

Too Good for Violence – A Peaceable Place

Grade 2

Correlated with Health Education Standards of Learning for Virginia Public Schools 2020

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

Essential Health Concepts

2.1 The student will identify the major body systems, healthy food and beverage choices, emotions, and social skills and explain how each is connected to personal health.

Mental Wellness/Social and Emotional Skills

j) Describe personal strengths and identify how individuals are unique.

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

Essential Health Concepts

2.1 The student will identify the major body systems, healthy food and beverage choices, emotions, and social skills and explain how each is connected to personal health.

Mental Wellness/Social and Emotional Skills

j) Describe personal strengths and identify how individuals are unique.

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

Essential Health Concepts

2.1 The student will identify the major body systems, healthy food and beverage choices, emotions, and social skills and explain how each is connected to personal health.

Mental Wellness/Social and Emotional Skills

i) Identify feelings associated with disappointment, loss, and grief.

Healthy Decisions

2.2 The student will identify personal health decisions and health habits that influence health and wellness throughout life.

Mental Wellness/Social and Emotional Skills

- i) Explain healthy ways to express feelings associated with disappointment, loss, and grief.

Advocacy and Health Promotion

2.3 The student will describe the influences and factors that impact health and wellness.

Mental Wellness/Social and Emotional Skills

- i) Identify adults who can help with disappointment, loss, and grief.

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

N/A

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

Healthy Decisions

2.2 The student will identify personal health decisions and health habits that influence health and wellness throughout life.

Mental Wellness/Social and Emotional Skills

- j) Discuss how empathy, compassion, and acceptance help one understand others.

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

Healthy Decisions

2.2 The student will identify personal health decisions and health habits that influence health and wellness throughout life.

Mental Wellness/Social and Emotional Skills

- j) Discuss how empathy, compassion, and acceptance help one understand others.

Advocacy and Health Promotion

2.3 The student will describe the influences and factors that impact health and wellness.

Mental Wellness/Social and Emotional Skills

- j) Identify and discuss how to show respect for similarities and differences between individuals.

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

Essential Health Concepts

2.1 The student will identify the major body systems, healthy food and beverage choices, emotions, and social skills and explain how each is connected to personal health.

Violence Prevention

m) Define conflict and describe situations in which conflict may occur.

Healthy Decisions

2.2 The student will identify personal health decisions and health habits that influence health and wellness throughout life.

Violence Prevention

m) Describe how to work and play cooperatively and how to use nonviolent strategies to resolve conflict.

Advocacy and Health Promotion

2.3 The student will describe the influences and factors that impact health and wellness.

Mental Wellness/Social and Emotional Skills

k) Identify situations where trusted friends and adults can help.

Violence Prevention

m) Demonstrate nonviolent strategies to resolve conflict and support peers in school and in the community.

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

Essential Health Concepts

2.1 The student will identify the major body systems, healthy food and beverage choices, emotions, and social skills and explain how each is connected to personal health.

Violence Prevention

m) Define conflict and describe situations in which conflict may occur.

Healthy Decisions

2.2 The student will identify personal health decisions and health habits that influence health and wellness throughout life.

Violence Prevention

m) Describe how to work and play cooperatively and how to use nonviolent strategies to resolve conflict.

Advocacy and Health Promotion

2.3 The student will describe the influences and factors that impact health and wellness.

Mental Wellness/Social and Emotional Skills

k) Identify situations where trusted friends and adults can help.

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

Essential Health Concepts

2.1 The student will identify the major body systems, healthy food and beverage choices, emotions, and social skills and explain how each is connected to personal health.

Violence Prevention

- l) Explain the difference between joking, teasing, and bullying, and identify how each may impact the recipient.

Healthy Decisions

2.2 The student will identify personal health decisions and health habits that influence health and wellness throughout life.

Safety/Injury Prevention

- h) Identify ways that students can take responsibility for personal safety at home, at school, and in the community.

Mental Wellness/Social and Emotional Skills

- k) Identify trusted adults at school and at home.

Violence Prevention

- l) Identify ways to respond appropriately to joking, teasing, and bullying.

Advocacy and Health Promotion

2.3 The student will describe the influences and factors that impact health and wellness.

Mental Wellness/Social and Emotional Skills

- k) Identify situations where trusted friends and adults can help.

Violence Prevention

- l) Use appropriate strategies to safely stand up to teasing and to report bullying.

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

Healthy Decisions

2.2 The student will identify personal health decisions and health habits that influence health and wellness throughout life.

Safety/Injury Prevention

- h) Identify ways that students can take responsibility for personal safety at home, at school, and in the community.

Mental Wellness/Social and Emotional Skills

- k) Identify trusted adults at school and at home.

Advocacy and Health Promotion

2.3 The student will describe the influences and factors that impact health and wellness.

Mental Wellness/Social and Emotional Skills

- k) Identify situations where trusted friends and adults can help.

Violence Prevention

m) Demonstrate nonviolent strategies to resolve conflict and support peers in school and in the community.