

Too Good for Violence – A Peaceable Place Kindergarten 2020 Edition

Correlated with Wyoming Health Education Content and Performance Standards

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

CONTENT STANDARD 1. HEALTH INFORMATION, PRODUCTS AND RESOURCES

Students will access, analyze and evaluate health information, products and resources.

HE2.1.1 Identify people who can help students enhance their health (e.g. trusted adult, family member, school nurse, doctor etc.). FAM, IP/S, PCD

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical). PH, ME, FAM

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.1 Identify behaviors that improve or maintain personal health. PA, NUT, PH

HE2.4.6 Describe why health goals are important. PH

HE2.4.7 Identify goals for enhancing health. PA, PH, NUT

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

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

Students will use critical thinking and systematic processes to examine health related problems and make decisions that enhance health and reduce or avoid health risks.

HE2.2.1 Identify situations where a health related decision is needed. IP/S, PH, FAM

HE2.2.2 Recognize when assistance is needed for making a decision. IP/S, VP/B, ATOD

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical). PH, ME, FAM

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.1 Identify behaviors that improve or maintain personal health. PA, NUT, PH

HE2.4.2 Identify behaviors that help avoid or reduce health risks. IP/S, VP/B, ATOD

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

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

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical).
PH, ME, FAM

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.1 Identify behaviors that improve or maintain personal health. PA, NUT, PH

HE2.4.4 Recognize and accurately label emotions and how they are linked to behavior (anger, sadness, joy, etc.). ME, VP/B

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

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

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical).
PH, ME, FAM

HE2.3.2 Identify characteristics of effective communication for the purpose of expressing health needs, wants, and feelings (e.g., eye contact, clear purpose, etc.). PH, ME, FAM

HE2.3.4 Identify characteristics of effective listening skills to enhance health or reduce/avoid health risks (e.g., eyes on speaker, etc.). PCD, IP/S, FA

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.4 Recognize and accurately label emotions and how they are linked to behavior (anger, sadness, joy, etc.). ME, VP/B

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

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

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.4 Identify characteristics of effective listening skills to enhance health or reduce/avoid health risks (e.g., eyes on speaker, etc.). PCD, IP/S, FA

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.8 Describe the ways people are similar and different. FAM, VP/B

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

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

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical). PH, ME, FAM

HE2.3.4 Identify characteristics of effective listening skills to enhance health or reduce/avoid health risks (e.g., eyes on speaker, etc.). PCD, IP/S, FA

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.8 Describe the ways people are similar and different. FAM, VP/B

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

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

CONTENT STANDARD 1. HEALTH INFORMATION, PRODUCTS AND RESOURCES

Students will access, analyze and evaluate health information, products and resources.

HE2.1.1 Identify people who can help students enhance their health (e.g. trusted adult, family member, school nurse, doctor etc.). FAM, IP/S, PCD

HE2.1.2 Identify people who can help students reduce their risks (e.g. trusted adult, family member, school nurse, doctor etc.). IP/S, FAM, VP/B

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical). PH, ME, FAM

HE2.3.3 Identify appropriate ways to respond to/in unwanted, threatening or dangerous situations. IP/S, PH, VP/B

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.4 Recognize and accurately label emotions and how they are linked to behavior (anger, sadness, joy, etc.). ME, VP/B

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

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

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical). PH, ME, FAM

HE2.3.2 Identify characteristics of effective communication for the purpose of expressing health needs, wants, and feelings (e.g., eye contact, clear purpose, etc.). PH, ME, FAM

HE2.3.4 Identify characteristics of effective listening skills to enhance health or reduce/avoid health risks (e.g., eyes on speaker, etc.). PCD, IP/S, FA

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

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

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical). PH, ME, FAM

HE2.3.2 Identify characteristics of effective communication for the purpose of expressing health needs, wants, and feelings (e.g., eye contact, clear purpose, etc.). PH, ME, FAM

HE2.3.4 Identify characteristics of effective listening skills to enhance health or reduce/avoid health risks (e.g., eyes on speaker, etc.). PCD, IP/S, FA

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

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

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical). PH, ME, FAM

HE2.3.2 Identify characteristics of effective communication for the purpose of expressing health needs, wants, and feelings (e.g., eye contact, clear purpose, etc.). PH, ME, FAM

HE2.3.4 Identify characteristics of effective listening skills to enhance health or reduce/avoid health risks (e.g., eyes on speaker, etc.). PCD, IP/S, FA

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B