

Too Good for Violence- Social Perspective

Grade 1

Correlated with National Health Education Standards

As of March 2019 Nebraska does not have State Health Education Standards

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

- 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.
4.2.2 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

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.

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

- 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.
4.2.2 Demonstrate listening skills to enhance health.

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

- 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.

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

- 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.
- 4.2.2 Demonstrate listening skills to enhance health.

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

- 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.
- 4.2.2 Demonstrate listening skills to enhance health.
- 4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation.
- 4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

- 5.2.1 Identify situations when a health-related decision is needed.
- 5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
- 7.2.2 Demonstrate behaviors that avoid or reduce health risks.

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 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

- 3.2.1 Identify trusted adults and professionals who can help promote health.
- 3.2.2 Identify ways to locate school and community health helpers.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.
- 4.2.2 Demonstrate listening skills to enhance health.
- 4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation.
- 4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

5.2.1 Identify situations when a health-related decision is needed.

5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

7.2.2 Demonstrate behaviors that avoid or reduce health risks.