

Too Good for Violence Curriculum Correlations

Grade 1

Correlated with National Health Education Standards

Lesson One: *Celebrating Our Special Selves*

Objectives

The student will be able to:

- Discuss respect for differences.
- Identify his or her special qualities.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

8.2.1 Make requests to promote personal health.

Lesson Two: *Care About Feelings*

Objectives

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.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.

Lesson Three: *A Friend Is Someone Who Cares*

Objectives: The student will be able to:

- List friendly behaviors.
- Demonstrate basic social skills: sharing, taking turns, listening, saying “please” and “thank you,” apologizing, etc.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.

4.2.2 Demonstrate listening skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
- 7.2.2 Demonstrate behaviors that avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

- 8.2.1 Make requests to promote personal health.
- 8.2.2 Encourage peers to make positive health choices.

Lesson Four: *When You're Angry and You Know*

Objectives

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.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.

Lesson Five: *Respecting Differences*

Objectives

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.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 4.2.2 Demonstrate listening skills to enhance health.

Lesson Six: *Problem Solving*

Objectives

The student will be able to:

- Demonstrate a basic problem-solving model.
- List alternative solutions.
- Demonstrate predicting feelings and consequences.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.2.1 Identify that healthy behaviors impact personal health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

Lesson Seven: *Celebrating Our Success*

Objectives

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.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

7.2.2 Demonstrate behaviors that avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

8.2.2 Encourage peers to make positive health choices.