

Too Good for Violence – Social Perspectives

Grade 4 Revised Edition

Correlated with Montana Standards for Health Enhancement

Lesson 1: *Goal Boosters and Goal Busters* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and recite the goal-naming steps
- Name a personal goal
- Identify resources that can help someone reach a personal goal

Health Enhancement Content Standard 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.

By the end of Grade 4 students will:

1. describe relationships between personal health behaviors and individual well-being.
4. identify personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

4. set personal health goals and record progress toward achievement.
5. predict results of positive health decisions.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

5. demonstrate strategies to improve or maintain personal health.

Lesson 2: *Major Intersection* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Identify and follow the steps of the decision-making model
- Identify the benefits and consequences of a particular decision
- Determine when decisions should be made alone or with the help of a trusted adult

Health Enhancement Content Standard 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.

By the end of Grade 4 students will:

1. describe relationships between personal health behaviors and individual well-being.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.
5. predict results of positive health decisions.

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

1. demonstrate healthy ways to express needs, wants, and feelings.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

5. demonstrate strategies to improve or maintain personal health and family health.

Lesson 3: *I See Me* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of emotions
- Recognize the physical signals associated with specific emotions
- Demonstrate an awareness of one’s own feelings in a variety of situations
- Identify healthy and unhealthy ways to express emotions
- Identify the value of talking about feelings with parents and other trusted adults
- Demonstrate healthy ways to express and manage emotions
- Recognize the emotions of others by observing facial expressions

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By the end of Grade 4 students will:

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4. identify personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.
5. predict results of positive health decisions.

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

2. demonstrate healthy ways to communicate care, consideration, and respect for self and others.
3. demonstrate ways to express needs, wants, and feelings.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

1. interact with friends and others through participation.
5. demonstrate strategies to improve or maintain personal health.

Lesson 4: *More than Words* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the roles of the speaker and the listener
- Differentiate effective and ineffective listening skills
- Differentiate effective and ineffective speaking skills

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By the end of Grade 4 students will:

1. describe relationships between personal health behaviors and individual well-being.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

2. demonstrate healthy ways to communicate care, consideration, and respect for self and others.
3. demonstrate ways to express needs, wants, and feelings.
5. demonstrate active listening skills.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

5. demonstrate strategies to improve or maintain personal health.

Lesson 5: *Community Garden* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Identify examples of pro-social behaviors
- Explain the importance of being sensitive to the feelings of others
- Compare healthy and unhealthy friendship qualities
- Apply effective communication skills to support others

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1. describe relationships between personal health behaviors and individual well-being.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.
5. predict results of positive health decisions.

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

2. demonstrate healthy ways to communicate care, consideration, and respect for self and others.
3. demonstrate ways to express needs, wants, and feelings.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

1. interact with friends and others through participation.
5. demonstrate strategies to improve or maintain personal health.

Lesson 6: *The Respect Effect* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

- Define respect
- Recognize the positive effects of self-respect on attitudes, behaviors, and relationships
- Discuss the role of cooperation, respect, and communication in friendships
- Identify that people can have different points of view about the same situation
- Demonstrate respectfully listening to and responding to different points of view

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

2. demonstrate healthy ways to communicate care, consideration, and respect for self and others.

Lesson 7: *Work It Out* – Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Define conflict
- Discuss conflict as universal, natural, and normal
- Discuss the possible consequences of an unresolved conflict
- Differentiate cooperation and competition
- Demonstrate the effectiveness of cooperation and the ineffectiveness of competition in a conflict situation
- Demonstrate problem solving skills and evaluate the effectiveness of the solution

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.
5. predict results of positive health decisions.

Lesson 8: *Cool Down & Turn it Around* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Define “escalation” and “de-escalation” as they relate to conflict
- Describe the process of conflict escalation
- List signs that a conflict is escalating
- Identify verbal and non-verbal conflict escalators
- Effect the de-escalation of a conflict
- Construct neutral problem statements

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

2. demonstrate healthy ways to communicate care, consideration, and respect for self and others.
3. demonstrate ways to express needs, wants, and feelings.

Lesson 9: Building an Inclusive Community – Identifying and Managing Bullying Situations

Objectives

Following this lesson, the student will be able to:

- Understand that bullying is different from conflict
- Recognize and identify different types of bullying behaviors
- Define bully, target, and witness
- Identify ways the target or the witness can stop a bullying situation
- Perform role plays to deal with aggression and/or bullying
- Demonstrate assertive responses to bullying behavior

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.
5. predict results of positive health decisions.

Lesson 10: Positively Influential – 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

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By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.
5. predict results of positive health decisions.

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

2. demonstrate healthy ways to communicate care, consideration, and respect for self and others.
3. demonstrate ways to express needs, wants, and feelings.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

1. interact with friends and others through participation.
5. demonstrate strategies to improve or maintain personal health.