

Too Good for Violence – Social Perspectives

Grade 5

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

Lesson 5.1 ***Preparing for Take Off*** – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify the steps in the goal-setting model
- Identify and apply the goal-naming criteria
- Name a short-term personal goal using the goal-naming criteria

Category 2: Behavior Standards

Learning Strategies

B-LS 3. Use time-management, organizational and study skills

B-LS 4. Apply self-motivation and self-direction to learning

B-LS 7. Identify long- and short-term academic, career and social/emotional goals

Self-Management Skills

B-SMS 5. Demonstrate perseverance to achieve long- and short-term goals

Lesson 5.2 ***Rocket Science*** – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Define consequence
- List the steps of the decision-making model
- Identify a variety of options to any given decision
- Demonstrate the ability to choose healthy options when making a decision

Category 2: Behavior Standards

Learning Strategies

B-LS 1. Demonstrate critical-thinking skills to make informed decisions

B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

Social Skills

B-SS 5. Demonstrate ethical decision-making and social responsibility

Lesson 5.3 ***Systems Check*** - Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name four basic emotions: happy, sad, angry, and scared and their variations
- Recognize the physical signals associated with particular emotions
- Identify the relationship between feelings and behaviors
- Differentiate healthy and unhealthy ways to manage emotions

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 4. Demonstrate empathy

B-SS 5. Demonstrate ethical decision-making and social responsibility

B-SS 6. Use effective collaboration and cooperation skills

Lesson 5.4 *This is Your Captain Speaking* - Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define communication
- Identify the elements of communication, both verbal and nonverbal
- Differentiate assertive, aggressive, and passive speaking styles
- Identify active listening 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

Category 2: Behavior Standards

Social Skills

B-SS 1. Use effective oral and written communication skills and listening skills

B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary

Lesson 5.5 *My Flight Crew* – Bonding & Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Understand how to be compassionate and empathetic toward others
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

Category 1: Mindset Standards

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 5.6 *Initiate Launch* – Respect for Self and Others

Objectives

Following this lesson, the students will be able to:

- Recognize the positive effects of self-respect on attitudes, behaviors, and relationships
- Demonstrate the ability to maintain perspective in different situations
- Discuss the effect of negative self-talk on feelings and actions
- Discuss the effect of positive self-talk on feelings and actions
- Discuss the role of cooperation, respecting differences, and communication on connecting with others

Category 1: Mindset Standards

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 5.7 *Smooth Landing* – Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Define conflict
- Distinguish cooperation from competition in conflict resolution
- Identify the emotions associated with conflict
- Identify the healthy and unhealthy approaches to conflict
- Demonstrate constructive conflict resolution skills
- Apply appropriate, effective conflict resolution approaches

Category 1: Mindset Standards

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Category 2: Behavior Standards

Learning Strategies

- B-LS 1. Demonstrate critical-thinking skills to make informed decisions
- B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions
- B-LS 10. Participate in enrichment and extracurricular activities

Self-Management Skills

- B-SMS 2. Demonstrate self-discipline and self-control
- B-SMS 7. Demonstrate effective coping skills when faced with a problem
- B-SMS 9. Demonstrate personal safety
- B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

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 8. Demonstrate advocacy skills and ability to assert self, when necessary

Lesson 5.8 *Initiate Countdown* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Differentiate escalation and de-escalation as related to conflict
- List words and actions that escalate conflict
- List words and actions that de-escalate conflict
- Identify physical indicators of anger
- Distinguish healthy and unhealthy ways to manage anger
- Distinguish actions that escalate and de-escalate conflicts
- Apply anger management skills in decision making during anger- provoking situations
- Apply strategies to de-escalate a conflict

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

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

Lesson 5.9 *Shields Up* – Identifying and Managing Bullying Situations

Objectives

Following this lesson, the students will be able to:

- Define bully, target, and witness
- List strategies for bullies, targets, and witnesses to use to prevent or reduce bullying
- Identify the three types of participants in a bullying situation
- Differentiate snitching and reporting
- Explain why it is important to report a bullying situation
- Demonstrate healthy ways for targets and witnesses to respond to bullying behavior
- Understand that bullying is different from conflict
- Recognize and identify different types of bullying behaviors

Category 2: Behavior Standards

Learning Strategies

- B-LS 1. Demonstrate critical-thinking skills to make informed decisions
- B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions
- B-LS 10. Participate in enrichment and extracurricular activities

Self-Management Skills

- B-SMS 2. Demonstrate self-discipline and self-control
- B-SMS 7. Demonstrate effective coping skills when faced with a problem
- B-SMS 9. Demonstrate personal safety
- B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

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 8. Demonstrate advocacy skills and ability to assert self, when necessary

Lesson 5.10 *Flight Academy* – 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 Too Good for Violence – Social Perspectives lessons 1-9

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
- M 6. Positive attitude toward work and learning

Category 2: Behavior Standards

Learning Strategies

- B-LS 1. Demonstrate critical-thinking skills to make informed decisions

Self-Management Skills

- B-SMS 5. Demonstrate perseverance to achieve long- and short-term goals
- B-SMS 6. Demonstrate ability to overcome barriers to learning
- B-SMS 8. Demonstrate the ability to balance school, home and community 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 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
- B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary
- B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment