

# Too Good for Violence Curriculum Correlations

Correlated with Oregon Health Education Standards

## 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.

#### **Promotion of Mental, Social and Emotional Health**

HE.03.PM01.CC Describe pro-social behaviors within healthy relationships.

HE.03.PM01.IC Demonstrate positive communication skills that express personal needs, wants and feelings to family and peers.

#### **Violence and Suicide Prevention**

HE.03.VS04.CC Explain the role of problem solving, anger management and impulse control in preventing violence.

HE.03.VS04.SM Demonstrate the steps of problem solving, anger management and impulse control.

HE.03.VS04.IC Manage interpersonal conflict in non-violent ways.

### 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.

#### **Promotion of Mental, Social and Emotional Health**

HE.03.PM01.CC Describe pro-social behaviors within healthy relationships.

HE.03.PM01.IC Demonstrate positive communication skills that express personal needs, wants and feelings to family and peers.

HE.03.PM03.CC Identify different kinds of emotions.

HE.03.PM03.INF Describe internal and external influences on emotions.

### 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.

#### **Promotion of Mental, Social and Emotional Health**

HE.03.PM01.CC Describe pro-social behaviors within healthy relationships.

HE.03.PM01.IC Demonstrate positive communication skills that express personal needs, wants and feelings to family and peers.

## **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.

### **Promotion of Mental, Social and Emotional Health**

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HE.03.PM01.IC Demonstrate positive communication skills that express personal needs, wants and feelings to family and peers.

## **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.

### **Promotion of Mental, Social and Emotional Health**

HE.03.PM01.CC Describe pro-social behaviors within healthy relationships.

HE.03.PM01.IC Demonstrate positive communication skills that express personal needs, wants and feelings to family and peers.

### **Violence and Suicide Prevention**

HE.03.VS04.CC Explain the role of problem solving, anger management and impulse control in preventing violence.

HE.03.VS04.SM Demonstrate the steps of problem solving, anger management and impulse control.

## **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.

### **Violence and Suicide Prevention**

HE.03.VS04.CC Explain the role of problem solving, anger management and impulse control in preventing violence.

HE.03.VS04.SM Demonstrate the steps of problem solving, anger management and impulse control.

HE.03.VS04.IC Manage interpersonal conflict in non-violent ways.

## **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.

### **Promotion of Mental, Social and Emotional Health**

HE.03.PM01.CC Describe pro-social behaviors within healthy relationships.

HE.03.PM01.IC Demonstrate positive communication skills that express personal needs, wants and feelings to family and peers.

HE.03.PM02.CC Identify qualities that contribute to a healthy self- image.

HE.03.PM02.SM Identify characteristic of a healthy self-image.

### **Violence and Suicide Prevention**

HE.03.VS04.CC Explain the role of problem solving, anger management and impulse control in preventing violence.

HE.03.VS04.SM Demonstrate the steps of problem solving, anger management and impulse control.

HE.03.VS04.IC Manage interpersonal conflict in non-violent ways.