

Too Good for Violence – Social Perspectives

Grade 3 Revised Edition

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

3.1 Program Designer – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify steps to setting and reaching goals
- Name a personal goal
- Describe personal progress toward a goal

None apply at this time

3.2 Consider the Consequences – Decision Making

Objectives

Following this lesson, the student will be able to:

- Identify the steps of the decision-making model
- Generate alternative solutions and evaluate their consequences for a range of academic and social situations
- Determine when decisions should be made alone or with the help of a trusted adult
- Discuss decisions and consequences

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

HW.9.3.1 Examine general rules and predict consequences of choices at school, home, and community

3.3 Human Interface - Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of emotions
- Demonstrate an awareness of one's own physical signals associated with specific emotions
- Describe a range of emotions and the situations that cause them
- Recognizing the emotions of others by observing facial expressions and body language
- Demonstrate using an I-message and other healthy ways to express emotions

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

HW.9.3.3 Develop skills that promote positive relationships

HW.9.3.4 Identify verbal and nonverbal methods of communication

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

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

3.4 Listening Program Active - Effective Communication

Objectives

Following this lesson, the student will be able to:

- Differentiate effective and ineffective listening skills
- Demonstrate active listening: look, lean in, ask
- Discuss active listening as a way to show caring and respect
- Use listening skills to identify the feelings and perspectives of others
- Demonstrate effective speaking skills

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

HW.9.3.3 Develop skills that promote positive relationships

HW.9.3.4 Identify verbal and nonverbal methods of communication

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

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

3.5 Human Interface – Bonding & Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Identify examples of pro-social behaviors
- Describe approaches for making and keeping friends
- Demonstrate ways to begin, continue, and end a conversation

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

HW.9.3.1 Examine general rules and predict consequences of choices at school, home, and community

HW.9.3.3 Develop skills that promote positive relationships

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

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

3.6 Respect Matters – Respect for Self and Others

Objectives

Following this lesson, the students will be able to:

- Define respect
- Identify examples of respect for self, others, and property
- Demonstrate the ability to be respectful in different situations
- Discuss the role of respecting differences and communication on connecting with others
- Demonstrate respectfully listening to and responding to different points of view

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

HW.9.3.1 Examine general rules and predict consequences of choices at school, home, and community

HW.9.3.3 Develop skills that promote positive relationships

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

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

3.7 Tuning Frequencies – Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Define peace and conflict
- Discuss conflict as a normal and natural part of being human
- Discuss the role of understanding other points of view in resolving a conflict
- Recognize his or her capacity to learn and use skills for managing conflict
- Demonstrate nonviolent strategies to manage conflict

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

HW.9.3.2 Practice various ways in which to resolve conflict using positive behavior

HW.9.3.3 Develop skills that promote positive relationships

HW.9.3.4 Identify verbal and nonverbal methods of communication

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

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

3.8 Reset Function- Anger Management

Objectives

Following this lesson, the student will be able to:

- Describe the physical sensations of anger as warning signs of conflict
- Identify thoughts and events that can trigger angry responses
- Identify physical signals that indicate the presence and degree of angry feelings
- Differentiate angry feelings and aggressive actions
- Demonstrate ways to use self-control to manage angry feelings

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

HW.9.3.3 Develop skills that promote positive relationships

HW.9.3.4 Identify verbal and nonverbal methods of communication

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

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

3.9 Short Circuit - Identifying and Managing Bullying Situations

Objectives

Following this lesson, the students will be able to:

- Differentiate bullying behavior and conflict
- Define bully, target, and witness
- Identify ways the target or the witness can respond to a bullying situation

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

HW.9.3.3 Develop skills that promote positive relationships

HW.9.3.4 Identify verbal and nonverbal methods of communication

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

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

HW.11.3.11 Identify sources to report abuse, bullying, violence, and injury (e.g., teachers, nurses, counselor, ministers, parents, coaches)

HW.11.3.12 Identify various behaviors associated with abuse, bullying, violence, and injury (e.g., physical, verbal, cyber, emotional)

3.10 *Advanced Programming* – Problem Solving

Objectives

Following this lesson, the student will be able to:

- Define and demonstrate brainstorming in a cooperative group
- Recognize his or her capacity to learn and use skills for problem solving
- Identify a variety of solutions when working to solve a problem
- Demonstrate working together to stimulate creative problem solving
- Recall and practice the skills taught in lessons 1-10

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

HW.9.3.1 Examine general rules and predict consequences of choices at school, home, and community

HW.9.3.2 Practice various ways in which to resolve conflict using positive behavior

HW.9.3.3 Develop skills that promote positive relationships

HW.9.3.4 Identify verbal and nonverbal methods of communication

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

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

HW.11.3.2 Identify personal stressors and positive ways to manage stress

HW.11.3.11 Identify sources to report abuse, bullying, violence, and injury (e.g., teachers, nurses, counselor, ministers, parents, coaches)

HW.11.3.12 Identify various behaviors associated with abuse, bullying, violence, and injury (e.g., physical, verbal, cyber, emotional)