

Grade 1 Too Good for Violence

Correlated with Contemporary Health Standards (K - 8) Mississippi Department of Education

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

Competency 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (PH, F, M, S) NHES 4

Demonstrate attentive listening skills to build and maintain healthy relationships.

Competency 8: Demonstrate the ability to advocate for personal, family, and community health. (C, PH, F) NHES 8

Work collaboratively in small groups to achieve a common goal.

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

Competency 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (PH, F, M, S) NHES 4

Describe the difference in verbal and nonverbal communication.

Demonstrate attentive listening skills to build and maintain healthy relationships.

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.

Competency 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (PH, F, M, S) NHES 4

Describe the difference in verbal and nonverbal communication.

Demonstrate attentive listening skills to build and maintain healthy relationships.

Competency 8: Demonstrate the ability to advocate for personal, family, and community health. (C, PH, F) NHES 8

Work collaboratively in small groups to achieve a common goal.

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

Competency 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (PH, F, M, S) NHES 4

Describe the difference in verbal and nonverbal communication.

Demonstrate attentive listening skills to build and maintain healthy relationships.

Competency 5: Demonstrate the ability to use decision-making skills to enhance health. (N, PH, H, S, SA) NHES 5

Identify safe and unsafe behaviors.

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

Competency 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (PH, F, M, S) NHES 4

Demonstrate attentive listening skills to build and maintain healthy relationships.

Competency 8: Demonstrate the ability to advocate for personal, family, and community health. (C, PH, F) NHES 8

Work collaboratively in small groups to achieve a common goal.

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

Competency 5: Demonstrate the ability to use decision-making skills to enhance health. (N, PH, H, S, SA) NHES 5

Identify safe and unsafe behaviors

Competency 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (PH, S, SA) NHES

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Contrast safe and risky behaviors.

Competency 8: Demonstrate the ability to advocate for personal, family, and community health. (C, PH, F) NHES 8

Understand the importance of influencing others to make healthy choices.

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

Competency 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (M) NHES2

Identify factors that contribute to individuality.

Competency 3: Demonstrate the ability to access valid health information and products and services to enhance health. (C, S, CH) NHES 3

Identify sources of health products and services in the community.

Competency 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (PH, F, M, S) NHES 4

Describe the difference in verbal and nonverbal communication.

Demonstrate attentive listening skills to build and maintain healthy relationships.

Competency 5: Demonstrate the ability to use decision-making skills to enhance health. (N, PH, H, S, SA) NHES 5

Identify safe and unsafe behaviors

Competency 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (PH, S, SA) NHES 7

Contrast safe and risky behaviors.

Competency 8: Demonstrate the ability to advocate for personal, family, and community health. (C, PH, F) NHES 8

Understand the importance of influencing others to make healthy choices.