

# Too Good for Violence – A Peaceable Place

## Grade 2

Correlated with Kansas Model Curricular Standards for Health Education 2018

### 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

#### 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 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

#### 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 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

#### 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 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

### **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 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

### **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 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

## **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 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

## **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 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

## **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 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

### **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

2.5 Strategies to report verbal, mental and physical harm

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 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

### **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