

Too Good for Violence – A Peaceable Place

Grade 1

Correlated with National Health Education Standards

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 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.
- 1.2.2 Recognize that there are multiple dimensions of health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.2.1 Identify how the family influences personal health practices and behaviors.
- 2.2.2 Identify what the school can do to support personal health practices and behaviors.

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

- 3.2.1 Identify trusted adults and professionals who can help promote 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 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

- 6.2.1 Identify a short-term personal health goal and take action toward achieving the goal.
- 6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.

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

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

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

5.2.1 Identify situations when a health-related decision is needed.

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

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and 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 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 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

2.2.1 Identify how the family influences personal health practices and 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.

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

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

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 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: 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.

4.2.2 Demonstrate listening skills to enhance health.

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

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: 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 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

2.2.2 Identify what the school can do to support personal health practices and 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.

4.2.2 Demonstrate listening skills to enhance health.

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

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

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 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.

1.2.1 Identify that healthy behaviors impact personal health.

1.2.2 Recognize that there are multiple dimensions of health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

2.2.2 Identify what the school can do to support personal health practices and behaviors.

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

3.2.2 Identify ways to locate school and community health helpers.

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 strategies and skills to enhance personal health and reduce health risks.

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

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 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.

1.2.1 Identify that healthy behaviors impact personal health.

1.2.2 Recognize that there are multiple dimensions of health.

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

3.2.1 Identify trusted adults and professionals who can help promote 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.

4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation.

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

5.2.1 Identify situations when a health-related decision is needed.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and 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 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: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.2.1 Identify that healthy behaviors impact personal health.
- 1.2.2 Recognize that there are multiple dimensions of 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.
- 4.2.2 Demonstrate listening skills to enhance health.

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

- 5.2.1 Identify situations when a health-related decision is needed.

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

- 1.2.1 Identify that healthy behaviors impact personal health.
- 1.2.2 Recognize that there are multiple dimensions of health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.2.2 Identify what the school can do to support personal health practices and 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.
- 4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation.

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

5.2.1 Identify situations when a health-related decision is needed.

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

4.2.2 Demonstrate listening skills to enhance health.

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

5.2.1 Identify situations when a health-related decision is needed.

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

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

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.