

Too Good for Violence – A Peaceable Place

Grade 1

Correlated with Kansas Model Curricular Standards for Health Education 2018

Lesson 1.1 *A Great Day* – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify action steps needed to reach a goal
- Set a personal goal

Mental and Emotional Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.1 Healthy ways to communicate needs, wants, and feelings

Personal Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

Lesson 1.2 *Thinking Cap On* – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Discuss the benefits of stopping to think before making a decision
- Demonstrate the skill of anticipating consequences of choices
- Discuss personal responsibility for making positive choices

Injury Prevention and Safety

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.3 Refusal skills and decision making, to reduce accidents and injuries

Mental and Emotional Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.1 Healthy ways to communicate needs, wants, and feelings

Personal Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

Lesson 1.3 *Cattitude* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Comprehend feelings as natural responses that are neither right nor wrong
- Differentiate feelings from actions
- Demonstrate using an I-message and other healthy ways to express emotions

Mental and Emotional Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.1 Healthy ways to communicate needs, wants, and feelings

2.2 Communicating care, consideration, and respect

2.3 Development of coping skills

Personal Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

Lesson 1.4 *Hear Me Out* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate using one’s eyes, ears, and brain to listen
- Identify the body language of an active listener
- Demonstrate the ability to ask questions without interrupting
- Practice verbal and non-verbal communication

Mental and Emotional Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.1 Healthy ways to communicate needs, wants, and feelings

2.2 Communicating care, consideration, and respect

2.3 Development of coping skills

Personal Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

Lesson 1.5 *The Cat’s Meow* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Identify examples of pro-social behavior

Mental and Emotional Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.1 Healthy ways to communicate needs, wants, and feelings

2.2 Communicating care, consideration, and respect

2.3 Development of coping skills

Personal Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

Lesson 1.6 *Leading by Example* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

- Comprehend the concept of respect
- Identify examples of respect for self and others
- Demonstrate the ability to be respect in a variety of situations
- Discuss how people are alike and how they are different
- Discuss respect for individual differences

Mental and Emotional Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.1 Healthy ways to communicate needs, wants, and feelings

2.2 Communicating care, consideration, and respect

Personal Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

Lesson 1.7 *Calm Before the Storm* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Describe the physical sensations of anger as warning signs of conflict
- Differentiate angry feelings and aggressive actions
- Demonstrate ways to use self-control to manage angry feelings

Mental and Emotional Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.1 Healthy ways to communicate needs, wants, and feelings

2.2 Communicating care, consideration, and respect

2.3 Development of coping skills

Personal Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

Lesson 1.8 *Share and Share Alike* – Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Comprehend peace and conflict
- Demonstrate cooperative strategies to manage conflict
- Comprehend conflict as a normal and natural part of being human

Injury Prevention and Safety

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.6 Conflict resolution steps

Mental and Emotional Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.1 Healthy ways to communicate needs, wants, and feelings

2.2 Communicating care, consideration, and respect

2.3 Development of coping skills

Personal Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

Lesson 1.9 *Sticks and Stones* – Identifying and Managing Teasing Situations

Objectives

Following this lesson, the students will be able to:

- Identify words and actions that support the feelings of others
- Identify words and actions that hurt the feelings of others
- Demonstrate positive responses to teasing

Injury Prevention and Safety

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

2.3 Refusal skills and decision making, to reduce accidents and injuries

- 2.4 Responding to unwanted, threatening, or dangerous situations
- 2.6 Conflict resolution steps

Mental and Emotional Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

- 2.1 Healthy ways to communicate needs, wants, and feelings
- 2.2 Communicating care, consideration, and respect
- 2.3 Development of coping skills
- 2.5 Bullying/harassment prevention

Personal Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

- 2.5 Healthy and unhealthy behaviors impact personal health and self-worth

Lesson 1.10 *School of Thought* – Problem Solving

Objectives

Following this lesson, the student will be able to:

- Identify a variety of solutions when working to solve a problem
- Demonstrate creative ways to solve a problem

Injury Prevention and Safety

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

- 2.6 Conflict resolution steps

Mental and Emotional Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

- 2.1 Healthy ways to communicate needs, wants, and feelings
- 2.2 Communicating care, consideration, and respect
- 2.3 Development of coping skills

Personal Health

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

- 2.5 Healthy and unhealthy behaviors impact personal health and self-worth