

2009-2010
Master Calendar: 3rd, 4th, & 5th Grades

This calendar is a general lesson guide. Lesson order, content, and topic may change due to time constraints, schedule conflicts, classroom needs, or teacher requests.

LESSONS:

August

Lesson One: Introduce Counseling Program, Review PAWS, and discuss language expectations (obscenities, name calling, threats). Introduce/Review Student Council and application process, Project Wisdom, Positive Behavior Stars, PBS/Fall Festival Parade, student surveys.

September

Lesson Two: The Concept of Bullying (discuss why bullying happens, identify the characteristics of bullying, discuss bullying vs. normal peer conflict and the consequences of bullying, review survey results from last year).

Lesson Three: Rules for Bully-Proofing the Classroom and Telling vs. Tattling. (1. We will not bully other students. 2. We will help others who are being bullied by speaking out and by getting adult help. 3. We will use extra effort to include all students in activities at our school.)
Books: "Just Kidding," "Trouble Talk," "My Secret Bully."

*Students will complete "Student Bullying" surveys and "What Is Your School Like" surveys in the computer lab in September.

October

Lesson Four: Making Positive Choices/Red Ribbon Week Activities

-3rd Grade Making Choices (review types of choices and how choices are influenced, discuss positive/negative consequences).

-4th Grade - Shaping Your Healthy Future (increase students' sense of responsibility for personal care, healthy development, and well-being).

-5th Grade - The "Ripple Effect" (understand how people's actions [choices] effect themselves and others).

*3rd, 4th, 5th grades: Introduce Red Ribbon Week activities/schedule (quilt squares, paper chain, banner).

Lesson Five: Making Good Decisions/Red Ribbon Week

3rd Grade - Decision Making Process (Students will review and practice steps for good decision making, evaluate positive and negative outcomes).

4th Grade – Handling Negative Pressures Positively (examine internal and external pressures that promote or discourage drug use).

5th Grade – Taking a Positive Stand (Students will learn strategies for standing firm against negative peer pressure to use drugs).

* If schedules allow members of the Fruita PD will co-teach these lessons.

November

Lesson Six: Strategies for Handling Bullying, Help, Assert Yourself, Humor, Avoid, Self Talk, Own It (HA, HA, SO). Books: “King of the Playground,” “Oliver Button is a Sissy,” “The Recess Queen.”

Lesson Seven: Practicing Strategies for Handling Bullying (HA, HA, SO skits and role plays).

December

Lesson Eight: Strategies for Helpers, Creative problem solving, Addult help, Relate and join, Empathy, Stand up and speak out (CARE). Books: “Nobody Knew What to Do,” “Say Something,” “Crickwing.”

Lesson Nine: Practicing Strategies for Helpers (problem solving and role plays). Share survey results.

January

Lesson Ten: Skills for Handling Teasing and Put-Downs (“Simon’s Hook”).

Lesson Eleven: Tolerance and Diversity

3rd Grade - Respecting Differences (Understanding that there are multiple points of view - it’s OK when people have differing opinions. Book: “Odd Velvet.”)

4th Grade - Finding Commonalities (Students will recognize shared commonalities and differences. Book: “Different Just Like Me.”)

5th Grade - Similarities and Differences (Students will recognize ways in which we are similar to and different from one another. Book: “Cinder Edna.”)

February

Lesson Twelve: Working Cooperatively

3rd Grade - Working Cooperatively (Students will identify advantages and challenges of working in groups. Book: “The Cow That Went Oink.”)

4th Grade - Learning to Work Cooperatively (Identify advantages and challenges of working in groups and demonstrate ability to contribute to a group project. Books: “Getting Through Thursday.”)

5th Grade - Learning to Work Cooperatively (Students will be attentive to the needs of others in order to complete a project. Book: “Horton Hears A Who.”)

Lesson Thirteen: Point of View

Books: 3rd Grade: Point of View (Students will define/describe perspective taking and understand what it means to have different points of view. Book: “Come Here Little Hedgehog.”)

4th Grade: (Students will be able to define perspective-taking, point of view and how taking another’s point of view contributes to conflict resolution. Books: “If At First You Do Not See” or “Hey Little Ant.”)

5th Grade: (Students will identify factors influencing point of view and understand importance of understanding another’s point of view in resolving conflicts. “I’ve Never Eaten a Princess” from “Crocodile Smile: Ten Songs of the Earth as the Animals See It.”)

March

Lesson Fourteen: Conflict

3rd Grade – Defining Conflict (Students will learn to define conflict and identify the positive and negative aspects of conflict. Book: Jamaica and Brianna.)

4th Grades – Conflict Escalation (Identify factors contributing to conflict escalation, describe links between feelings and behavior, and understand how to de-escalate conflict. Book: “Caps for Sale.”)

5th Grade - Exploring Conflict (Students will define conflict and place conflicts into categories to understand differences in conflict resolution strategies. Book: “The Island of the Skog.”)

Lesson Fifteen: Conflict

3rd Grade – Conflict Escalation (Understand what makes conflicts escalate, understand links between feelings and behavior, identify skills needed for de-escalating conflict. Book: “Rosie and the Yellow Ribbon” or Matthew and Tillie.)

4th Grade – Exploring Feelings (Identify words describing feelings/emotions, identify challenges in “reading” others emotions, communicate feelings verbally and nonverbally. Book: “The Way I Feel” or “Lots of Feelings.”)

5th Grade - (Identify what makes conflict escalate and de-escalate, identify personal escalators, share de-escalating techniques. Book: “The Butter Battle Book.”)

April

Lesson Sixteen: Understanding Feelings and Anger

3rd Grade – Identifying Feelings (Students will build feelings vocabulary, communicate feeling verbally and nonverbally. Book: “The Way I Feel” or “Lots of Feelings.”)

4th Grade – Exploring Anger (Students will identify ways people communicate and react when angry, identify personal techniques for managing anger. Book: “When Momma Was Mad.”)

5th Grade – Exploring Anger (Students will identify ways people communicate and react when angry, identify triggers, distinguish between constructive and destructive responses, identify personal techniques for managing anger. Books: “The Very Angry Day That Amy Didn’t Have.”)

Lesson Seventeen: Listening Skills

3rd Grade – Good and Poor Listening (Identify characteristics of good and poor listening, demonstrate active listening skills. Book: The Loudest Noise in the World.)

4th Grade -Active Listening (Students will define active listening, listen and paraphrase; recognize active listening as a de-escalating behavior leading to conflict resolution. Book: “Ring Yo?”)

5th Grade -Active Listening (Identify elements of active listening, paraphrase and reflect feelings, understand importance of listening as means to de-escalate conflicts. Book; “Yo! Yes.”)

May

Lesson Eighteen: Win-Win Solutions

3rd Grade – Win-Win Solutions (Students will explore the role of perspective-taking, critical thinking, and empathy in creating win-win solutions to conflicts. Book: “Six Crows.”)

4th Grade - Negotiating to Win-Win (Define potential outcomes as win-win, win-lose, or lose-lose followed by introduction to process of negotiation. Book: “The Knight and the Dragon.”)

5th Grade - Negotiating to Win-Win (Define process of negotiation and apply steps for negotiation in a group activity. Book: Fishing for Methuselah.)

SOURCES:

Lessons 2, 6, 7, 8, & 9 are taken from “Bully-Proofing Your School” Teachers Manual and Lesson Plans for Elementary Schools by Carla Garity, PhD, Kathryn Jens, PhD, William Porter, PhD, Nancy Sager, MA, and Cam Short-Camilli, LCSW.

Lessons 4 & 5 (4th & 5th grades) are taken from Lions-Quest: Skills for Growing Curriculum from the Lions Club International Foundation. Lessons 4 & 5 (3rd Grade) are adapted from Simple Solutions for Serious Situations by Julie Mendenhall and the following books by Judge Judy: "Judge Judy Sheindlin's You Can't Judge a Book by Its Cover: Cool Rules for School" and "Judge Judy Sheindlin's Win or Lose by How You Choose!"

Lesson 10 is taken from “Simons Hook” (A story about teasing and put-downs) by Karen Gedig Burnett.

Lessons 11 through 17 are taken from “Connected and Respected: Lessons from the Resolving Conflict Creatively Program” Proven Skills and Strategies for Creating Caring and Productive Learning Communities Grades 3-5 by Jane Harrison and Ken Breeding PhD.