

Too Good for Violence

Kindergarten

Correlated with Idaho Content Standards Health Education, 2010

Lesson K.1 *The Place Where Peace Begins* – Conflict Resolution

Objectives

Following this lesson, 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 1: Comprehend Core Concepts

Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.1.1.1. Identify that healthy behaviors affect personal health.

Standard 4: Interpersonal Communication

Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

Standard 7: Practice Healthy Behavior

Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

Standard 8: Advocacy

Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health.

Objective(s): By the end of Second Grade, the student will be able to:

k-2.H.8.1.1. Make requests to promote personal health.

K-2.H.8.1.2. Encourage peers and family to make positive health choices.

Lesson K.2 *Learning How to Stop & Think* – Anger Management

Objectives

Following this lesson, 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: Interpersonal Communication

Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

K-2.H.4.1.3 Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation.

Lesson K.3 *Peacemakers Learn to Share* – Anger Management

Objectives

Following this lesson, the student will be able to:

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

Standard 4: Interpersonal Communication

Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

K-2.H.4.1.3 Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation.

Standard 5: Decision Making

Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.5.1.1 Identify situations when a health-related decision is needed.

Lesson K.4 *Peacemakers Learn to Take Turns* – Conflict Resolution

Objectives

Following this lesson, 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 5: Decision Making

Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.5.1.1 Identify situations when a health-related decision is needed.

K-2.H.5.1.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Lesson K.5 *Learning to Listen* – Effective Communication

Objectives

Following this lesson, 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: Interpersonal Communication

Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

Lesson K.6 *Picture the Peacemakers* – Conflict Resolution

Objectives

Following this lesson, the students will be able to:

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

Standard 1: Comprehend Core Concepts

Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.1.1.1. Identify that healthy behaviors affect personal health.

Standard 4: Interpersonal Communication

Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

Standard 5: Decision Making

Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.5.1.1 Identify situations when a health-related decision is needed.

K-2.H.5.1.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard 6: Goal Setting

Goal 1.1: Students will demonstrate the ability to use goal-setting skills to enhance health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.6.1.1. Identify a short-term personal health goal and take action towards achieving the goal.

K-2.H.6.1.2. Identify who can help when assistance is needed to achieve a personal health goal.

Standard 7: Practice Healthy Behavior

Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

Standard 8: Advocacy

Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health.

Objective(s): By the end of Second Grade, the student will be able to:

k-2.H.8.1.1. Make requests to promote personal health.

K-2.H.8.1.2. Encourage peers and family to make positive health choices.

Lesson K.7 *Celebrating a Peaceable Place* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

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

Standard 5: Decision Making

Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.5.1.1 Identify situations when a health-related decision is needed.

K-2.H.5.1.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard 7: Practice Healthy Behavior

Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

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K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

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