, appropriate sleep, proper nutrition) in varied settings.

Practice 3: Social Awareness, Relationship, and Communication Skills

Healthy Relationships

1. Identify characteristics of healthy and unhealthy relationships with a variety of individuals (i.e., family, peers, trusted adults, teachers).
2. Define and demonstrate ways to determine and respect the boundaries of self and others.
3. Demonstrate strategies for addressing one's own feelings and the feelings and perspectives of others in order to support positive relationships.
8. Describe how personal experiences, peers, family, media, society, community, and culture influence ways people interact in relationships and social situations.

Mental and Emotional Health.

2. Explain the importance of talking with friends, parents, guardians or other trusted adults about feelings and emotions.

Lesson 6 Initiate Launch – *Respect for Self and Others*

Objectives

Following this lesson, the student will be able to:

- Recognize the positive effects of self-respect on attitudes, behaviors, and relationships
- Demonstrate the ability to maintain perspective in different situations
- Discuss the effect of negative self-talk on feelings and actions
- Discuss the effect of positive self-talk on feelings and actions
- Discuss the role of cooperation, respecting differences, and communication on connecting with others

Practice 2: Self-management and Goal Setting

Mental and Emotional Health

1. Identify different feelings and emotions (e.g., anger, fear, grief, sadness, anxiety, stress, hopelessness, gratitude, love, excitement, contentedness, hope, pride, happiness) that people may experience and how people might express those emotions (including individual and cultural differences in expression).
2. Discuss how feelings and emotions can impact behavior.
4. Identify how a person's brain and body influence mental and emotional well-being.
5. Describe and demonstrate strategies for expressing and regulating emotions in health-promoting ways.
8. Apply self-monitoring strategies, alone or with support, to regulate emotions (e.g., breathing techniques, appropriate sleep, proper nutrition) in varied settings.

Practice 3: Social Awareness, Relationship, and Communication Skills

Healthy Relationships

1. Identify characteristics of healthy and unhealthy relationships with a variety of individuals (i.e., family, peers, trusted adults, teachers).
2. Define and demonstrate ways to determine and respect the boundaries of self and others.
3. Demonstrate strategies for addressing one's own feelings and the feelings and perspectives of others in order to support positive relationships.
8. Describe how personal experiences, peers, family, media, society, community, and culture influence ways people interact in relationships and social situations.

Mental and Emotional Health

2. Explain the importance of talking with friends, parents, guardians or other trusted adults about feelings and emotions.

Practice 7: Self-Advocacy and Health Promotion

Public, Community, and Environmental Health

8. Propose and support classroom policies and behaviors that promote dignity and respect.

Lesson 7 Smooth Landing – *Conflict Resolution*

Objectives

Following this lesson, the student will be able to:

- Define conflict
- Differentiate cooperation from competition in conflict resolution
- Identify the emotions associated with conflict
- Identify the healthy and unhealthy approaches to resolving conflict
- Demonstrate constructive conflict resolution skills in online and offline situations
- Apply appropriate, effective approaches to conflict resolution

Practice 2: Self-management and Goal Setting

Mental and Emotional Health

1. Identify different feelings and emotions (e.g., anger, fear, grief, sadness, anxiety, stress, hopelessness, gratitude, love, excitement, contentedness, hope, pride, happiness) that people may experience and how people might express those emotions (including individual and cultural differences in expression).
2. Discuss how feelings and emotions can impact behavior.
3. Recognize that all feelings and emotions are information that individuals can use to support mental and emotional health.
4. Identify how a person's brain and body influence mental and emotional well-being.
5. Describe and demonstrate strategies for expressing and regulating emotions in health-promoting ways.
8. Apply self-monitoring strategies, alone or with support, to regulate emotions (e.g., breathing techniques, appropriate sleep, proper nutrition) in varied settings.
9. Identify personal stressors and demonstrate effective stress management techniques, alone or with support.

Personal Safety

1. Describe ways to promote personal safety and reduce the risk of unintentional injuries in a variety of situations (e.g., at home, at school, during physical activity, around motor vehicles, around firearms, around water, fire prevention, during a fire, as a pedestrian).
9. Demonstrate the use of assertive behavior, refusal skills, and actions intended for personal safety.

Practice 3: Social Awareness, Relationship, and Communication Skills

Healthy Relationships

1. Identify characteristics of healthy and unhealthy relationships with a variety of individuals (i.e., family, peers, trusted adults, teachers).
2. Define and demonstrate ways to determine and respect the boundaries of self and others.
3. Demonstrate strategies for addressing one's own feelings and the feelings and perspectives of others in order to support positive relationships.
4. Differentiate between conflict and bullying, and articulate the importance of the difference to avoid escalating conflicts into bullying or violence.
5. Identify and respond to bullying situations in a variety of settings.
6. Identify and practice non-violent communication skills.
7. Identify and practice conflict prevention, management and resolution strategies.

8. Describe how personal experiences, peers, family, media, society, community, and culture influence ways people interact in relationships and social situations.

Mental and Emotional Health

2. Explain the importance of talking with friends, parents, guardians or other trusted adults about feelings and emotions.

Lesson 8 Initiate Countdown – *Anger Management*

Objectives

Following this lesson, the student will be able to:

- List words and actions that escalate conflict
- Identify physical indicators of anger
- Distinguish healthy and unhealthy ways to manage anger
- Apply anger management skills in decision making during anger- provoking situations
- Identify actions that de-escalate conflicts
- Recall the strategies for de-escalating conflicts online and offline

Practice 2: Self-management and Goal Setting

Mental and Emotional Health

1. Identify different feelings and emotions (e.g., anger, fear, grief, sadness, anxiety, stress, hopelessness, gratitude, love, excitement, contentedness, hope, pride, happiness) that people may experience and how people might express those emotions (including individual and cultural differences in expression).
2. Discuss how feelings and emotions can impact behavior.
3. Recognize that all feelings and emotions are information that individuals can use to support mental and emotional health.
4. Identify how a person's brain and body influence mental and emotional well-being.
5. Describe and demonstrate strategies for expressing and regulating emotions in health-promoting ways.
8. Apply self-monitoring strategies, alone or with support, to regulate emotions (e.g., breathing techniques, appropriate sleep, proper nutrition) in varied settings.
9. Identify personal stressors and demonstrate effective stress management techniques, alone or with support.

Practice 3: Social Awareness, Relationship, and Communication Skills

Healthy Relationships

1. Identify characteristics of healthy and unhealthy relationships with a variety of individuals (i.e., family, peers, trusted adults, teachers).
2. Define and demonstrate ways to determine and respect the boundaries of self and others.
3. Demonstrate strategies for addressing one's own feelings and the feelings and perspectives of others in order to support positive relationships.
6. Identify and practice non-violent communication skills.
8. Describe how personal experiences, peers, family, media, society, community, and culture influence ways people interact in relationships and social situations.

Mental and Emotional Health

1. Develop an awareness that emotions may be expressed in different ways (e.g., through body language, intensity of expression) by various groups and in different cultures.
2. Explain the importance of talking with friends, parents, guardians or other trusted adults about feelings and emotions.

Lesson 9 Shields Up – *Identifying and Managing Bullying Situations*

Objectives

Following this lesson, the student will be able to:

- Define bully, target, and witness
- Define cyberbullying
- Apply strategies to prevent and respond to bullying, in person and online
- Differentiate snitching and reporting
- Explain the role of reporting a bullying situation on preventing harm
- Differentiate bullying and conflict
- Recognize and identify different types of bullying behaviors

Practice 2: Self-management and Goal Setting

Mental and Emotional Health

1. Identify different feelings and emotions (e.g., anger, fear, grief, sadness, anxiety, stress, hopelessness, gratitude, love, excitement, contentedness, hope, pride, happiness) that people may experience and how people might express those emotions (including individual and cultural differences in expression).
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5. Describe and demonstrate strategies for expressing and regulating emotions in health-promoting ways.
8. Apply self-monitoring strategies, alone or with support, to regulate emotions (e.g., breathing techniques, appropriate sleep, proper nutrition) in varied settings.
9. Identify personal stressors and demonstrate effective stress management techniques, alone or with support.

Personal Safety

1. Describe ways to promote personal safety and reduce the risk of unintentional injuries in a variety of situations (e.g., at home, at school, during physical activity, around motor vehicles, around firearms, around water, fire prevention, during a fire, as a pedestrian).
9. Demonstrate the use of assertive behavior, refusal skills, and actions intended for personal safety.

Practice 3: Social Awareness, Relationship, and Communication Skills

Healthy Relationships

1. Identify characteristics of healthy and unhealthy relationships with a variety of individuals (i.e., family, peers, trusted adults, teachers).
2. Define and demonstrate ways to determine and respect the boundaries of self and others.
3. Demonstrate strategies for addressing one's own feelings and the feelings and perspectives of others in order to support positive relationships.
4. Differentiate between conflict and bullying, and articulate the importance of the difference to avoid escalating conflicts into bullying or violence.
5. Identify and respond to bullying situations in a variety of settings.
6. Identify and practice non-violent communication skills.
7. Identify and practice conflict prevention, management and resolution strategies.
8. Describe how personal experiences, peers, family, media, society, community, and culture influence ways people interact in relationships and social situations.

Mental and Emotional Health

2. Explain the importance of talking with friends, parents, guardians or other trusted adults about feelings and emotions.

Lesson 10 Flight Academy – *Being a Positive Role Model*

Objectives

Following this lesson, the student will be able to:

- Define role model
- Identify the qualities of a positive role model
- Name ways to influence others positively
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes
- Recognize how student role models can positively impact school climate
- Model positive peer influence online and offline
- Recall and practice the skills taught in lessons 1-10

Practice 1: Decision-making and Problem-Solving

Physical Activity and Fitness

7. Engage in independent and cooperative problem-solving activities while participating in physical activities.

Practice 2: Self-management and Goal Setting

Mental and Emotional Health

1. Identify different feelings and emotions (e.g., anger, fear, grief, sadness, anxiety, stress, hopelessness, gratitude, love, excitement, contentedness, hope, pride, happiness) that people may experience and how people might express those emotions (including individual and cultural differences in expression).
2. Discuss how feelings and emotions can impact behavior.
3. Recognize that all feelings and emotions are information that individuals can use to support mental and emotional health.
4. Identify how a person's brain and body influence mental and emotional well-being.
5. Describe and demonstrate strategies for expressing and regulating emotions in health-promoting ways.
6. Identify characteristics of and practices to support mental and emotional well-being within various cultures and diverse perspectives.
7. Set a goal to use one or more health-promoting practices or behaviors (e.g., being aware of your own feelings and the feelings of others, safe online behaviors, engaging in physical activity, limiting screen time) and track progress towards its achievement in order to maintain or improve mental and emotional well-being.
8. Apply self-monitoring strategies, alone or with support, to regulate emotions (e.g., breathing techniques, appropriate sleep, proper nutrition) in varied settings.
9. Identify personal stressors and demonstrate effective stress management techniques, alone or with support.
10. Demonstrate strategies and behaviors (which may include getting help) to help meet personal responsibilities and identify strategies to overcome barriers to meeting personal responsibilities.
11. Identify strategies for planning, prioritizing, and managing time.
12. Demonstrate strategies that support a growth mindset in and out of school.

Personal Safety

1. Describe ways to promote personal safety and reduce the risk of unintentional injuries in a variety of situations (e.g., at home, at school, during physical activity, around motor vehicles, around firearms, around water, fire prevention, during a fire, as a pedestrian).
9. Demonstrate the use of assertive behavior, refusal skills, and actions intended for personal safety.

Practice 3: Social Awareness, Relationship, and Communication Skills

Healthy Relationships

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3. Demonstrate strategies for addressing one's own feelings and the feelings and perspectives of others in order to support positive relationships.
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5. Identify and respond to bullying situations in a variety of settings.
6. Identify and practice non-violent communication skills.
7. Identify and practice conflict prevention, management and resolution strategies.
8. Describe how personal experiences, peers, family, media, society, community, and culture influence ways people interact in relationships and social situations.

Mental and Emotional Health

1. Develop an awareness that emotions may be expressed in different ways (e.g., through body language, intensity of expression) by various groups and in different cultures.
2. Explain the importance of talking with friends, parents, guardians or other trusted adults about feelings and emotions.

Practice 5: Self-awareness and Analyzing Influences

Mental and Emotional Health

1. Describe personal and cultural identities and assets, their importance and value, and explain how they support mental and emotional health.
2. Describe personal interests and the skills needed to pursue those interests in ways that support personal growth.
3. Identify personal strengths and opportunities for growth and improvement in a variety of contexts (including physical activity).

Practice 7: Self-Advocacy and Health Promotion

Public, Community, and Environmental Health

1. Analyze the relationship between personal health and the health of the community.
8. Propose and support classroom policies and behaviors that promote dignity and respect.