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