

Too Good for Violence – A Peaceable Place

Grade 1

Correlated with Kentucky Academic Standards for Health Education 2020

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

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

- 1.6.1. Identify goals for positive physical, mental and emotional health.
- 1.6.2. Identify steps needed to reach a goal.
- 1.6.3. Describe how others can help achieve goals.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

- 1.7.1. Describe personal health habits that promote healthy living.

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

- 1.8.1. Identify healthy behavior choices for self, family and friends.

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

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

- 1.5.1. Identify a health-related situation that requires decision-making skills.
- 1.5.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.
- 1.5.3. Identify types of situations when health-related decisions must be made.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

- 1.7.1. Describe personal health habits that promote healthy living.
- 1.7.3. Identify positive health behaviors regarding personal wellness, physical activity and safety.

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

- 1.8.1. Identify healthy behavior choices for self, family and friends.

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

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

1.1.4. Identify appropriate ways to express and deal with feelings.

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

1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.

1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

1.7.1. Describe personal health habits that promote healthy living.

1.7.3. Identify positive health behaviors regarding personal wellness, physical activity and safety.

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1.8.1. Identify healthy behavior choices for self, family and friends.

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

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

1.4.1. Demonstrate effective active listening skills.

1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.

1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.

1.4.5. Identify positive behaviors to show concern for others.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

1.7.1. Describe personal health habits that promote healthy living.

1.7.3. Identify positive health behaviors regarding personal wellness, physical activity and safety.

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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

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

1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.

1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.

1.4.5. Identify positive behaviors to show concern for others.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

1.7.1. Describe personal health habits that promote healthy living.

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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

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

1.1.4. Identify appropriate ways to express and deal with feelings.

1.1.5. Describe the difference between bullying and teasing and why it is harmful.

1.1.10. Explain what to do if someone is being bullied.

Standard 3: Students will access valid information, products, and services to enhance health.

1.3.2. Identify trusted adults within your family and the school responsible for keeping you healthy.

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

1.4.1. Demonstrate effective active listening skills.

1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.

1.4.3. Describe appropriate ways to respond to an unwanted, threatening or dangerous situations.

1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.

1.4.5. Identify positive behaviors to show concern for others.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

1.5.1. Identify a health-related situation that requires decision-making skills.

1.5.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

1.5.3. Identify types of situations when health-related decisions must be made.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

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

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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

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

1.1.4. Identify appropriate ways to express and deal with feelings.

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

1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.

1.4.3. Describe appropriate ways to respond to an unwanted, threatening or dangerous situations.

1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.

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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

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1.1.4. Identify appropriate ways to express and deal with feelings.

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

1.4.1. Demonstrate effective active listening skills.

1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.

1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.

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Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

1.5.3. Identify types of situations when health-related decisions must be made.

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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

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

- 1.1.4. Identify appropriate ways to express and deal with feelings.
- 1.1.5. Describe the difference between bullying and teasing and why it is harmful.
- 1.1.10. Explain what to do if someone is being bullied.

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

- 1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.
- 1.4.3. Describe appropriate ways to respond to an unwanted, threatening or dangerous situations.
- 1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.
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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

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- 1.4.1. Demonstrate effective active listening skills.
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