

Too Good for Violence – A Peaceable Place Kindergarten

2020 Edition

Correlated with District of Columbia Health Education Standards, 2016

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

Category 1: Mental and Emotional Health

2 Analyzing Influences

K-2.1.2.5 Identify positive and negative influences on mental and emotional health practices and behaviors.

8 Advocacy

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

Category 5: Nutrition

6 Goal Setting

K-2.5.6.12 Set a goal to choose healthy foods for snacks and meals.

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

Category 2: Safety Skills

5 Decision-Making

K-2.2.5.14 Make appropriate decisions about safe behaviors around strangers (e.g., getting in cars or taking treats from strangers).

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

Category 1: Mental and Emotional Health

1 Health Promotion

K-2.1.1.1 Identify basic emotions and positive and negative ways of dealing with emotions in a variety of situations.

K-2.1.1.2 Explain the impact of different emotions on self and others.

2 Analyzing Influences

K-2.1.2.5 Identify positive and negative influences on mental and emotional health practices and behaviors.

4 Communication

K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

7 Healthy Behaviors

K-2.1.7.8 Describe positive and negative ways of acting on emotions.

8 Advocacy

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

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

Category 1: Mental and Emotional Health

4 Communication

K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

8 Advocacy

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

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

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1 Health Promotion

K-2.1.1.1 Identify basic emotions and positive and negative ways of dealing with emotions in a variety of situations.

K-2.1.1.2 Explain the impact of different emotions on self and others.

K-2.1.1.3 Describe what respect is and why it is important.

2 Analyzing Influences

K-2.1.2.5 Identify positive and negative influences on mental and emotional health practices and behaviors.

4 Communication

K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

7 Healthy Behaviors

K-2.1.7.8 Describe positive and negative ways of acting on emotions.

8 Advocacy

K-2.1.8.9 Encourage others to appreciate their differences.

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

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

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K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

7 Healthy Behaviors

K-2.1.7.8 Describe positive and negative ways of acting on emotions.

8 Advocacy

K-2.1.8.9 Encourage others to appreciate their differences.

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

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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4 Communication

K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

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8 Advocacy

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

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

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8 Advocacy

K-2.1.8.9 Encourage others to appreciate their differences.

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

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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K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

7 Healthy Behaviors

K-2.1.7.8 Describe positive and negative ways of acting on emotions.

8 Advocacy

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

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

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