

Too Good for Violence – A Peaceable Place

Grade 1

Correlated to Vermont Early Learning Standards 2015

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

Play and Exploration

Goal 1: Children engage in play to understand the world around them.

1. Play moderate level games with rules with other children

Self-Awareness

Goal 1: Children demonstrate an awareness of own personal characteristics, skills and abilities

*No indicators apply, but the goal aligns with program lesson objectives.

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

Play and Exploration

Goal 1: Children engage in play to understand the world around them.

1. Play moderate level games with rules with other children

Health and Safety Practices

Goal 2: Children develop personal health and self-care habits, and become increasingly independent.

*No indicators apply, but the goal aligns with program lesson objectives.

Goal 3: Children develop the ability to identify unsafe situations, and use safe practices.

*No indicators apply, but the goal aligns with program lesson objectives.

Lesson 1.3 ***Cattitude*** – 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

Play and Exploration

Goal 1: Children engage in play to understand the world around them.

1. Play moderate level games with rules with other children

Emotions and Self-Regulation

Goal 1: Children express a range of emotions and regulate their emotional and social responses

2. Control strong emotions in an appropriate manner most of the time
4. Describe strategies to cope and manage stress

Self-Awareness

Goal 1: Children demonstrate an awareness of own personal characteristics, skills and abilities

4. Recognize that others may experience situations differently

Health and Safety Practices

Goal 2: Children develop personal health and self-care habits, and become increasingly independent.

*No indicators apply, but the goal aligns with program lesson objectives.

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

Play and Exploration

Goal 1: Children engage in play to understand the world around them.

1. Play moderate level games with rules with other children

Communication and Expression

Goal 1: Children demonstrate an increasing ability to comprehend and participate in collaborative conversations.

1. Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups.
 - a. Follow agreed-upon rules for discussions
 - b. Build on others' talk in conversations by responding to the comments of others through multiple exchanges.
 - c. Ask questions to clear up any confusion about the topics and texts under discussion.
2. Ask and answer questions about key details in a text read aloud or information presented orally or through other media.
3. Ask and answer questions about what a speaker says in order to gather additional information or clarify something

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

Play and Exploration

Goal 1: Children engage in play to understand the world around them.

1. Play moderate level games with rules with other children

Self-Awareness

Goal 1: Children demonstrate an awareness of own personal characteristics, skills and abilities

4. Recognize that others may experience situations differently

Relationships with Adults and Peers

Goal 1: Children develop healthy positive relationships with adults and peers

2. Identify ways to work and play well with peers

4. Respect the feelings, rights and belongings of others

Communication and Expression

Goal 1: Children demonstrate an increasing ability to comprehend and participate in collaborative conversations.

*No indicators apply, but the goal aligns with program lesson objectives.

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

Play and Exploration

Goal 1: Children engage in play to understand the world around them.

1. Play moderate level games with rules with other children

Self-Awareness

Goal 1: Children demonstrate an awareness of own personal characteristics, skills and abilities

4. Recognize that others may experience situations differently

Relationships with Adults and Peers

Goal 1: Children develop healthy positive relationships with adults and peers

2. Identify ways to work and play well with peers

4. Respect the feelings, rights and belongings of others

Communication and Expression

Goal 1: Children demonstrate an increasing ability to comprehend and participate in collaborative conversations.

*No indicators apply, but the goal aligns with program lesson objectives.

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

Play and Exploration

Goal 1: Children engage in play to understand the world around them.

1. Play moderate level games with rules with other children

Emotions and Self-Regulation

Goal 1: Children express a range of emotions and regulate their emotional and social responses

2. Control strong emotions in an appropriate manner most of the time
4. Describe strategies to cope and manage stress

Health and Safety Practices

Goal 2: Children develop personal health and self-care habits, and become increasingly independent.

*No indicators apply, but the goal aligns with program lesson objectives.

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

Play and Exploration

Goal 1: Children engage in play to understand the world around them.

1. Play moderate level games with rules with other children

Problem Solving

Goal 1: Children display an interest in novel situations and demonstrate flexibility, creativity, and innovation in solving challenging tasks.

*No indicators apply, but the goal aligns with program lesson objectives.

Emotions and Self-Regulation

Goal 1: Children express a range of emotions and regulate their emotional and social responses

2. Control strong emotions in an appropriate manner most of the time
4. Recognize that others may experience situations differently

Relationships with Adults and Peers

Goal 1: Children develop healthy positive relationships with adults and peers

2. Identify ways to work and play well with peers
4. Respect the feelings, rights and belongings of others
5. Show increasing ability to constructively resolve conflicts with peers

Communication and Expression

Goal 1: Children demonstrate an increasing ability to comprehend and participate in collaborative conversations.

*No indicators apply, but the goal aligns with program lesson objectives.

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

Play and Exploration

Goal 1: Children engage in play to understand the world around them.

1. Play moderate level games with rules with other children

Problem Solving

Goal 1: Children display an interest in novel situations and demonstrate flexibility, creativity, and innovation in solving challenging tasks.

*No indicators apply, but the goal aligns with program lesson objectives.

Emotions and Self-Regulation

Goal 1: Children express a range of emotions and regulate their emotional and social responses

2. Control strong emotions in an appropriate manner most of the time
4. Recognize that others may experience situations differently

Relationships with Adults and Peers

Goal 1: Children develop healthy positive relationships with adults and peers

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Health and Safety Practices

Goal 2: Children develop personal health and self-care habits, and become increasingly independent.

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Goal 3: Children develop the ability to identify unsafe situations, and use safe practices.

*No indicators apply, but the goal aligns with program lesson objectives.

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

Play and Exploration

Goal 1: Children engage in play to understand the world around them.

1. Play moderate level games with rules with other children

Problem Solving

Goal 1: Children display an interest in novel situations and demonstrate flexibility, creativity, and innovation in solving challenging tasks.

*No indicators apply, but the goal aligns with program lesson objectives.

Emotions and Self-Regulation

Goal 1: Children express a range of emotions and regulate their emotional and social responses

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Goal 1: Children develop healthy positive relationships with adults and peers

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Communication and Expression

Goal 1: Children demonstrate an increasing ability to comprehend and participate in collaborative conversations.

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