

# Too Good for Violence – A Peaceable Place

## Grade 1

*Correlated with Maryland Health Education Standards 2019*

### 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

None apply at this time.

### 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 1.0 Mental and Emotional Health

Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

##### D. Decision Making

1. Identify how to make a good choice/decision.
  - a. Explain the meaning of the word choice/decision.
  - b. Identify and describe what makes a good choice/decision such as safe, respectful, legal, and parent approval.

### 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 1.0 Mental and Emotional Health

Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

##### B. Emotions

1. Examine emotions and responses to various situations.
  - a. Define different feelings.
  - b. Describe how it feels to be happy, upset, calm, surprised.
  - c. Identify what makes you happy, upset, calm, and surprised.

## **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 1.0 Mental and Emotional Health**

Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

#### **A. Communication**

1. Recognize methods of communication.
  - a. Define ways to communicate with friends and family, such as eye-contact and tone of voice.

#### **D. Decision Making**

1. Identify how to make a good choice/decision.
  - b. Identify and describe what makes a good choice/decision such as safe, respectful, legal, and parent approval.

## **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 1.0 Mental and Emotional Health**

Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

#### **A. Communication**

1. Recognize methods of communication.
  - a. Define ways to communicate with friends and family, such as eye-contact and tone of voice.

#### **B. Emotions**

1. Examine emotions and responses to various situations.
  - c. Identify what makes you happy, upset, calm, and surprised.

#### **D. Decision Making**

1. Identify how to make a good choice/decision.
  - b. Identify and describe what makes a good choice/decision such as safe, respectful, legal, and parent approval.

## **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 1.0 Mental and Emotional Health**

Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

#### **A. Communication**

1. Recognize methods of communication.

- a. Define ways to communicate with friends and family, such as eye-contact and tone of voice.

## **B. Emotions**

1. Examine emotions and responses to various situations.
  - c. Identify what makes you happy, upset, calm, and surprised.

## **D. Decision Making**

1. Identify how to make a good choice/decision.
  - b. Identify and describe what makes a good choice/decision such as safe, respectful, legal, and parent approval.

# **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 1.0 Mental and Emotional Health**

Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

### **A. Communication**

1. Recognize methods of communication.
  - a. Define ways to communicate with friends and family, such as eye-contact and tone of voice.

### **B. Emotions**

1. Examine emotions and responses to various situations.
  - a. Define different feelings.
  - b. Describe how it feels to be happy, upset, calm, surprised.
  - c. Identify what makes you happy, upset, calm, and surprised.

### **D. Decision Making**

1. Identify how to make a good choice/decision.
  - b. Identify and describe what makes a good choice/decision such as safe, respectful, legal, and parent approval.

# **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

## **Standard 1.0 Mental and Emotional Health**

Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

### **A. Communication**

1. Recognize methods of communication.
  - a. Define ways to communicate with friends and family, such as eye-contact and tone of voice.

### **D. Decision Making**

1. Identify how to make a good choice/decision.
  - b. Identify and describe what makes a good choice/decision such as safe, respectful, legal, and parent approval.

# **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 1.0 Mental and Emotional Health**

Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

#### **A. Communication**

1. Recognize methods of communication.

- a. Define ways to communicate with friends and family, such as eye-contact and tone of voice.

#### **B. Emotions**

1. Examine emotions and responses to various situations.

- a. Define different feelings.
- c. Identify what makes you happy, upset, calm, and surprised.

#### **D. Decision Making**

1. Identify how to make a good choice/decision.

- b. Identify and describe what makes a good choice/decision such as safe, respectful, legal, and parent approval.

### **Standard 5.0 Safety and Injury Prevention**

Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.

#### **A. Emergencies**

1. Describe how to respond appropriately to emergency situations.

- a. Practice how to respond to an emergency, for example tell an adult and call 911.

#### **B. Safety Rules and Procedures**

6. Identify ways to stay safe at home.

- b. Create a list of products in the house that can be harmful.

#### **C. Harassment**

1. Identify the characteristics of a bully.

- a. Describe examples of teasing.
- b. Discuss examples of bullying including pushing/shoving (physical) and verbal threats.

2. Define and identify telling and tattling.

- a. Distinguish the difference between telling and tattling.

## **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

### **Standard 1.0 Mental and Emotional Health**

Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

#### **A. Communication**

1. Recognize methods of communication.

- a. Define ways to communicate with friends and family, such as eye-contact and tone of voice.

#### **D. Decision Making**

1. Identify how to make a good choice/decision.

- b. Identify and describe what makes a good choice/decision such as safe, respectful, legal, and parent approval.

