

Too Good for Violence – A Peaceable Place

Grade 2

Correlated with Indiana Academic Standards for Health & Wellness 2017

Lesson 2.1 *Chasing Squirrels* – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Discuss his or her own personal strengths
- Identify the importance of setting goals
- Describe the steps to setting and reaching goals
- Set a personal goal

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

2.1.1 Identify that healthy behaviors affect personal health.

2.1.2 Recognize that there are multiple dimensions of health. (emotional, intellectual, physical, and social health)

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

2.6.1 Identify the benefits of planning and setting personal health goals.

2.6.2 Identify a personal health goal and make a plan to achieve it.

2.6.3 List possible barriers to achieving the personal health goal.

2.6.4 Show how to achieve the personal health goal.

2.6.5 Explain the impact of personal choices on the personal health goal.

2.6.6 Name trusted adults who can help in achieving the personal health goal.

2.6.7 Show progress towards achieving the personal health goal.

Lesson 2.2 *The Important Link*– Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Discuss the benefits of stopping to think before making a decision
- Define consequence
- Demonstrate predicting possible consequences
- Demonstrate how to make good decisions

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

2.1.1 Identify that healthy behaviors affect personal health.

2.1.2 Recognize that there are multiple dimensions of health. (emotional, intellectual, physical, and social health)

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

2.5.1 Identify personal health decisions.

Lesson 2.3 *How I Feel* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Demonstrate verbal and non-verbal expressions of feelings
- 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.

2.1.1 Identify that healthy behaviors affect personal health.

2.1.2 Recognize that there are multiple dimensions of health. (emotional, intellectual, physical, and social health)

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

2.4.1 List verbal and nonverbal communication skills to enhance health.

2.4.3 Identify healthy ways to express needs, wants, and feelings.

2.4.6 Explain situations why talking to a trusted adult is important.

Lesson 2.4 *How Do You Do?* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate the social skill of making introductions
- Demonstrate polite, assertive communication using I-messages
- Demonstrate active listening skills

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2.1.1 Identify that healthy behaviors affect personal health.

2.1.2 Recognize that there are multiple dimensions of health. (emotional, intellectual, physical, and social health)

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

2.4.1 List verbal and nonverbal communication skills to enhance health.

2.4.2 Explain listening skills to enhance health.

2.4.3 Identify healthy ways to express needs, wants, and feelings.

2.4.4 List ways to treat people with kindness and respect.

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

2.7.1 Identify character traits and behaviors of a healthy and safe person.

Lesson 2.5 *Friends Fur-Ever* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Describe how friends help each other
- Describe approaches to making and keeping friends
- Identify examples of pro-social behavior

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

2.1.1 Identify that healthy behaviors affect personal health.

2.1.2 Recognize that there are multiple dimensions of health. (emotional, intellectual, physical, and social 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.

- 2.4.1 List verbal and nonverbal communication skills to enhance health.
- 2.4.2 Explain listening skills to enhance health.
- 2.4.3 Identify healthy ways to express needs, wants, and feelings.
- 2.4.4 List ways to treat people with kindness and respect.

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

- 2.7.1 Identify character traits and behaviors of a healthy and safe person.

Lesson 2.6 *Respectfully Yours* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

- Define respect
- Identify examples of respect for self, others, property, and the environment
- Demonstrate the ability to be respectful in different situations
- Discuss how people are alike and how they are different
- Discuss respect for individual differences

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- 2.1.1 Identify that healthy behaviors affect personal health.
- 2.1.2 Recognize that there are multiple dimensions of health. (emotional, intellectual, physical, and social 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.

- 2.4.1 List verbal and nonverbal communication skills to enhance health.
- 2.4.2 Explain listening skills to enhance health.
- 2.4.3 Identify healthy ways to express needs, wants, and feelings.
- 2.4.4 List ways to treat people with kindness and respect.

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

- 2.5.1 Identify personal health decisions.

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

- 2.7.1 Identify character traits and behaviors of a healthy and safe person.

Lesson 2.7 *Peaceable Pups* – Conflict Resolution

Objectives

Following this lesson, the students will be able to:

- Define peace and conflict
- Differentiate peaceable and non-peaceable social behaviors
- Discuss conflict as a normal and natural part of being human
- Demonstrate cooperative strategies to manage conflict

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- 2.1.1 Identify that healthy behaviors affect personal health.
- 2.1.2 Recognize that there are multiple dimensions of health. (emotional, intellectual, physical, and social health)

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

- 2.4.1 List verbal and nonverbal communication skills to enhance health.
- 2.4.2 Explain listening skills to enhance health.
- 2.4.3 Identify healthy ways to express needs, wants, and feelings.
- 2.4.4 List ways to treat people with kindness and respect.
- 2.4.5 Describe ways to respond in an unwanted, threatening, or dangerous situation.
- 2.4.7 Identify nonviolent ways to manage or resolve conflict.

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

- 2.5.1 Identify personal health decisions.

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

- 2.7.1 Identify character traits and behaviors of a healthy and safe person.
- 2.7.2 List a variety of behaviors to avoid or reduce health and safety risks.

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

- 2.8.2 Identify a health or safety issue that has personal relevance.

Lesson 2.8 *How to Handle Frustration without Howling* – Anger Management and Mindfulness

Objectives

Following this lesson, the student will be able to:

- Define frustration; recognize and identify the feeling
- Describe frustration as a normal, healthy response to new and challenging tasks
- Differentiate angry feelings and aggressive actions
- Demonstrate ways to use self-control to manage frustration and angry feelings
- Describe the physical sensations of anger as warning signs of conflict

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

- 2.1.1 Identify that healthy behaviors affect personal health.
- 2.1.2 Recognize that there are multiple dimensions of health. (emotional, intellectual, physical, and social health)

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

- 2.3.1 Identify trusted adults who can help enhance health.
- 2.3.2 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.

- 2.4.1 List verbal and nonverbal communication skills to enhance health.
- 2.4.3 Identify healthy ways to express needs, wants, and feelings.
- 2.4.4 List ways to treat people with kindness and respect.
- 2.4.5 Describe ways to respond in an unwanted, threatening, or dangerous situation.
- 2.4.6 Explain situations why talking to a trusted adult is important.
- 2.4.7 Identify nonviolent ways to manage or resolve conflict.

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

- 2.5.1 Identify personal health decisions.

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- 2.7.1 Identify character traits and behaviors of a healthy and safe person.

2.7.2 List a variety of behaviors to avoid or reduce health and safety risks.

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

2.8.2 Identify a health or safety issue that has personal relevance.

Lesson 2.9 *Safety Monitor* – Identifying and Managing Bullying Situations

Objectives

Following this lesson, the students will be able to:

- Define bullying
- Differentiate tattling and reporting
- Define bully, target, and witness
- Identify ways the target or the witness can respond to a bullying situation

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2.1.2 Recognize that there are multiple dimensions of health. (emotional, intellectual, physical, and social 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.

2.3.1 Identify trusted adults who can help enhance health.

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

2.5.1 Identify personal health decisions.

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

2.7.1 Identify character traits and behaviors of a healthy and safe person.

2.7.2 List a variety of behaviors to avoid or reduce health and safety risks.

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

2.8.2 Identify a health or safety issue that has personal relevance.

Lesson 2.10 *Possibilities* – Problem Solving

Objectives

Following this lesson, the students will be able to:

- Define and demonstrate brainstorming in a cooperative group
- Identify a variety of solutions when working to solve a problem
- Demonstrate working together to stimulate creative problem solving

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