

Too Good for Violence – Social Perspectives

Grade 5

Correlated to Illinois Social Emotional Learning Standards

Lesson 5.1 *Preparing for Take Off* – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify the steps in the goal-setting model
- Identify and apply the goal-naming criteria
- Name a short-term personal goal using the goal-naming criteria

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

B. Recognize personal qualities and external supports.

1B.2a. Describe personal skills and interests that one wants to develop.

1B.2b. Explain how family members, peers, school personnel, and community members can support school success and responsible behavior.

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

1C.2a. Describe the steps in setting and working toward goal achievement.

1C.2b. Monitor progress on achieving a short-term personal goal.

Lesson 5.2 *Rocket Science* – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Define consequence
- List the steps of the decision-making model
- Identify a variety of options to any given decision
- Demonstrate the ability to choose healthy options when making a decision

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.2b. Demonstrate knowledge of how social norms affect decision making and behavior.

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

3B.2a. Identify and apply the steps of systematic decision making.

3B.2b. Generate alternative solutions and evaluate their consequences for a range of academic and social situations.

Lesson 5.3 *Systems Check* - Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name four basic emotions: happy, sad, angry, and scared and their variations
- Recognize the physical signals associated with particular emotions
- Identify the relationship between feelings and behaviors
- Differentiate healthy and unhealthy ways to manage 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.2a. Describe a range of emotions and the situations that cause them.

1A.2b. Describe and demonstrate ways to express emotions in a socially acceptable manner.

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

A: Recognize the feelings and perspectives of others.

2A.2a. Identify verbal, physical, and situational cues that indicate how others may feel.

2A.2b. Describe the expressed feelings and perspectives of others.

Lesson 5.4 *This is Your Captain Speaking* - Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define communication
- Identify the elements of communication, both verbal and nonverbal
- Differentiate assertive, aggressive, and passive speaking styles
- Identify active listening skills

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

A: Recognize the feelings and perspectives of others.

2A.2a. Identify verbal, physical, and situational cues that indicate how others may feel.

2A.2b. Describe the expressed feelings and perspectives of others.

B: Recognize individual and group similarities and differences.

2B.2b. Demonstrate how to work effectively with those who are different from oneself.

Lesson 5.5 *My Flight Crew* – Bonding & Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Understand how to be compassionate and empathetic toward others
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

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

A: Recognize the feelings and perspectives of others.

2A.2a. Identify verbal, physical, and situational cues that indicate how others may feel.

2A.2b. Describe the expressed feelings and perspectives of others.

B: Recognize individual and group similarities and differences.

2B.2b. Demonstrate how to work effectively with those who are different from oneself.

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

2C.2a. Describe approaches for making and keeping friends.

2C.2b. Analyze ways to work effectively in groups.

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.2b. Demonstrate knowledge of how social norms affect decision making and behavior.

Lesson 5.6 *Initiate Launch* – Respect for Self and Others

Objectives

Following this lesson, the students will be able to:

- Recognize the positive effects of self-respect on attitudes, behaviors, and relationships
- Demonstrate the ability to maintain perspective in different situations
- Discuss the effect of negative self-talk on feelings and actions
- Discuss the effect of positive self-talk on feelings and actions
- Discuss the role of cooperation, respecting differences, and communication on connecting with others

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

B: Recognize individual and group similarities and differences.

2B.2b. Demonstrate how to work effectively with those who are different from oneself.

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

2C.2a. Describe approaches for making and keeping friends.

2C.2b. Analyze ways to work effectively in groups.

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.2a. Demonstrate the ability to respect the rights of self and others.

Lesson 5.7 *Smooth Landing* – Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Define conflict
- Distinguish cooperation from competition in conflict resolution
- Identify the emotions associated with conflict
- Identify the healthy and unhealthy approaches to conflict
- Demonstrate constructive conflict resolution skills
- Apply appropriate, effective conflict resolution approaches

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

A: Recognize the feelings and perspectives of others.

2A.2b. Describe the expressed feelings and perspectives of others.

B: Recognize individual and group similarities and differences.

2B.2b. Demonstrate how to work effectively with those who are different from oneself.

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

2C.2b. Analyze ways to work effectively in groups.

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

2D.2a. Describe causes and consequences of conflicts.

2D.2b. Apply constructive approaches in resolving conflicts.

Lesson 5.8 *Initiate Countdown* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Differentiate escalation and de-escalation as related to conflict
- List words and actions that escalate conflict
- List words and actions that de-escalate conflict
- Identify physical indicators of anger
- Distinguish healthy and unhealthy ways to manage anger
- Distinguish actions that escalate and de-escalate conflicts
- Apply anger management skills in decision making during anger- provoking situations
- Apply strategies to de-escalate a conflict

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.2a. Describe a range of emotions and the situations that cause them.

1A.2b. Describe and demonstrate ways to express emotions in a socially acceptable manner.

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

A: Recognize the feelings and perspectives of others.

2A.2b. Describe the expressed feelings and perspectives of others.

B: Recognize individual and group similarities and differences.

2B.2b. Demonstrate how to work effectively with those who are different from oneself.

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

2C.2b. Analyze ways to work effectively in groups.

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

2D.2a. Describe causes and consequences of conflicts.

2D.2b. Apply constructive approaches in resolving conflicts.

Lesson 5.9 *Shields Up* – Identifying and Managing Bullying Situations

Objectives

Following this lesson, the students will be able to:

- Define bully, target, and witness
- List strategies for bullies, targets, and witnesses to use to prevent or reduce bullying
- Identify the three types of participants in a bullying situation
- Differentiate snitching and reporting
- Explain why it is important to report a bullying situation
- Demonstrate healthy ways for targets and witnesses to respond to bullying behavior
- Understand that bullying is different from conflict
- Recognize and identify different types of bullying behaviors

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

A: Recognize the feelings and perspectives of others.

2A.2b. Describe the expressed feelings and perspectives of others.

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

2D.2a. Describe causes and consequences of conflicts.

2D.2b. Apply constructive approaches in resolving conflicts.

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.2a. Demonstrate the ability to respect the rights of self and others.

3A.2b. Demonstrate knowledge of how social norms affect decision making and behavior.

Lesson 5.10 *Flight Academy* – Being a Positive Role Model

Objectives

Following this lesson, the student will be able to:

- Define role model
- Identify the qualities of a positive role model
- Name ways to influence others positively
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes
- Recognize how student role models can positively impact school climate
- Recall and practice the skills taught in Too Good for Violence – Social Perspectives lessons 1-9

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.2a. Describe a range of emotions and the situations that cause them.

1A.2b. Describe and demonstrate ways to express emotions in a socially acceptable manner.

B. Recognize personal qualities and external supports.

1B.2a. Describe personal skills and interests that one wants to develop.

1B.2b. Explain how family members, peers, school personnel, and community members can support school success and responsible behavior.

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

1C.2a. Describe the steps in setting and working toward goal achievement.

1C.2b. Monitor progress on achieving a short- term personal goal.

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

A: Recognize the feelings and perspectives of others.

2A.2a. Identify verbal, physical, and situational cues that indicate how others may feel.

2A.2b. Describe the expressed feelings and perspectives of others.

B: Recognize individual and group similarities and differences.

2B.2b. Demonstrate how to work effectively with those who are different from oneself.

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

2C.2a. Describe approaches for making and keeping friends.

2C.2b. Analyze ways to work effectively in groups.

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

2D.2a. Describe causes and consequences of conflicts.

2D.2b. Apply constructive approaches in resolving conflicts.

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.2a. Demonstrate the ability to respect the rights of self and others.

3A.2b. Demonstrate knowledge of how social norms affect decision making and behavior.

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

3B.2a. Identify and apply the steps of systematic decision making.

3B.2b. Generate alternative solutions and evaluate their consequences for a range of academic and social situations.