

Too Good for Violence Curriculum Correlations

Correlated with New Hampshire Elementary School Health Education Curriculum Guidelines

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.

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)

2. Emotional Health

2.5 ways to manage 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.

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

2.5 ways to manage conflict

3. Interpersonal Relationships and Communication

3.4 how to speak effectively, e.g., I-statements, eye contact, assertiveness

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.

Mental Health

3. Interpersonal Relationships and Communication

3.4 how to speak effectively, e.g., I-statements, eye contact, assertiveness

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.

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

3.2 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

3.4 how to speak effectively, e.g., I-statements, eye contact, assertiveness

3.5 effective listening skills, e.g., reflective listening

3.6 characteristics of nonverbal communication

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.

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 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.

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)

2. Emotional Health

2.5 ways to manage conflict

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.

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

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

3.4 how to speak effectively, e.g., I-statements, eye contact, assertiveness

3.5 effective listening skills, e.g., reflective listening