

Too Good for Violence Curriculum Correlations

Correlated with Health Education Standards of Learning for Virginia Public Schools

Grade 3

Lesson One: *Peaceable People*

Objectives: The student will be able to:

- Define peace and conflict.
- Discuss conflict as a normal and natural part of being human.
- Recognize his or her capacity to learn and use skills for solving conflicts.

3.1 The student will explain that health habits and practices impact personal growth and development.

o) Describe positive interaction with family, peers, and other individuals.

3.2 The student will demonstrate the ability to use essential health concepts to improve personal health.

l) Identify the process of resolving conflicts peacefully.

Lesson Two: *All About Feelings*

Objectives: The student will be able to:

- Name a variety of feelings.
- Describe physical sensations of anger as warning signs of conflict.
- Recite I-messages as a way to express feelings with honesty and self-control.

3.1 The student will explain that health habits and practices impact personal growth and development.

n) Describe emotions that result from experiencing change, such as the arrival of a new family member, making new friends, going to a new school, being accepted by peers, and losing a loved one.

s) Identify positive ways to communicate and the benefits of having positive relationships with family and friends.

3.2 The student will demonstrate the ability to use essential health concepts to improve personal health.

k) Identify how emotions such as happiness, fear, sadness, excitement, anger, and loneliness can be expressed positively or negatively.

3.3 The student will promote health and safety at school and at home.

j) Design effective strategies for expressing and managing emotions, which may include physical activity, talking about feelings, reading, or creative expressions such as writing, art, music, and dance.

m) Demonstrate positive ways to communicate with family and friends.

o) Demonstrate effective verbal communication skills, awareness of the attitudes, feelings, and opinions of others, appropriate language and behavior, sharing, and reciprocal helping behavior to make and keep friends.

Lesson Three: *Why Use I-messages*

Objectives: The student will be able to:

- Differentiate between I-messages and You-messages.
- Demonstrate the consequences of using I-messages and You-messages.
- Identify two words that cause common communication errors in I-messages.

3.1 The student will explain that health habits and practices impact personal growth and development.

s) Identify positive ways to communicate and the benefits of having positive relationships with family and friends.

3.3 The student will promote health and safety at school and at home.

m) Demonstrate positive ways to communicate with family and friends.

o) Demonstrate effective verbal communication skills, awareness of the attitudes, feelings, and opinions of others, appropriate language and behavior, sharing, and reciprocal helping behavior to make and keep friends.

Lesson Four: *Listening For Clues*

Objectives: The student will be able to:

- Describe communication clues: facial expression, body language and voice tone.
- Demonstrate active listening: look; listen; ask.
- Discuss active listening as a way to show caring and respect.

3.1 The student will explain that health habits and practices impact personal growth and development.

s) Identify positive ways to communicate and the benefits of having positive relationships with family and friends.

3.3 The student will promote health and safety at school and at home.

m) Demonstrate positive ways to communicate with family and friends.

o) Demonstrate effective verbal communication skills, awareness of the attitudes, feelings, and opinions of others, appropriate language and behavior, sharing, and reciprocal helping behavior to make and keep friends.

Lesson Five: *Self-control, Not Remote Control*

Objectives: The student will be able to:

- Identify triggers (external events and internal self-talk) that arouse angry responses.
- Identify warning signals (physical sensations) that indicate the presence of and level of angry feelings.
- Differentiate between angry feelings and aggressive actions.
- Demonstrate ways to handle angry feelings with self-control.

3.1 The student will explain that health habits and practices impact personal growth and development.

n) Describe emotions that result from experiencing change, such as the arrival of a new family member, making new friends, going to a new school, being accepted by peers, and losing a loved one.

s) Identify positive ways to communicate and the benefits of having positive relationships with family and friends.

3.2 The student will demonstrate the ability to use essential health concepts to improve personal health.

k) Identify how emotions such as happiness, fear, sadness, excitement, anger, and loneliness can be expressed positively or negatively.

3.3 The student will promote health and safety at school and at home.

j) Design effective strategies for expressing and managing emotions, which may include physical activity, talking about feelings, reading, or creative expressions such as writing, art, music, and dance.

m) Demonstrate positive ways to communicate with family and friends.

o) Demonstrate effective verbal communication skills, awareness of the attitudes, feelings, and opinions of others, appropriate language and behavior, sharing, and reciprocal helping behavior to make and keep friends.

Lesson Six: *More Than One Point of View*

Objectives: The student will be able to:

- Identify different points of view.
- Discuss the importance of understanding other points of view in solving a conflict.

3.1 The student will explain that health habits and practices impact personal growth and development.

p) Practice positive interactions with family, peers, and others to promote personal health.

s) Identify positive ways to communicate and the benefits of having positive relationships with family and friends.

3.2 The student will demonstrate the ability to use essential health concepts to improve personal health.

l) Identify the process of resolving conflicts peacefully.

Lesson Seven: *Brainstorming for New Ideas*

Objectives: The student will be able to:

- List a variety of solutions.
- Discuss the importance of working together to stimulate creative problem solving.
- Demonstrate the communication skill of encouraging.
- Complete a brainstorm in a cooperative group.

3.1 The student will explain that health habits and practices impact personal growth and development.

s) Identify positive ways to communicate and the benefits of having positive relationships with family and friends.

3.3 The student will promote health and safety at school and at home.

m) Demonstrate positive ways to communicate with family and friends.

o) Demonstrate effective verbal communication skills, awareness of the attitudes, feelings, and opinions of others, appropriate language and behavior, sharing, and reciprocal helping behavior to make and keep friends.