

Too Good for Violence Curriculum Correlations

Correlated with New Hampshire Elementary School Health Education Curriculum Guidelines

Grade 1

Lesson One: *Celebrating Our Special Selves*

Objectives: The student will be able to:

- Discuss respect for differences.
- Identify his or her special qualities.

Family Life and Sexuality

1. Families and Relationships

1.3 ways to communicate respect for self and others

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.3 actions that show sense of belonging (connectedness)

1.4 actions that show sense of power (empowerment)

3. Interpersonal Relationships and Communication

3.2 ways to communicate respect for diversity, e.g., mental and physical disabilities, culture, race/ethnicity

Lesson Two: *Care About Feelings*

Objectives: The student will be able to:

- Name a variety of feelings.
- Define feelings as natural emotions that are neither right nor wrong.
- Differentiate feelings and actions or behaviors.

Mental Health

2. Emotional Health

2.1 how to express needs, wants, and feelings

2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness

Lesson Three: *A Friend Is Someone Who Cares*

Objectives: The student will be able to:

- List friendly behaviors.
- Demonstrate basic social skills: sharing, taking turns, listening, saying “please” and “thank you,” apologizing, etc.

Mental Health

1. Positive Self-Image

1.3 actions that show sense of belonging (connectedness)

1.4 actions that show sense of power (empowerment)

3. Interpersonal Relationships and Communication

3.1 strategies to build and maintain healthy friendships

3.2 ways to communicate respect for diversity, e.g., mental and physical disabilities, culture, race/ethnicity

Lesson Four: *When You're Angry and You Know*

Objectives: The student will be able to:

- Identify warning signs (physical sensations) of anger.
- Distinguish between angry feelings and aggressive actions.
- Discuss the negative consequences of aggressive behavior.
- Recite an anger management model.

Mental Health

2. Emotional Health

2.1 how to express needs, wants, and feelings

2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness

2.3 ways to manage and reduce anger

2.4 ways to deal with frustration

Lesson Five: *Respecting Differences*

Objectives: The student will be able to:

- Discuss the benefits of getting to know people who are different.
- Discuss the ways that people who are disabled handle their disabilities.
- Demonstrate ways that people who are disabled handle their disabilities.

Family Life and Sexuality

1. Families and Relationships

1.3 ways to communicate respect for self and others

Mental Health

3. Interpersonal Relationships and Communication

3.1 strategies to build and maintain healthy friendships

3.2 ways to communicate respect for diversity, e.g., mental and physical disabilities, culture, race/ethnicity

Lesson Six: *Problem Solving*

Objectives: The student will be able to:

- Demonstrate a basic problem-solving model.
- List alternative solutions.
- Demonstrate predicting feelings and consequences.

Injury Prevention

6. Violence Prevention

6.1 conflict resolution techniques

Mental Health

1. Positive Self-Image

1.3 actions that show sense of belonging (connectedness)

1.4 actions that show sense of power (empowerment)

- 3. Interpersonal Relationships and Communication**
 - 3.1 strategies to build and maintain healthy friendships

Lesson Seven: *Celebrating Our Success*

Objectives: The student will be able to:

- Assess his or her progress in learning pro-social, peaceable skills.
- Recognize and reward each other for using pro-social, peaceable skills.

Injury Prevention

- 6. Violence Prevention**
 - 6.1 conflict resolution techniques

Mental Health

- 1. Positive Self-Image**
 - 1.1 personal assets and strengths
 - 1.3 actions that show sense of belonging (connectedness)
 - 1.4 actions that show sense of power (empowerment)
- 2. Emotional Health**
 - 2.1 how to express needs, wants, and feelings
 - 2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness
 - 2.3 ways to manage and reduce anger
 - 2.4 ways to deal with frustration
 - 2.5 ways to manage conflict
- 3. Interpersonal Relationships and Communication**
 - 3.1 strategies to build and maintain healthy friendships
 - 3.2 ways to communicate respect for diversity, e.g., mental and physical disabilities, culture, race/ethnicity
 - 3.3 strategies that build relationships with family members and other adults