

Too Good for Violence – A Peaceable Place

Grade 2

Correlated with South Dakota Health Education Standards 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

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

As a result of health instruction in Pre-K - Grade 2, students will:

- 1.2.1 Describe healthy behaviors that affect personal health.
- 1.2.2 Identify examples of 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.

As a result of health instruction in Pre-K - Grade 2, students will:

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

As a result of health instruction in Pre-K - Grade 2, students will:

- 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.

As a result of health instruction in Pre-K - Grade 2, students will:

- 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 health-enhancing behaviors and avoid or reduce health risks.

As a result of health instruction in Pre-K - Grade 2, students will:

- 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.

As a result of health instruction in Pre-K - Grade 2, students will:

- 8.2.1 Communicate health needs to promote personal health.
- 8.2.2 Encourage others to make positive health choices.

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

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As a result of health instruction in Pre-K - Grade 2, students will:

- 1.2.1 Describe healthy behaviors that affect personal health.
- 1.2.2 Identify examples of 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.

As a result of health instruction in Pre-K - Grade 2, students will:

- 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.

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

As a result of health instruction in Pre-K - Grade 2, students will:

- 5.2.1 Identify situations when a health-related decision is needed.
- 5.2.2 Explain situations when a health-related decision can be made independently or when assistance is needed.
- 5.2.3 Describe potential consequences of health related decisions.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

As a result of health instruction in Pre-K - Grade 2, students will:

- 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.

As a result of health instruction in Pre-K - Grade 2, students will:

- 8.2.1 Communicate health needs to promote personal health.
- 8.2.2 Encourage others to make positive health choices.

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.

As a result of health instruction in Pre-K - Grade 2, students will:

- 1.2.1 Describe healthy behaviors that affect personal health.
- 1.2.2 Identify examples of 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.

As a result of health instruction in Pre-K - Grade 2, students will:

4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.

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

As a result of health instruction in Pre-K - Grade 2, students will:

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

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

As a result of health instruction in Pre-K - Grade 2, students will:

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.

As a result of health instruction in Pre-K - Grade 2, students will:

8.2.1 Communicate health needs to promote personal health.

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

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

As a result of health instruction in Pre-K - Grade 2, students will:

1.2.1 Describe healthy behaviors that affect personal health.

1.2.2 Identify examples of 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.

As a result of health instruction in Pre-K - Grade 2, students will:

4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.

4.2.2 Display listening skills to enhance health.

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

As a result of health instruction in Pre-K - Grade 2, students will:

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

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

As a result of health instruction in Pre-K - Grade 2, students will:

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.

As a result of health instruction in Pre-K - Grade 2, students will:

8.2.1 Communicate health needs to promote personal health.

8.2.2 Encourage others to make positive health choices.

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

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As a result of health instruction in Pre-K - Grade 2, students will:

- 1.2.1 Describe healthy behaviors that affect personal health.
- 1.2.2 Identify examples of 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.

As a result of health instruction in Pre-K - Grade 2, students will:

- 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.

As a result of health instruction in Pre-K - Grade 2, students will:

- 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.
- 4.2.2 Display listening skills to enhance health.

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

As a result of health instruction in Pre-K - Grade 2, students will:

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

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

As a result of health instruction in Pre-K - Grade 2, students will:

- 8.2.1 Communicate health needs to promote personal health.
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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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- 1.2.1 Describe healthy behaviors that affect personal health.
- 1.2.2 Identify examples of 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.

As a result of health instruction in Pre-K - Grade 2, students will:

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.

As a result of health instruction in Pre-K - Grade 2, students will:

4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.

4.2.2 Display listening skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

As a result of health instruction in Pre-K - Grade 2, students will:

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.

As a result of health instruction in Pre-K - Grade 2, students will:

8.2.1 Communicate health needs to promote personal health.

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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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1.2.2 Identify examples of 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.

As a result of health instruction in Pre-K - Grade 2, students will:

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As a result of health instruction in Pre-K - Grade 2, students will:

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As a result of health instruction in Pre-K - Grade 2, students will:

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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

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- 1.2.2 Identify examples of 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.

As a result of health instruction in Pre-K - Grade 2, students will:

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

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- 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
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As a result of health instruction in Pre-K - Grade 2, students will:

- 8.2.1 Communicate health needs to promote personal health.

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

As a result of health instruction in Pre-K - Grade 2, students will:

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.

As a result of health instruction in Pre-K - Grade 2, students will:

3.2.1 Identify trusted adults and professionals who can help promote health.

3.2.3 Explain the type of help provided by 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.

As a result of health instruction in Pre-K - Grade 2, students will:

4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.

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

4.2.4 Demonstrate ways to tell a trusted adult if threatening or harmful behaviors affect self or others.

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

As a result of health instruction in Pre-K - Grade 2, students will:

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

5.2.2 Explain situations when a health-related decision can be made independently or when assistance is needed.

5.2.3 Describe potential consequences of health related decisions.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

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8.2.2 Encourage others to make positive health choices.

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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