

Grade 3 Too Good for Violence – Social Perspectives

Correlated to Illinois Social Emotional Learning Standards

Lesson 3.1 *Program Designer* – Setting Reachable Goals

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

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.

B. Recognize personal qualities and external supports.

1B.1a. Identify one's likes and dislikes, needs and wants, strengths and challenges.

C. Demonstrate skills related to achieving personal and academic goals.

1C.1b. Identify goals for academic success and classroom behavior.

Lesson 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

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.

3A.1b. Identify social norms and safety considerations that guide behavior.

B: Apply decision-making skills to deal responsibly with daily academic and social situations.

3B.1a. Identify a range of decisions that students make at school.

3B.1b. Make positive choices when interacting with classmates.

Lesson 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

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.

A. Identify and manage one's emotions and behavior.

1A.1a. Recognize and accurately label emotions and how they are linked to behavior.

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.1a. Recognize that others may experience situations differently from oneself.

Lesson 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

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.1a. Recognize that others may experience situations differently from oneself.

2A.1b. Use listening skills to identify the feelings and perspectives of others.

Lesson 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

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.1a. Recognize that others may experience situations differently from oneself.

B: Recognize individual and group similarities and differences.

2B.1b. Describe positive qualities in others.

C: Use communication and social skills to interact effectively with others.

2C.1a. Identify ways to work and play well with others.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.

3A.1a. Explain why unprovoked acts that hurt others are wrong.

3A.1b. Identify social norms and safety considerations that guide behavior.

Lesson 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

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.1a. Recognize that others may experience situations differently from oneself.

B: Recognize individual and group similarities and differences.

2B.1a. Describe the ways that people are similar and different.

2B.1b. Describe positive qualities in others.

C: Use communication and social skills to interact effectively with others.

2C.1a. Identify ways to work and play well with others.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.

3A.1b. Identify social norms and safety considerations that guide behavior.

Lesson 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

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.1b. Use listening skills to identify the feelings and perspectives of others.

C: Use communication and social skills to interact effectively with others.

2C.1a. Identify ways to work and play well with others.

D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

2D.1b. Identify approaches to resolving conflicts constructively.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.

3A.1b. Identify social norms and safety considerations that guide behavior.

Lesson 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

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.

A. Identify and manage one's emotions and behavior.

1A.1a. Recognize and accurately label emotions and how they are linked to behavior.

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.1a. Recognize that others may experience situations differently from oneself.

D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

2D.1b. Identify approaches to resolving conflicts constructively.

Lesson 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

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.1a. Recognize that others may experience situations differently from oneself.

C: Use communication and social skills to interact effectively with others.

2C.1a. Identify ways to work and play well with others.

D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

2D.1a. Identify problems and conflicts commonly experienced by peers.

2D.1b. Identify approaches to resolving conflicts constructively.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.

3A.1a. Explain why unprovoked acts that hurt others are wrong.

3A.1b. Identify social norms and safety considerations that guide behavior.

Lesson 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 Too Good for Violence-Social Perspectives lessons 1-10

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.

A. Identify and manage one's emotions and behavior.

1A.1a. Recognize and accurately label emotions and how they are linked to behavior.

B. Recognize personal qualities and external supports.

1B.1a. Identify one's likes and dislikes, needs and wants, strengths and challenges.

C. Demonstrate skills related to achieving personal and academic goals.

1C.1b. Identify goals for academic success and classroom behavior.

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.1b. Use listening skills to identify the feelings and perspectives of others.

C: Use communication and social skills to interact effectively with others.

2C.1a. Identify ways to work and play well with others.

D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

2D.1b. Identify approaches to resolving conflicts constructively.

2D.1b. Identify approaches to resolving conflicts constructively.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.

3A.1a. Explain why unprovoked acts that hurt others are wrong.

3A.1b. Identify social norms and safety considerations that guide behavior.