

# Too Good for Violence – A Peaceable Place Grade 4

## 2020 Edition

*Correlated to Health Education Georgia Standards of Excellence*

### Lesson 1 Goal Boosters and Goal Busters – *Setting Reachable Goals*

#### 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

**Description:** Students will use goal-setting skills to identify, apply, and maintain health- enhancing behaviors. Fourth-grade students will develop personal goals for positive health and discuss resources that can assist them with their goals.

**HE4.6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

HE4.6.a Identify a personal health goal.

HE4.6.b Develop an action plan for a health goal.

HE4.6.c Discuss whether the goal was achieved.

### Lesson 2 Major Intersection – *Making Responsible Decisions*

#### 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

**Description:** Students will use decision-making skills to identify, apply, and maintain health- enhancing behaviors. Fourth-grade students will determine and explain alternatives to promote healthy decisions regarding health-related issues or problems.

**HE4.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

HE4.5.a Explain a situation that may require a thoughtful health-related decision.

HE4.5.b Describe the possible consequences of an unhealthy decision and healthy alternatives when making a health- related decision.

HE4.5.d Determine a healthy choice when making a decision.

## 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

**Description:** Students will learn about personal health concepts that help maintain healthy behaviors and prevent disease. Fourth-grade students will recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will describe healthy behaviors to prevent or reduce their risk of injury, illness, and disease.

**HE4.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE4.1.c Describe basic health concepts of mental and emotional well-being.

## 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

**Description:** Students will use effective communication skills to enhance personal, family, and community health. Fourth-grade students will develop attentive listening, refusal, and conflict resolution skills to develop and maintain health-enhancing relationships.

**HE4.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

No expectations apply.

## 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

**Description:** Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Fourth-grade students will determine and explain alternatives to promote healthy decisions regarding health-related issues or problems.

**HE4.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

HE4.5.a Explain a situation that may require a thoughtful health-related decision.

- Description:** Students will use effective communication skills to enhance personal, family, and community health.  
Fourth-grade students will develop attentive listening, refusal, and conflict resolution skills to develop and maintain health-enhancing relationships.
- HE4.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.  
No expectations apply.

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

### Objectives

Following this lesson, the students 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

- Description:** Students will use decision-making skills to identify, apply, and maintain health- enhancing behaviors.  
Fourth-grade students will determine and explain alternatives to promote healthy decisions regarding health-related issues or problems.

- HE4.5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- HE4.5.a Explain a situation that may require a thoughtful health-related decision.

- Description:** Students will use effective communication skills to enhance personal, family, and community health.  
Fourth-grade students will develop attentive listening, refusal, and conflict resolution skills to develop and maintain health-enhancing relationships.
- HE4.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.  
No expectations apply.

## 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

- Description:** Students will use decision-making skills to identify, apply, and maintain health- enhancing behaviors.  
Fourth-grade students will determine and explain alternatives to promote healthy decisions regarding health-related issues or problems.

- HE4.5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- HE4.5.a Explain a situation that may require a thoughtful health-related decision.

- Description:** Students will use effective communication skills to enhance personal, family, and community health.  
Fourth-grade students will develop attentive listening, refusal, and conflict resolution skills to develop and maintain health-enhancing relationships.
- HE4.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.  
No expectations apply.

## **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

**Description:** Students will learn about personal health concepts that help maintain healthy behaviors and prevent disease. Fourth-grade students will recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will describe healthy behaviors to prevent or reduce their risk of injury, illness, and disease.

- HE4.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- HE4.1.c** Describe basic health concepts of mental and emotional well-being.

**Description:** Students will use effective communication skills to enhance personal, family, and community health.  
Fourth-grade students will develop attentive listening, refusal, and conflict resolution skills to develop and maintain health-enhancing relationships.

- HE4.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.  
No expectations apply.

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

### **Objectives**

Following this lesson, the students 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

**Description:** Students will use effective communication skills to enhance personal, family, and community health.  
Fourth-grade students will develop attentive listening, refusal, and conflict resolution skills to develop and maintain health-enhancing relationships.

- HE4.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

No expectations apply.

**Description:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Fourth-grade students will demonstrate healthy behaviors to prevent injuries, diseases, and disorders.

**HE4.7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE4.7.a Demonstrate a healthy behavior to improve personal health and wellness.

HE4.7.b Demonstrate behaviors to reduce health risks.

**Description:** Students will demonstrate the ability to advocate for personal, family, and community health. Fourth-grade students will give sources of valid information about health issues and perform healthy behaviors to encourage others to adopt health-enhancing behaviors.

**HE4.8:** Students will demonstrate the ability to advocate for personal, family, and community health.

HE4.8.b Advocate for positive health choices.

## 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
- Recall and practice the skills taught in lessons 1-10

**Description:** Students will learn about personal health concepts that help maintain healthy behaviors and prevent disease. Fourth-grade students will recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will describe healthy behaviors to prevent or reduce their risk of injury, illness, and disease.

**HE4.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE4.1.c Describe basic health concepts of mental and emotional well-being.

**Description:** Students will use effective communication skills to enhance personal, family, and community health. Fourth-grade students will develop attentive listening, refusal, and conflict resolution skills to develop and maintain health-enhancing relationships.

**HE4.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

No expectations apply.

**Description:** Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Fourth-grade students will determine and explain alternatives to promote healthy decisions regarding health-related issues or problems.

**HE4.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

HE4.5.a Explain a situation that may require a thoughtful health-related decision.

HE4.5.b Describe the possible consequences of an unhealthy decision and healthy alternatives when making a health-related decision.

HE4.5.d Determine a healthy choice when making a decision.

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HE4.6.a Identify a personal health goal.

HE4.6.b Develop an action plan for a health goal.

HE4.6.c Discuss whether the goal was achieved.

**Description:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Fourth-grade students will demonstrate healthy behaviors to prevent injuries, diseases, and disorders.

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HE4.8.b Advocate for positive health choices.