

# Too Good for Violence – A Peaceable Place

## Grade 2

*Correlated with Washington State Learning Standards Health & Physical Education 2016*

### 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

#### Wellness (W)

##### 1. Dimensions of Health

Understand what it means to be healthy. H1.W1.2

##### 8. Goal-Setting

Describe steps to achieve a personal health goal. H6.W8.2

#### Social Emotional Health (So)

##### 1. Self-Esteem

Identify personal strengths and challenges. H1.So1.2a

Recognize that practice develops confidence. H1.So1.2b

### 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

#### Wellness (W)

##### 1. Dimensions of Health

Understand what it means to be healthy. H1.W1.2

##### 7. Decision-Making

Identify healthy options for making a health-related decision. H5.W7.2

### 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

#### Wellness (W)

##### 1. Dimensions of Health

Understand what it means to be healthy. H1.W1.2

### **Social Emotional Health (So)**

#### **4. Expressing Emotions**

Demonstrate appropriate ways to express emotions. H4.So4.2

Understand relationship between emotions and behaviors. H1.So4.2

## **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

### **Wellness (W)**

#### **1. Dimensions of Health**

Understand what it means to be healthy. H1.W1.2

#### **6. Communication**

Demonstrate active listening skills to enhance communication. H4.W6.2a

Identify skills for assertive communication. H4.W6.2b

### **Sexual Health (Se)**

#### **6. Healthy Relationships**

Identify characteristics and benefits of healthy friendships.

### **Social Emotional Health (So)**

#### **1. Self-Esteem**

Recognize that practice develops confidence. H1.So1.2b

#### **4. Expressing Emotions**

Demonstrate appropriate ways to express emotions. H4.So4.2

Understand relationship between emotions and behaviors. H1.So4.2

## **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

### **Wellness (W)**

#### **1. Dimensions of Health**

Understand what it means to be healthy. H1.W1.2

### **Sexual Health (Se)**

#### **6. Healthy Relationships**

Identify characteristics and benefits of healthy friendships.

### **Social Emotional Health (So)**

#### **1. Self-Esteem**

Identify personal strengths and challenges. H1.So1.2a

## **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

### **Wellness (W)**

#### **1. Dimensions of Health**

Understand what it means to be healthy. H1.W1.2

### **Safety (Sa)**

#### **3. Violence Prevention**

Identify healthy and unhealthy group characteristics. H1.Sa3.2b

### **Sexual Health (Se)**

#### **6. Healthy Relationships**

Identify characteristics and benefits of healthy friendships.

## **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

### **Wellness (W)**

#### **1. Dimensions of Health**

Understand what it means to be healthy. H1.W1.2

#### **6. Communication**

Demonstrate active listening skills to enhance communication. H4.W6.2a

### **Sexual Health (Se)**

#### **6. Healthy Relationships**

Identify characteristics and benefits of healthy friendships.

### **Social Emotional Health (So)**

#### **4. Expressing Emotions**

Understand relationship between emotions and behaviors. H1.So4.2

## **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

### **Wellness (W)**

#### 1. Dimensions of Health

Understand what it means to be healthy. H1.W1.2

#### 7. Decision-Making

Identify healthy options for making a health-related decision. H5.W7.2

### **Social Emotional Health (So)**

#### 1. Self-Esteem

Identify personal strengths and challenges. H1.So1.2a

Recognize that practice develops confidence. H1.So1.2b

#### 3. Stress Management

Identify causes of stress. H1.So3.2a

Describe stress management techniques. H1.So3.2b

#### 4. Expressing Emotions

Demonstrate appropriate ways to express emotions. H4.So4.2

Understand relationship between emotions and behaviors. H1.So4.2

## **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

### **Wellness (W)**

#### 1. Dimensions of Health

Understand what it means to be healthy. H1.W1.2

#### 6. Communication

Demonstrate active listening skills to enhance communication. H4.W6.2a

Identify skills for assertive communication. H4.W6.2b

### **Safety (Sa)**

#### 3. Violence Prevention

Describe different types of violence and abuse. H1.Sa3.2a

Identify healthy and unhealthy group characteristics. H1.Sa3.2b

### **Sexual Health (Se)**

#### 6. Healthy Relationships

Identify characteristics and benefits of healthy friendships.

### **Social Emotional Health (So)**

1. Self-Esteem

Identify personal strengths and challenges. H1.So1.2a

Recognize that practice develops confidence. H1.So1.2b

5. Harassment, Intimidation, and Bullying

Define bystanders and interveners related to bullying. H1.So5.2

Identify strategies to intervene safely when someone is being bullied or teased. H8.So5.2

## **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

### **Wellness (W)**

1. Dimensions of Health

Understand what it means to be healthy. H1.W1.2

6. Communication

Demonstrate active listening skills to enhance communication. H4.W6.2a

### **Sexual Health (Se)**

6. Healthy Relationships

Identify characteristics and benefits of healthy friendships.

### **Social Emotional Health (So)**

4. Expressing Emotions

Understand relationship between emotions and behaviors. H1.So4.2