

Grade 6 | At Home Learning Activities

Too Good for Violence – Social Perspectives

Lesson 1 **My Road Ahead** - *Setting Reachable Goals*

Language Arts Extender

Research your mentor. Your mentor may be a parent, family member, coach, athlete, writer, or singer. Write a short essay on your mentor's goals. Describe in your essay how your mentor worked to accomplish them and why the completion of their goals inspires you to reach your own goals.

Art Extender

In Goal-Setting Step 2: Picture Yourself Reaching Your Goal, you use your imagination to visualize yourself working toward and completing your goal. Create a collage of images from magazines, newspapers, the Internet, or other sources. Arrange the images on your collage to illustrate your vision of reaching your goal.

Language Arts Extender

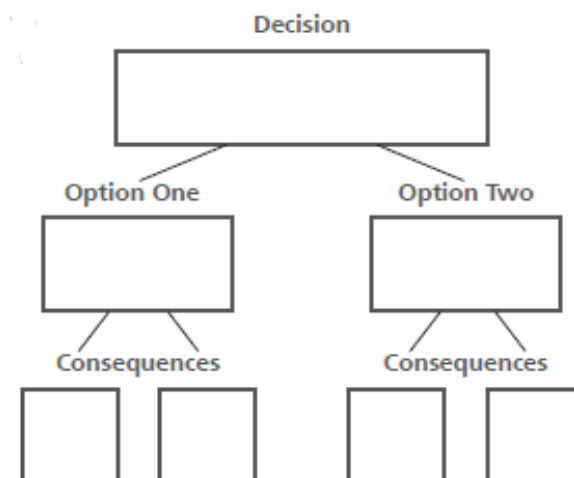
Activity 1

Part of decision making involves considering how your decision will not only affect you and your goals, but how it will affect others like your family or friends. Write a paragraph about a decision that you made in which you did not stop and think about how your decision affected others (parents, friends, teacher, coach, family member). What was the outcome? How would you feel if someone you cared about made a decision without stopping and thinking about your feelings?

Activity 2

Use a tree graph to help you figure out the best choice for a decision you are trying to make. Maybe your decision is about school, a friend, or an event you would like to participate in.

- Describe the decision that you are facing.
- List two possible options for that decision.
- Write two positive or negative consequences for each option.



Language Arts Extender

Think about a time when you were really saddened by an event in your life such as the loss of a pet or family member, moving to a new city, or leaving your friends to go to a new school. Make a list of some words to describe what you felt. Did you think that you would never feel happy again? Using your list of words, write a letter to a fictional person that is going through a similar experience as you did. In your letter, describe how you managed your emotions, and offer them suggestions to help and encourage them to be resilient.

Science Extender

Like humans, animals communicate to help their species survive. Honeybees have a unique way of communicating. Research how they communicate and why communication is so important to their survival. What would happen if there was a breakdown in communication between the bees and members of the bee colony? Both bees and humans use body language when they communicate; however, words are unique to humans. Sometimes, even with body language and words, we still have misunderstandings. Think of a time when there was a misunderstanding between you and a friend or family member. Did the misunderstanding involve body language, words, or both? Were you able to fix the misunderstanding? What would you do differently next time?

Social Studies Extender

The Ancient Egyptian culture communicated through spoken language and hieroglyphics, a writing system that used pictures, symbols, and signs. The Egyptians used hieroglyphics to communicate information from basic daily tasks to the most complex, detailed instructions like building the ancient pyramids. Does this sound familiar? Ancient Egyptians, like people today, used written and verbal forms of language to communicate needs, accomplish their goals, and pass on information. Although there are thousands of years between ancient Egyptian civilization and people today, what are some similarities in the type of information that was important to communicate?

Language Arts Extender

Activity 1

A peer-pressure situation usually has four parts: The person doing the peer pressuring, the person being peer pressured, what they are being peer pressured to do, and the outcome of the situation. Compare the parts of a peer pressure situation to the parts of fishing by drawing a line to the similar elements.

Peer Pressure	Fishing	
Person Peer Pressuring	Bait	For both situations, the outcome is usually not good for the person being peer pressured or for the fish. Once you take the peer-pressure bait, you lose control of the situation and it could be too late. To avoid being "caught," what strategies could you use to remain safe and healthy?
Outcome	Fisherman	
Person who is being Peer Pressured	Fish	
What they are being Peer Pressured to do.	Outcome	

Activity 2

A peer-pressure situation usually has four parts: The person doing the peer pressuring, the person being peer pressured, what they are being peer pressured to do, and the outcome of the situation. Compare the parts of a peer pressure situation to the parts of fishing by drawing a line to the similar elements.

Peer Group 1

Peers that are motivated, have goals, make good grades, are involved in sports or clubs, have positive attitudes, and support your efforts to try something new or different.

Peer Group 2

Peers that are failing school, have no obvious goals, have bad attitudes, and take risks involving drugs and alcohol.

Which peer group would you choose to hang around with? To help you make a choice, answer these questions:

1. Which peer group would support you and your goals?
2. Which peer group could you count on if there was a problem?
3. Which peer group would "have your back" when needed?

Language Arts Extender

Because of your excellent abilities and skills, you have been chosen to (choose one of the following):

- a) Represent your school in a statewide spelling bee or
- b) Try out for your state's all-star baseball team or
- c) Audition for your state's all-state orchestra

Make a list of your strengths that will help you meet this challenge. Identify the positive thoughts that can help you build your self-confidence and add them to your list. Review your list. Do you feel more confident?

Next, make a list of your weaknesses. Identify any negative thoughts that could be obstacles in this challenge. Review your list. Do you feel more confident? You want to perform at the best of your abilities in the challenge. Write a short essay to explain how you will improve on your weaknesses. Rephrase your negative thoughts into positive self-talk.

Explain how positive thoughts help build your self-confidence and help you to be successful in any challenge you might face.

Social Studies Extender

The Nineteenth Amendment to the US Constitution, which granted women the right to vote, was the culmination of the Women's Suffrage Movement. Research the amendment and the movement. Create a timeline that presents the events and the people that were critical to this campaign. Write a paragraph describing how the women's actions led to the resolution of the conflict ultimately giving them the right to vote.

Arts Extender

Visualization is the act of creating a picture of your thoughts in your mind. Think and visualize somewhere or something positive or calming. Maybe it is a place you like to visit, like the park or the beach. Include in your visualization a friend, family member, or pet, or anything that is meaningful to you like music, ice cream, or sunshine. You can use this image the next time you are angry or upset about a situation. It will help you to manage both the emotional effects and the physical effects of anger in a healthy way. Also, you may want to create your own personal artwork of this visualization to help you remember.

Language Arts Extender

Managing anger in healthy ways keeps us more in control of outcomes. However, we don't always manage our emotions well. Recall a situation where you did not manage your emotions well, and you felt like you weren't in control of the outcome. For example, your family moved to a new town so you had to go to a new school and leave your friends, or your favorite sports team lost the playoffs, or your friend canceled your weekend plans. Sometimes these situations can be frustrating for you because they affect you. Remember, you do not have control over whether or not they happen. Write a short paragraph about the situation and include how it made you feel, and how your feelings influenced your reaction. Did your reaction affect those around you? Did your reaction make the situation better or worse? If you handled the situation in a healthy way, include how you managed your emotions. If your reaction made the situation worse, describe how you could have managed your emotions and handled the situation in a healthy way. Would you apologize to those affected by your behavior? If so, include what you would say to them. You might be in a similar situation again, so remember that you can control how you respond. Next time, take a deep breath and face the situation calmly and with confidence.

Language Arts Extender

Research and define the word “hero.” What are the qualities of a hero? Who are your heroes and why? Have you ever thought of yourself as a hero? A witness is someone who observes a situation or event. If you witnessed a bullying situation and had the courage to stand up for the target of the bullying behavior, do you possess the qualities of a hero? Explain why or why not. Write a short paragraph describing a bullying situation that you witnessed. How did you respond? Did you ignore the bullying behavior? Did you encourage it? Did you respond to it or report it? Include in your paragraph the following information. What was the outcome? How did you feel about it as a witness? How do you think the target felt? Would you handle the situation the same way next time or would you do something different?

Arts Extender

People who bully often need to feel powerful. They usually like having an audience watch them and like feeling in control. Create a postcard that you would anonymously give to a person who uses bullying behavior to show strength. On the back of the postcard, write a short explanation of healthy alternatives the bully can use or how the bully can use his or her attributes in positive ways. Suggest that they might be a good actor, a politician, or a public speaker. On the front of the postcard, illustrate a scene or create a collage that presents the bully as one of these positive individuals.

Language Arts Extender

What we see on online, listen to on the radio, or experience in a video game influences our thoughts and our behaviors. Catchy jingles and slogans create positive association with products and services to entice us to buy. We must apply our critical thinking skills to the messages we hear and see to make sure our interest is genuine or if it has been influenced by the messages we hear. Media influence affects us in a negative way too. Violent words and actions portrayed in movies, video games, music, and advertisements can increase aggressive attitudes and behaviors. Your critical thinking skills apply here too.

Record the answers to the following questions on a scrap sheet of paper: What are the lyrics to your favorite song about? What words are used? What is your favorite video game, and who is the main character? What is your favorite television program, and who is/are the main character(s)? What is your favorite movie and movie character? Ask yourself the following about your choices: Why do you like them? Do you ever find yourself imitating them? Do you use the words or gestures from the lyrics, artists, or characters when relating to your peers? If so, you have been influenced by the media. Is this a positive or negative influence on you and your relationships with your family members, friends, and strangers?

What observations did you make about yourself and how you are influenced? What precautions can you take to insure media violence does not have a negative influence on your behavior?

Arts Extender

Often, through movies and television, we are exposed to hand gestures and body language that suggest aggression and disrespect toward others. These include “talk to the hand” or making the sign of a gun with your hand. We often imitate these negative and aggressive gestures when communicating with others.

The peace sign is used throughout the world to connect people in a positive way. There are more signs that can promote peace and connectedness. Create your own unique “sign” that is positive and promotes respect and non-violence. What would your sign look like? Also, write a slogan to go with your sign. How would you promote the sign and get the word out throughout your school that suggests how the media can be a positive influence?