

# Too Good for Violence – A Peaceable Place

## Grade 1

*Correlated to Illinois Social Emotional Learning 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

**Goal 1: Develop self-awareness and self-management skills to achieve school and life success.**

**B. Recognize personal qualities and external supports.**

**1B.1a.** Identify one's likes and dislikes, needs and wants, strengths and challenges.

**C. Demonstrate skills related to achieving personal and academic goals.**

**1C.1b.** Identify goals for academic success and classroom behavior.

### 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

**Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.**

**A: Consider ethical, safety, and societal factors in making decisions.**

**3A.1b.** Identify social norms and safety considerations that guide behavior.

**B: Apply decision-making skills to deal responsibly with daily academic and social situations.**

**3B.1a.** Identify a range of decisions that students make at school.

**3B.1b.** Make positive choices when interacting with classmates.

### Lesson 1.3 *Attitude* – 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

**Goal 1: Develop self-awareness and self-management skills to achieve school and life success.**

**A. Identify and manage one's emotions and behavior.**

**1A.1a.** Recognize and accurately label emotions and how they are linked to behavior.

**Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.**

**A: Recognize the feelings and perspectives of others.**

**2A.1a.** Recognize that others may experience situations differently from oneself.

## **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

**Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.**

**A: Recognize the feelings and perspectives of others.**

**2A.1a.** Recognize that others may experience situations differently from oneself.

**2A.1b.** Use listening skills to identify the feelings and perspectives of others.

## **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

**Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.**

**A: Recognize the feelings and perspectives of others.**

**2A.1a.** Recognize that others may experience situations differently from oneself.

**B: Recognize individual and group similarities and differences.**

**2B.1b.** Describe positive qualities in others.

**C: Use communication and social skills to interact effectively with others.**

**2C.1a.** Identify ways to work and play well with others.

**Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.**

**A: Consider ethical, safety, and societal factors in making decisions.**

**3A.1a.** Explain why unprovoked acts that hurt others are wrong.

**3A.1b.** Identify social norms and safety considerations that guide behavior.

## **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 respectful in a variety of situations
- Discuss how people are alike and how they are different
- Discuss respect for individual differences

**Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.**

**A: Recognize the feelings and perspectives of others.**

**2A.1a.** Recognize that others may experience situations differently from oneself.

**B: Recognize individual and group similarities and differences.**

**2B.1a.** Describe the ways that people are similar and different.

**2B.1b.** Describe positive qualities in others.

**C: Use communication and social skills to interact effectively with others.**

**2C.1a.** Identify ways to work and play well with others.

**Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.**

**A: Consider ethical, safety, and societal factors in making decisions.**

**3A.1b.** Identify social norms and safety considerations that guide behavior.

## **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

**Goal 1: Develop self-awareness and self-management skills to achieve school and life success.**

**A. Identify and manage one's emotions and behavior.**

**1A.1a.** Recognize and accurately label emotions and how they are linked to behavior.

**Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.**

**A: Recognize the feelings and perspectives of others.**

**2A.1a.** Recognize that others may experience situations differently from oneself.

**D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.**

**2D.1b.** Identify approaches to resolving conflicts constructively.

## **Lesson 1.8 *Share and Share Alike* – Conflict Resolution**

### **Objectives**

Following this lesson, the student will be able to:

- Comprehend peace and conflict
- Comprehend conflict as a normal and natural part of being human
- Demonstrate cooperative strategies to manage conflict

**Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.**

**A: Recognize the feelings and perspectives of others.**

**2A.1b.** Use listening skills to identify the feelings and perspectives of others.

**C: Use communication and social skills to interact effectively with others.**

**2C.1a.** Identify ways to work and play well with others.

**D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.**

**2D.1b.** Identify approaches to resolving conflicts constructively.

**Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.**

**A: Consider ethical, safety, and societal factors in making decisions.**

**3A.1b.** Identify social norms and safety considerations that guide behavior.

## **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

### **Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.**

#### **A: Recognize the feelings and perspectives of others.**

**2A.1a.** Recognize that others may experience situations differently from oneself.

#### **C: Use communication and social skills to interact effectively with others.**

**2C.1a.** Identify ways to work and play well with others.

#### **D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.**

**2D.1a.** Identify problems and conflicts commonly experienced by peers.

**2D.1b.** Identify approaches to resolving conflicts constructively.

### **Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.**

#### **A: Consider ethical, safety, and societal factors in making decisions.**

**3A.1a.** Explain why unprovoked acts that hurt others are wrong.

**3A.1b.** Identify social norms and safety considerations that guide behavior.

## **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

### **Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.**

#### **A: Recognize the feelings and perspectives of others.**

**2A.1b.** Use listening skills to identify the feelings and perspectives of others.

#### **C: Use communication and social skills to interact effectively with others.**

**2C.1a.** Identify ways to work and play well with others.

#### **D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.**

**2D.1b.** Identify approaches to resolving conflicts constructively.

### **Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.**

#### **A: Consider ethical, safety, and societal factors in making decisions.**

**3A.1b.** Identify social norms and safety considerations that guide behavior.