

Too Good for Violence

Grade 1

Correlated to American School Counselors Association Mindset and Behaviors for Student Success 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

Category 1: Mindset Standards

- M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- M 2. Self-confidence in ability to succeed
- M 3. Sense of belonging in the school environment

Category 2: Behavior Standards

Learning Strategies

B-LS 10. Participate in enrichment and extracurricular activities

Social Skills

- B-SS 1. Use effective oral and written communication skills and listening skills
- B-SS 2. Create positive and supportive relationships with other students
- B-SS 3. Create relationships with adults that support success
- B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams

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

Category 1: Mindset Standards

- M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- M 3. Sense of belonging in the school environment
- M 6. Positive attitude toward work and learning

Category 2: Behavior Standards

Learning Strategies

B-LS 10. Participate in enrichment and extracurricular activities

Social Skills

- B-SS 2. Create positive and supportive relationships with other students
- B-SS 3. Create relationships with adults that support success
- B-SS 5. Demonstrate ethical decision-making and social responsibility
- B-SS 6. Use effective collaboration and cooperation skills
- B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams

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.

Category 1: Mindset Standards

- M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- M 2. Self-confidence in ability to succeed
- M 3. Sense of belonging in the school environment

Category 2: Behavior Standards

Learning Strategies

B-LS 10. Participate in enrichment and extracurricular activities

Social Skills

- B-SS 1. Use effective oral and written communication skills and listening skills
- B-SS 2. Create positive and supportive relationships with other students
- B-SS 3. Create relationships with adults that support success
- B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams

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

Category 2: Behavior Standards

Self-Management Skills

B-SMS 7. Demonstrate effective coping skills when faced with a problem

Social Skills

- B-SS 2. Create positive and supportive relationships with other students
- B-SS 3. Create relationships with adults that support success

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

Category 1: Mindset Standards

- M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- M 2. Self-confidence in ability to succeed
- M 3. Sense of belonging in the school environment

Category 2: Behavior Standards

Learning Strategies

B-LS 10. Participate in enrichment and extracurricular activities

Social Skills

- B-SS 1. Use effective oral and written communication skills and listening skills
- B-SS 2. Create positive and supportive relationships with other students
- B-SS 3. Create relationships with adults that support success
- B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams

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

Category 2: Behavior Standards**Learning Strategies**

- B-LS 1. Demonstrate critical-thinking skills to make informed decisions
- B-LS 2. Demonstrate creativity
- B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

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

Category 1: Mindset Standards

- M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- M 2. Self-confidence in ability to succeed
- M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes

Category 2: Behavior Standards**Learning Strategies**

- B-LS 1. Demonstrate critical-thinking skills to make informed decisions
- B-LS 6. Set high standards of quality
- B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

Self-Management Skills

- B-SMS 7. Demonstrate effective coping skills when faced with a problem
- B-SMS 9. Demonstrate personal safety

Social Skills

- B-SS 1. Use effective oral and written communication skills and listening skills
- B-SS 2. Create positive and supportive relationships with other students
- B-SS 3. Create relationships with adults that support success