

# Grade 7 | At Home Learning Activities

*Too Good for Violence – Social Perspectives*

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## Lesson 1 **Set to Win** - *Setting Reachable Goals*

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### Language Arts or Social Studies Extenders

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#### Activity 1

Find a current event from a newspaper, magazine, or internet article that illustrates goal setting. Write a paragraph summarizing the article, and describe how the goal-setting steps were used. Attach the article to your paper.

#### Activity 2

Create a timeline using visual illustrations to depict the actions you took to reach a goal you've already accomplished. Be sure to include any obstacles that occurred along the way.

### Language Arts Extender

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Research various poetry styles and select one you like. Using this style, write a poem about an important decision you made. Tell how you made your choice and what the consequences were. Were you satisfied with the outcome? If you could choose again, would you choose differently? Why or why not?

### Social Studies Extender

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Research historical decisions the United States has made such as going to the moon, going to war, or presidential elections. Imagine if you were the decision maker for the decision you select. Write a brief summary describing how you followed the decision-making model, what options you were faced with, what were the consequences for each option, and if you were satisfied with the outcome.

### Language Arts Extender

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#### Activity 1

Write a poem or essay about a stressful or emotional situation which you handled well. Describe how you managed the stress and your emotions in a healthy way. Discuss other healthy stress management strategies you have learned.

#### Activity 2

Interview a family member asking the following questions to learn more about their everyday lives and how they manage stress.

- Describe a typical day.
- What do you find most stressful about your job?
- What do you find most stressful about your day?
- How do you manage your stress?

### Language Arts Extender

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Write a poem or an essay about a misunderstanding or miscommunication you had with a friend. Who was involved? What happened? What will you do differently in the future to make sure that you and your friend understand each other?

### Art Extender

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Create a collage from magazine or newspaper clippings that illustrates different emotions. You may categorize the collage by emotional themes.

### Language Arts Extender

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Write a poem to a friend about their best qualities. Describe the moments when you appreciate their friendship the most.

### Social Studies Extender

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Research historical leaders and find one who had a known enemy. Write a letter to the historical leader to explain, step by step, how this leader could have befriended his or her enemy. Conclude your letter by describing what aspects of history might have changed if the two had been friends rather than enemies.

### Art Extender

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Create a word collage to describe yourself. You may also create a Wordle from [www.wordle.net](http://www.wordle.net). A Wordle is an image word cloud from text that the you provide

### Language Arts Extender

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We are all different. When we view our differences as positive or unique, we can better share ideas and develop stronger friendships. Write a paragraph about your positive qualities. Then write a second paragraph discussing the positive qualities of a friend you value most. Discuss your similarities and differences. Conclude the essay with a third paragraph describing how you can learn from each other and why everyone should respect the differences, opinions, and values of others.

### Art Extender

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Throughout visual and performing art history, new ideas and styles were met with resistance. For example, in the early 1900's silent movies were popular. When sound was introduced to movies, people criticized these movies and the actors who performed in them. In time people began to appreciate this new art form and accept it. Research an example of an artist (dancer, actor, musician, painter, sculptor, etc.) who was initially rejected because of their differences, but eventually accepted as people grew to appreciate the artist's work. What did people learn from this experience, and what new ideas emerged?

### Arts Extender

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The following concepts refer to healthy conflict resolution approaches: sharing ideas, active listening, cooperation, understanding, and positive consequences. Write your own description for each of these concepts and any two additional concepts that relate to conflict resolution (i.e. eye contact, clarifying questions, etc.). Then create a word search puzzle, a crossword puzzle, or another word puzzle of your choice using all five concepts.

### Language Arts Extender

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Think about a TV episode, a chapter from a book, or a movie scene that depicts a conflict. Write down what the conflict was about and how each side handled the situation. Did they name-call, blame, yell, or threaten each other? Did their actions resolve or escalate the conflict? Write a short paragraph that describes how you would re-write the episode, the chapter, or the scene using a healthy approach to resolve the conflict.

### Language Arts Extender

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When someone or something triggers our emotions, we are responsible for how we choose to handle the situation. If we react while our angry feelings are strong, we may do something we regret. If we are proactive, and manage our anger before it intensifies, we can de-escalate a conflict. Look up the definitions for “reactive” and “proactive.” Write a brief description of what it means to be reactive and what it means to be proactive. Determine which response, reactive or proactive, is the most effective when you feel angry in a conflict situation. Then read each situation below and write a possible reactive response and a proactive response. Circle the response that you think is the most effective and responsible way to handle each situation.

- 1) You do not make the soccer team.
- 2) Your best friend tells everyone a secret you shared in confidence.
- 3) One of the students racing in the hallway knocks your binder out of your hands spilling your papers everywhere. The cleanup makes you late for class.

### Arts Extender

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If someone or something triggers your anger, it is up to you to manage your emotions and cool down before you react. One way to cool off is to take a break from the situation. For example, you can take a walk, talk to a friend, or draw a picture. Another way to cool down is to use positive self-talk. You can tell yourself, “I can handle this” instead of saying, “This is impossible.” Create your own cool down notecard that you can use the next time you feel angry. Decorate your notecard with images and positive words that make you feel happy, healthy, and calm. The next time you feel angry use your cool down notecard to remind you of healthy ways to manage your emotions.



### Language Arts Extender

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Many famous people including actors, politicians, writers, musicians, and athletes were bullied. Research a few examples of such people and choose one famous person who was bullied to be the subject of a short essay. In your essay, describe who the person is, what the person was bullied about, how it made them feel, and how these negative experiences inspired them to become the person that they are today.

### Language Arts Extender

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William Shakespeare's play, *Romeo and Juliet*, is not only an example of tragic love, but also an example of peer violence resulting in deadly consequences. Research a version of the play and read Act III, Scene 1, which presents an example of peer violence. Think about what happened in the scene, and the outcome. Next, research a play synopsis of *Romeo*

and *Juliet* and focus on the ending that expresses all of the characters that are affected by peer violence. Write about how were *Romeo*, *Juliet*, their friends, and their families affected?

### Arts Extender

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Famous musician and composer Leonard Bernstein offered the following quote: "This will be our reply to violence: to make music more intensely, more beautifully, more devotedly than ever before." This was his response to the current violent, political situation of the time. Furthermore, it was a way to refocus a negative situation into a positive artistic expression. Find a newspaper or internet example of peer violence. Write down a few details about the situation (for example, where it occurred, who was involved, some of the consequences of the event), and your emotions and thoughts about the situation. Next, create your own positive artistic expression that encourages your peers to make responsible decisions and to work out conflicts peacefully, so that they don't result in violence. Your artistic expression can be a drawing, collage, poem, song, or short play that depicts or describes how you and your peers can be a positive influence on one another.