

Too Good for Violence

Grade 1

Correlated with Idaho Content Standards Health Education, 2010

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 4: Interpersonal Communication

Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

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

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Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

K-2.H.4.1.3 Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation.

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 4: Interpersonal Communication

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Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

Standard 7: Practice Healthy Behavior

Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

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 4: Interpersonal Communication

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Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.3 Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation.

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 4: Interpersonal Communication

Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

Standard 7: Practice Healthy Behavior

Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

Standard 8: Advocacy

Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health.

Objective(s): By the end of Second Grade, the student will be able to:

k-2.H.8.1.1. Make requests to promote personal health.

K-2.H.8.1.2. Encourage peers and family to make positive health choices.

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 5: Decision Making

Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.5.1.1 Identify situations when a health-related decision is needed.

K-2.H.5.1.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

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 1: Comprehend Core Concepts

Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.1.1.1. Identify that healthy behaviors affect personal health.

Standard 4: Interpersonal Communication

Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

Standard 5: Decision Making

Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.5.1.1 Identify situations when a health-related decision is needed.

K-2.H.5.1.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard 7: Practice Healthy Behavior

Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

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