

# Too Good for Violence – A Peaceable Place Kindergarten 2020 Edition

*Correlated with Alaska Skills for a Healthy Life*

## **Lesson 1 Dreaming Big – Setting Reachable Goals**

### **Objectives**

Following this lesson, the student will be able to:

- Identify personal capabilities and strengths
- Identify new things to learn to do
- Identify how adults and peers can help with reaching a goal

### **A. A student should be able to acquire a core knowledge related to well-being.**

A student who meets the content standard should:

- 1) understand that a person’s well-being is the integration of health knowledge, attitudes, and behaviors;

### **C. A student should understand how well-being is affected by relationships with others.**

A student who meets the content standard should:

- 5) understand how attitude and behavior affect the well-being of self and others; and

## **Lesson 2 I Know What to Do – Making Responsible Decisions**

### **Objectives**

Following this lesson, the student will be able to:

- Recall the following steps in the decision-making process: 1 Stop, 2 Think
- Demonstrate anticipating consequences of choices
- Discuss personal responsibility for making positive choices

### **A. A student should be able to acquire a core knowledge related to well-being.**

A student who meets the content standard should:

- 1) understand that a person’s well-being is the integration of health knowledge, attitudes, and behaviors;

### **B. A student should be able to demonstrate responsibility for the student’s well-being.**

A student who meets the content standard should:

- 1) demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;

### **D. A student should be able to contribute to the well-being of families and communities.**

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

## **Lesson 3 Mad Sad Glad – Identify and Managing Emotions**

### **Objectives**

Following this lesson, the student will be able to:

- Name a variety of feelings
- Discuss three ways people show their feelings: with faces, bodies, words
- Express feelings verbally and non-verbally

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A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

**B. A student should be able to demonstrate responsibility for the student's well-being.**

A student who meets the content standard should:

- 2) demonstrate a variety of communication skills that contribute to well-being;

**C. A student should understand how well-being is affected by relationships with others.**

A student who meets the content standard should:

- 2) communicate effectively within relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

**D. A student should be able to contribute to the well-being of families and communities.**

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

## **Lesson 4 Listen Up! – *Effective Communication***

### **Objectives**

Following this lesson, the student will be able to:

- Demonstrate using one's eyes, ears, and body to listen
- Identify the body language of an active listener
- Demonstrate the ability to ask questions without interrupting

**A. A student should be able to acquire a core knowledge related to well-being.**

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

**B. A student should be able to demonstrate responsibility for the student's well-being.**

A student who meets the content standard should:

- 2) demonstrate a variety of communication skills that contribute to well-being;
- 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

**C. A student should understand how well-being is affected by relationships with others.**

A student who meets the content standard should:

- 2) communicate effectively within relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

**D. A student should be able to contribute to the well-being of families and communities.**

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

## Lesson 5 My Buddy and Me – *Bonding and Relationships*

### Objectives

Following this lesson, the student will be able to:

- Describe the characteristics of a healthy friendship
- Demonstrate assertive communication using an I-message

#### **A. A student should be able to acquire a core knowledge related to well-being.**

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

#### **B. A student should be able to demonstrate responsibility for the student's well-being.**

A student who meets the content standard should:

- 2) demonstrate a variety of communication skills that contribute to well-being;
- 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

#### **C. A student should understand how well-being is affected by relationships with others.**

A student who meets the content standard should:

- 2) communicate effectively within relationships;
- 3) evaluate how similarities and differences among individuals contribute to relationships;
- 4) understand how respect for the rights of self and others contributes to relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

#### **D. A student should be able to contribute to the well-being of families and communities.**

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

## Lesson 6 Peaceable Me – *Respect for Self and Others*

### Objectives

Following this lesson, the student will be able to:

- Discuss how manners show respect for oneself and others
- Demonstrate the ability to be respectful in a variety of situations
- Discuss how people are alike and how they differ
- Discuss respect for individual differences

#### **A. A student should be able to acquire a core knowledge related to well-being.**

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

#### **B. A student should be able to demonstrate responsibility for the student's well-being.**

A student who meets the content standard should:

- 2) demonstrate a variety of communication skills that contribute to well-being;
- 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

#### **C. A student should understand how well-being is affected by relationships with others.**

A student who meets the content standard should:

- 2) communicate effectively within relationships;
- 3) evaluate how similarities and differences among individuals contribute to relationships;
- 4) understand how respect for the rights of self and others contributes to relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

**D. A student should be able to contribute to the well-being of families and communities.**

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

## **Lesson 7 Cool, Calm, and Collected – *Anger Management and Mindfulness***

### **Objectives**

Following this lesson, the student will be able to:

- Describe the physical sensations of anger
- Differentiate angry feelings and aggressive actions
- Demonstrate how to calm down when experiencing angry feelings

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A student who meets the content standard should:

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**B. A student should be able to demonstrate responsibility for the student’s well-being.**

A student who meets the content standard should:

- 2) demonstrate a variety of communication skills that contribute to well-being;

**C. A student should understand how well-being is affected by relationships with others.**

A student who meets the content standard should:

- 2) communicate effectively within relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

**D. A student should be able to contribute to the well-being of families and communities.**

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## **Lesson 8 What to Do? – *Problem Solving***

### **Objectives**

Following this lesson, the student will be able to:

- Identify a problem
- Recognize that there could be multiple solutions to a problem
- Identify a variety of solutions when working to solve a problem
- Demonstrate creative ways to solve a problem

**A. A student should be able to acquire a core knowledge related to well-being.**

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- 1) understand that a person’s well-being is the integration of health knowledge, attitudes, and behaviors;

**B. A student should be able to demonstrate responsibility for the student’s well-being.**

A student who meets the content standard should:

- 1) demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;
- 2) demonstrate a variety of communication skills that contribute to well-being;
- 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

**C. A student should understand how well-being is affected by relationships with others.**

A student who meets the content standard should:

- 1) resolve conflicts responsibly;
- 2) communicate effectively within relationships;
- 4) understand how respect for the rights of self and others contributes to relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

**D. A student should be able to contribute to the well-being of families and communities.**

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

## **Lesson 9 One for You – Sharing**

### **Objectives**

Following this lesson, the student will be able to:

- Comprehend what it means to share
- Discuss sharing as a method to resolve conflicts peacefully
- Demonstrate sharing in a variety of situations

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**B. A student should be able to demonstrate responsibility for the student’s well-being.**

A student who meets the content standard should:

- 1) demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;
- 2) demonstrate a variety of communication skills that contribute to well-being;
- 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

**C. A student should understand how well-being is affected by relationships with others.**

A student who meets the content standard should:

- 1) resolve conflicts responsibly;
- 2) communicate effectively within relationships;
- 4) understand how respect for the rights of self and others contributes to relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

**D. A student should be able to contribute to the well-being of families and communities.**

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

## **Lesson 10 Whose Turn? – Taking Turns**

### **Objectives**

Following this lesson, the student will be able to:

- Discuss taking turns as a method to resolve conflicts peacefully
- Identify fair ways to determine who goes first
- Demonstrate taking turns in a variety of situations

**A. A student should be able to acquire a core knowledge related to well-being.**

A student who meets the content standard should:

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**B. A student should be able to demonstrate responsibility for the student’s well-being.**

A student who meets the content standard should:

- 1) demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;
- 2) demonstrate a variety of communication skills that contribute to well-being;
- 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

**C. A student should understand how well-being is affected by relationships with others.**

A student who meets the content standard should:

- 1) resolve conflicts responsibly;
- 2) communicate effectively within relationships;
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**D. A student should be able to contribute to the well-being of families and communities.**

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;