

Too Good for Violence

Kindergarten

Correlated with National Health Education Standards

Lesson One: *The Place Where Peace Begins*

Objectives

The student will be able to:

- Define “peaceable.”
- Define “peacemaker.”
- Demonstrate the social skill of introducing oneself.
- Draw a picture of himself/herself in a peaceable classroom.

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

2.2.2 Identify what the school can do to support personal health practices and behaviors.

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

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.

Lesson Two: *Learning How to Stop and Think*

Objectives

The student will be able to:

- Describe anger as a natural human emotion.
- Demonstrate “angry-looking” body language.
- Demonstrate healthy, constructive ways to deal with angry feelings.
- Demonstrate stopping to think when feeling angry.
- Discuss helpful and hurtful ways to deal with anger.

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

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

Lesson Three: *Peacemakers Learn to Share*

Objectives

The student will be able to:

- Demonstrate physical signals of anger.
- Perform role-plays using a basic problem-solving model.

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

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

Lesson Four: *Peacemakers Learn to Take Turns*

Objectives

The student will be able to:

- Recite a basic problem-solving model.
- Demonstrate problem-solving with a group.
- Discuss some fair ways to choose who goes first.

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

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

4.2.2 Demonstrate listening skills to enhance health.

Lesson Five: *Learning to Listen*

Objectives: The student will be able to:

- Demonstrate using the basic problem-solving model.
- Demonstrate basic communication skills: making eye contact, listening, and taking turns talking without interrupting.
- Discuss listening as a way to show others that we care.

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

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

4.2.2 Demonstrate listening skills to enhance health.

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

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

5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

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

- 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.

Lesson Six: *Picture the Peacemakers*

Objectives

The student will be able to:

- List ways to be a peacemaker.
- Differentiate peaceable from non-peaceable behaviors.

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

- 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.

Lesson Seven: *Celebrating a Peaceable Place*

Objectives

The student will be able to:

- Discuss ways to make the world a more peaceable place.
- Demonstrate peacemaking skills.

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

- 2.2.2 Identify what the school can do to support personal health practices and behaviors.

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

- 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.