

Too Good for Violence Curriculum Correlations

Correlated with Montana Standards for Health Enhancements

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.

Health Content Standard 6—Students demonstrate interpersonal communication skills to enhance health. Students will:

1. Describe characteristics needed to be a responsible friend and family member.
2. Demonstrate ways to communicate care, consideration, and respect of self and others.
3. Demonstrate healthy ways to express needs, wants, and feelings.
4. Demonstrate refusal skills.
5. Demonstrate active listening skills.
6. Demonstrate non-violent strategies to resolve conflict.

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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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.

Health Content Standard 5—Students demonstrate the ability to use critical thinking and decision making to enhance health. Students will:

1. Identify problem-solving processes specific to health related issues.
2. Access valid health information and resources.
3. Explain how basic health information and resources are used in setting goals and decision making.
4. Set personal goals and record progress toward achievement.
5. Predict results of positive health decisions.

Health Content Standard 6—Students demonstrate interpersonal communication skills to enhance health. Students will:

1. Describe characteristics needed to be a responsible friend and family member.
2. Demonstrate ways to communicate care, consideration, and respect of self and others.
3. Demonstrate healthy ways to express needs, wants, and feelings.
4. Demonstrate refusal skills.
5. Demonstrate active listening skills.
6. Demonstrate non-violent strategies to resolve conflict.

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.

Health Content Standard 5—Students demonstrate the ability to use critical thinking and decision making to enhance health. Students will:

1. Identify problem-solving processes specific to health related issues.
2. Access valid health information and resources.
3. Explain how basic health information and resources are used in setting goals and decision making.

4. Set personal goals and record progress toward achievement.
5. Predict results of positive health decisions.

Health Content Standard 6—Students demonstrate interpersonal communication skills to enhance health. Students will:

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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.

Health Content Standard 5—Students demonstrate the ability to use critical thinking and decision making to enhance health. Students will:

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4. Set personal goals and record progress toward achievement.
5. Predict results of positive health decisions.

Health Content Standard 6—Students demonstrate interpersonal communication skills to enhance health. Students will:

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Health Content Standard 7—Students demonstrate health-enhancing behaviors. Students will:

1. Interact with friends and others through participation.