

Too Good for Violence

Kindergarten

Correlated with Wyoming Health Education Content and Performance Standards

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

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

HE2.2.1 Identify situations where a health related decision is needed

HE2.2.3 Describe how health related decisions can affect self or others (e.g., decision to sneeze into sleeve prevents spreading germs to others).

HE2.2.5 Recognize health-related problems that exist at home and school (e.g., soap dispenser is empty, students not washing hands after going to bathroom, ice on the playground).

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE2.4.1 Identify behaviors that improve or maintain personal health.

HE2.4.2 Identify behaviors that help avoid or reduce health risks

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

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

HE2.2.1 Identify situations where a health related decision is needed

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE2.4.1 Identify behaviors that improve or maintain personal health.

HE2.4.4 Recognize and accurately label emotions and how they are linked to behavior (anger, sadness, joy, etc.).

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.).

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

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

HE2.2.1 Identify situations where a health related decision is needed

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE2.4.1 Identify behaviors that improve or maintain personal health.

HE2.4.4 Recognize and accurately label emotions and how they are linked to behavior (anger, sadness, joy, etc.).

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.).

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

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

HE2.2.1 Identify situations where a health related decision is needed

HE2.2.3 Describe how health related decisions can affect self or others (e.g., decision to sneeze into sleeve prevents spreading germs to others).

HE2.2.4 Describe how family can influence decisions students make about health practices and risk behaviors (e.g., washing hands, not wearing seatbelts).

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

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical).

HE2.3.2 Identify characteristics of effective communication for the purpose of expressing health needs, wants, and feelings (e.g., eye contact, clear purpose, etc.).

HE2.3.4 Identify characteristics of effective listening skills to enhance health or reduce/avoid health risks (e.g., eyes on speaker, etc.).

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE2.4.8 Describe the ways people are similar and different.

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others.

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.

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

HE2.2.1 Identify situations where a health related decision is needed

HE2.2.3 Describe how health related decisions can affect self or others (e.g., decision to sneeze into sleeve prevents spreading germs to others).

HE2.2.4 Describe how family can influence decisions students make about health practices and risk behaviors (e.g., washing hands, not wearing seatbelts).

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE2.4.1 Identify behaviors that improve or maintain personal health.

HE2.4.2 Identify behaviors that help avoid or reduce health risks

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others

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.

CONTENT STANDARD 1. HEALTH INFORMATION, PRODUCTS AND RESOURCES

HE2.1.1 Identify people who can help student enhance their health (e.g. trusted adult, family member, school nurse, doctors etc.).

HE2.1.3 Demonstrate the ability to locate help at school to reduce or avoid health risks (e.g., knowing where to find custodian, principal, school nurse).

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

HE2.2.1 Identify situations where a health related decision is needed

HE2.2.3 Describe how health related decisions can affect self or others (e.g., decision to sneeze into sleeve prevents spreading germs to others).

HE2.2.5 Recognize health-related problems that exist at home and school (e.g., soap dispenser is empty, students not washing hands after going to bathroom, ice on the playground).

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

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CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE2.4.1 Identify behaviors that improve or maintain personal health.

HE2.4.2 Identify behaviors that help avoid or reduce health risks.