

Too Good for Violence- Social Perspective

Grade 1

Correlated with Arkansas Physical Education and Health Curriculum Framework, Revised 2011

Lesson 1.1 *Celebrating Our Special Selves* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

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

Standard 9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

Interpersonal Relationships

HW.9.1.3 Discuss the qualities of friendship

Lesson 1.2 *Caring About Feelings* – Identifying and Managing Emotions

Objectives

Following this lesson, 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

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

HW.11.1.1 Identify personal feelings and behaviors

HW.11.1.2 Identify coping skills to manage emotions (e.g., count to ten when angry)

Lesson 1.3 *A Friend Is Someone Who Cares* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

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

Standard 9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

Decision Making

HW.9.1.1 Understand consequences of choices in relationships

HW.9.1.2 Identify the benefits of healthy relationships

Interpersonal Relationships

HW.9.1.3 Discuss the qualities of friendship

HW.9.1.4 Discuss methods of communication with friends and family (e.g., speaking, body language, writing, listening)

Lesson 1.4 *When You're Angry and You Know* – Anger Management

Objectives

Following this lesson, 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

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

HW.11.1.1 Identify personal feelings and behaviors

HW.11.1.2 Identify coping skills to manage emotions (e.g., count to ten when angry)

HW.11.1.3 Identify trusted adults to notify for help (e.g., school, family, community)

Lesson 1.5 *Respecting Differences* – Respect for Self and Others

Objectives

Following this lesson, 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

Standard 9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

Decision Making

HW.9.1.2 Identify the benefits of healthy relationships

Lesson 1.6 *Problem Solving* – Conflict Resolution

Objectives

Following this lesson, the students will be able to:

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

Standard 9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

Decision Making

HW.9.1.1 Understand consequences of choices in relationships

Lesson 1.7 *Celebrating Our Success* – Conflict Resolution

Objectives

Following this lesson, 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

Standard 9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

Decision Making

HW.9.1.1 Understand consequences of choices in relationships

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

HW.11.1.1 Identify personal feelings and behaviors

HW.11.1.2 Identify coping skills to manage emotions (e.g., count to ten when angry)

HW.11.1.3 Identify trusted adults to notify for help (e.g., school, family, community)