

Too Good for Violence Curriculum Correlations

Correlated with Kentucky Academic Standards for Primary Health Education

Grade 3

Lesson One: *Peaceable People*

Objectives: The student will be able to:

- Define peace and conflict.
- Discuss conflict as a normal and natural part of being human.
- Recognize his or her capacity to learn and use skills for solving conflicts.

1.PL-P-PW: Personal Wellness (Health Education)

Academic Expectations

- 2.29** Students demonstrate skills that promote individual well-being and healthy family relationships.
- 2.31** Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.
- 3.2** Students demonstrate the ability to maintain a healthy lifestyle.
- 4.1** Students effectively use interpersonal skills.
- 4.4** Students demonstrate the ability to accept the rights and responsibilities for self and others.

3.PL-P-S: Safety (Health Education)

Academic Expectations

- 2.3** Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.
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Lesson Two: *All About Feelings*

Objectives: The student will be able to:

- Name a variety of feelings.
- Describe physical sensations of anger as warning signs of conflict.
- Recite I-messages as a way to express feelings with honesty and self-control.

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- 2.32** Students demonstrate strategies for becoming and remaining mentally and emotionally healthy.
- 3.2** Students demonstrate the ability to maintain a healthy lifestyle.

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- 2.3** Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.
- 2.33** Students demonstrate the skills to evaluate and use services and resources available in their community.
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Lesson Three: *Why Use I-messages*

Objectives: The student will be able to:

- Differentiate between I-messages and You-messages.
- Demonstrate the consequences of using I-messages and You-messages.
- Identify two words that cause common communication errors in I-messages.

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Lesson Four: *Listening For Clues*

Objectives: The student will be able to:

- Describe communication clues: facial expression, body language and voice tone.
- Demonstrate active listening: look; listen; ask.
- Discuss active listening as a way to show caring and respect.

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Lesson Five: *Self-control, Not Remote Control*

Objectives: The student will be able to:

- Identify triggers (external events and internal self-talk) that arouse angry responses.
- Identify warning signals (physical sensations) that indicate the presence of and level of angry feelings.
- Differentiate between angry feelings and aggressive actions.
- Demonstrate ways to handle angry feelings with self-control.

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- 4.4** Students demonstrate the ability to accept the rights and responsibilities for self and others.
- 5.1** Students use skills such as analyzing, prioritizing, categorizing, evaluating and comparing to solve a variety of problems in real-life situations.
- 5.4** Students use a decision-making process to make informed decisions among-options.

Lesson Six: *More Than One Point of View*

Objectives: The student will be able to:

- Identify different points of view.
- Discuss the importance of understanding other points of view in solving a conflict.

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Lesson Seven: *Brainstorming for New Ideas*

Objectives: The student will be able to:

- List a variety of solutions.
- Discuss the importance of working together to stimulate creative problem solving.
- Demonstrate the communication skill of encouraging.
- Complete a brainstorm in a cooperative group.

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