

Too Good for Violence

Kindergarten

Correlated with Oregon Health Education Standards and Performance Indicators 2016

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

HE.6.K.1 Identify a short-term personal health goal and take action toward achieving the goal.

HE.6.K.2 Identify resources to achieve health-related goals.

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

HE.5.K.1 Identify when help is needed to make a health-related decision.

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

HE.7.K.1 Identify healthy practices and behaviors that maintain or improve personal health.

HE.7.K.2 Recognize behaviors that avoid or reduce health risks.

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

HE.4.K.1 Identify healthy ways to express needs, wants, and feelings.

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

HE.4.K.1 Identify healthy ways to express needs, wants, and feelings.

HE.4.K.2 Identify effective active listening skills.

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. Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.K.9 Describe the characteristics of a friend.

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

HE.4.K.1 Identify healthy ways to express needs, wants, and feelings.

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. Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.K.9 Describe the characteristics of a friend.

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

HE.4.K.1 Identify healthy ways to express needs, wants, and feelings.

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

HE.7.K.1 Identify healthy practices and behaviors that maintain or improve personal health.

HE.7.K.2 Recognize behaviors that avoid or reduce health risks.

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. Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.K.9 Describe the characteristics of a friend.

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

HE.4.K.1 Identify healthy ways to express needs, wants, and feelings.

HE.4.K.2 Identify effective active listening skills.

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. Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.K.9 Describe the characteristics of a friend.

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

HE.4.K.1 Identify healthy ways to express needs, wants, and feelings.

HE.4.K.2 Identify effective active listening skills.

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. Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.K.9 Describe the characteristics of a friend.

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

HE.4.K.1 Identify healthy ways to express needs, wants, and feelings.

HE.4.K.2 Identify effective active listening skills.