

Too Good for Violence

Kindergarten

Correlated with North Dakota Health Education Content Standards 2018

Lesson K.1 *Dreaming Big* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Identify personal capabilities and strengths
- Identify new things to learn to do
- Identify how adults and peers can help with reaching a goal

Standard 6: Demonstrate the ability to use goal setting skills to enhance health and avoid or reduce health risks.

6.2.1 Identify a short-term personal health goal and the action toward achieving the goal.

6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.

Lesson K.2 *I Know What to Do* – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Recall the following steps in the decision-making process: 1 Stop, 2 Think
- Demonstrate anticipating consequences of choices
- Discuss personal responsibility for making positive choices

Standard 5: Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.

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 8: Demonstrate the ability to advocate for personal, family, and community health.

8.2.2 Encourage peers to make positive health choices.

Lesson K.3 *Mad Sad Glad* – Identify and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Discuss three ways people show their feelings: with faces, bodies, words
- Express feelings verbally and non-verbally

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

Standard 4: 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, feelings, and emotions.

Lesson K.4 *Listen Up!* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate using one's eyes, ears, and body to listen
- Identify the body language of an active listener
- Demonstrate the ability to ask questions without interrupting

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

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

4.2.2 Demonstrate listening skills to enhance health.

Lesson K.5 *My Buddy and Me* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Describe the characteristics of a healthy friendship
- Demonstrate assertive communication using an I-message

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

1.2.7 Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.

Standard 4: 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, feelings, and emotions.

Lesson K.6 *Peaceable Me* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

- Discuss how manners show respect for oneself and others
- Demonstrate the ability to be respectful in a variety of situations
- Discuss how people are alike and how they differ
- Discuss respect for individual differences

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

1.2.7 Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.

Lesson K.7 *Cool, Calm, and Collected* – Anger Management and Mindfulness

Objectives

Following this lesson, the student will be able to:

- Describe the physical sensations of anger
- Differentiate angry feelings and aggressive actions
- Demonstrate how to calm down when experiencing angry feelings

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

Standard 4: 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, feelings, and emotions.

Lesson K.8 *What to Do?* – Problem Solving

Objectives

Following this lesson, the student will be able to:

- Identify a problem
- Recognize that there could be multiple solutions to a problem
- Identify a variety of solutions when working to solve a problem
- Demonstrate creative ways to solve a problem

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

1.2.7 Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.

Standard 4: 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, feelings, and emotions.

4.2.2 Demonstrate listening skills to enhance health.

Lesson K.9 *One for You* – Sharing

Objectives

Following this lesson, the student will be able to:

- Comprehend what it means to share
- Discuss sharing as a method to resolve conflicts peacefully
- Demonstrate sharing in a variety of situations

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

1.2.7 Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.

Standard 4: 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, feelings, and emotions.

4.2.2 Demonstrate listening skills to enhance health.

Lesson K.10 *Whose Turn?* – Taking Turns

Objectives

Following this lesson, the student will be able to:

- Discuss taking turns as a method to resolve conflicts peacefully
- Identify fair ways to determine who goes first
- Demonstrate taking turns in a variety of situations

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

1.2.7 Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.

Standard 4: 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, feelings, and emotions.

4.2.2 Demonstrate listening skills to enhance health.