



Grade 3 Sample Lesson Plan: Unit 1 – Violence Prevention Skills

SOLs

- 3.1.O Describe positive interaction with family, peers, and other individuals.
- 3.1.P Identify refusal skills and how to communicate directly, respectfully, and assertively.
- 3.1.Q Describe behaviors that may cause the loss of a friend (e.g., being unaware of the attitudes and feelings of others, using inappropriate language and behavior, excluding a friend from activities, breaking promises).
- 3.1.R Explain the difference between bullying and conflict.
- 3.1.S Identify positive ways to communicate and the benefits of having positive relationships with family and friends.
- 3.2.L Identify the process of resolving conflicts peacefully.
- 3.3.K Evaluate strategies to prevent bullying behaviors, using conflict-resolution skills.
- 3.3.M Demonstrate positive ways to communicate
- 3.3.N Apply goal-setting strategies to make and keep friends.
- 3.3.O Demonstrate effective verbal communication skills, awareness of the attitudes, feelings, and opinions of others, appropriate language and behavior, sharing, and reciprocal helping behavior to make and keep friends.
- 3.3.P Practice positive interactions with family, peers, and others to promote personal health.

Objectives/Goals

- This document provides selected lessons, resources, and activity ideas that can also be implemented for addressing these SOLs.

Procedure

Step 1

Bullying Prevention Websites for Children

Stop Bullying.gov

This federal government site <https://www.stopbullying.gov/kids> provides well-researched information, games, and web episodes to enable children to recognize bullying and explore appropriate responses. The web episodes are available on the StopBullying.gov site at <https://www.stopbullying.gov/kids/webisodes> and on YouTube at

<https://youtu.be/HgePlkvqtFU?list=PL0495AF703CB0B72C>

McGruff the Crime Dog

This National Crime Prevention Council site <http://www.mcgruff.org/#/Main> provides games, videos, and posters to address bullying, includes the video *Samantha's Choice* https://youtu.be/JNZdc_1Cbyc which depicts a cartoon scenario about the importance of being a friend, stepping up and helping to stop bullying.

Pacer Center Kids Against Bullying <http://www.pacerkidsagainstabullying.org/kab/>

This Pacer National Bullying Prevention Center site provides videos, information, and tips for elementary school children.

As a supplemental class activity, have students illustrate posters or act out short skits depicting how to report bullying, stand up to bullying, and help friends who are being bullied.

Worksheets.

Three versions of worksheets to help children reflect and learn from bullying or other inappropriate behaviors that they have engaged in are appended to the end of this document.

Lesson Plans

Courtesy copies of the lesson plans describe below have been included on the Health Smart website. Please visit the original websites referenced below for more information.

Active Listening Lesson (Morning Side Center) - a lesson to provide students with practice of active listening by paraphrasing what others say. <http://www.morningsidecenter.org/teachable-moment/lessons/active-listening-grades-3-6>

"Amazing Grace" Goal Lesson and Goal Setting Worksheet – a lesson that uses story, "Amazing Grace," to discuss setting goals to overcome obstacles. <http://character.org/lessons/lesson-plans/elementary/duncan-elementary-school>

Be a Bucket Filler Lesson K-5 – a lesson to help students identify ways that they can support other students through compliments and kind words. <http://character.org/lessons/lesson-plans/elementary/eldridge-park-elementary-school/>

Be an Upstander and Say Something- a lesson to educate students about taking a stand, asking adults for help, and how they can respond to bullying. <http://character.org/lessons/lesson-plans/elementary/walnut-street-school>

Bullying – KidsHealth.org Teachers Guide for Grades 3-5 –includes activities to help students understand what bullying is and learn ways to deal with bullies. <https://classroom.kidshealth.org/classroom/3to5/problems/emotions/bullying.pdf>

Bullying Lesson (National Crime Prevention Council) – a lesson that helps students recognize different types of bullying and practice communication and social skills. <http://www.ncpc.org/topics/bullying/teaching-kids-about-bullying/bullying-grades-2-3>

Celebrating Diversity With Elmer – a lesson to promote tolerance of differences in classroom and school. <http://character.org/lessons/lesson-plans/elementary/mark-twain-elementary-school/>

Conflict Management – National Crime Prevention Council- a lesson for students to work collaboratively to create something and reflect on how they managed conflict. <http://www.ncpc.org/topics/conflict-resolution/activities-and-lesson-plans/conflict-management-grades-3-5>

Diversity Lesson – National Crime Prevention Council – a lesson on appreciating differences in people. <http://www.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/diversity-grades-3-5>

Fishy Friends Lesson - a lesson to help students evaluate traits that make good friends and write about how they can be a better friend. <http://character.org/lessons/lesson-plans/elementary/plattin-primary-school/>

Have You Filled A Bucket Today –a lesson that enables students to provide compliments and kind words to other students. <http://character.org/lessons/lesson-plans/elementary/dobys-mill-elementary-school/>

Lets Be Friends (Ophelia Project) is a prevention curriculum for 2nd and 3rd grade that Teaches young children positive social skills and fosters kindness, compassion and responsibility. Lessons address: *Positive Attributes; Internal & External Strengths; What is a Friend?; Qualities of Friends; Understanding Conflict; Building Empathy; Ways to be a Friend; and Reflecting on Friendship.* <http://www.opheliaproject.org/teaching/LetsBeFriends.pdf>

LlamaLlama Be Nice is one of the posters and activities to encourage kindness available at this site. <https://www.teachervision.com/teaching-strategies/social-emotional-issues>

Many Ways to Resolve Conflict – provides information on the many conflict resolution strategies.
<https://www.teachervision.com/social-skills/many-ways-resolve-conflict>

Pacer Elementary School Bullying Education Lesson Plan – a lesson that teaches children what to do when they see bullying or are bullying
<http://www.pacer.org/bullying/classroom/elementary/ele-lesson-plan.asp>

Sportsmanship Teachers Guide (KidsHealth.org) provides teacher resources to help children understand good sportsmanship when playing with others.
<https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmanship.pdf>

The Power of Words K-5 – a lesson to teach about the impact of words on others and how to treat others with kindness <http://character.org/lessons/lesson-plans/elementary/wilton-manors-elementary-school-2>

Teaching Tolerance- a website that offers classroom resources to increase respect, acceptance and appreciation of diversity. <http://www.tolerance.org/category/level/grades-3-5?page=1>

Trustworthiness (Keller Independent School District) is a lesson for grades K-4 that helps students understand characteristics of trusted children and adults.
http://www.kellerisd.net/studentsandfamilies/know/community-of-character/documents/traits/coc_trustworthiness_k-4.pdf

Pro-social skills should be introduced on the first day of class and infused into curricula over the entire year.

References

- Al's Pals: Kids Making Healthy Choices - <http://wingspanworks.com>
- BluePrints for Healthy Youth Development site at <http://www.blueprintsprograms.com>
- Bullying – KidsHealth Teachers Guide Grades 3-5 <https://classroom.kidshealth.org/classroom/3to5/problems/emotions/bullying.pdf>
- Bullying Lesson (National Crime Prevention Council) <http://www.ncpc.org/topics/bullying/teaching-kids-about-bullying/bullying-grades-2-3>
- Bullying Prevention Lesson Plans <https://rossieronline.usc.edu/bullying-prevention-lesson-plans/>
- CDC BAM! Life - <http://www.cdc.gov/bam/life/index.html>
- Collection of Social Emotional Lesson Plans for K-3 <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- Emotional Development Resources - <https://www.teachervision.com/emotional-development/teacher-resources/32913.html>
- Kids against Bullying <http://www.pacerkidsagainstbullying.org/kab/>
- LlamaLlama Pledge to Be Nice Poster and Activities <https://www.teachervision.com/teaching-strategies/social-emotional-issues>
- Lets Be Friends Curriculum (Ophelia Project)
- <http://www.opheliaproject.org/teaching/LetsBeFriends.pdf>
- NEA Teaching Students to Prevent Bullying <http://www.nea.org/tools/lessons/teaching-students-to-prevent-bullying.html>
- Olweus School-wide Bullying Prevention Program <http://olweus.sites.clemson.edu>

- Olweus Class Meetings That Matter: A Year's Worth of Resources for Grades K-5 - http://www.hazelden.org/OA_HTML/ibeCCtpItmDspRte.jsp?item=13746&sitex=10020:22372:US
- Peaceful Schools <http://peacefulschoolsinternational.org>
- Positive Behavior Interventions and Supports <https://www.pbis.org>
- SAMHSA's National Registry of Evidence Based Programs and Practices (NREPP) at <http://www.nrepp.samhsa.gov/landing.aspx>.
- School Violence Prevention (CDC) website at <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
- Sportsmanship Teachers Guide(KidsHealth.org) <https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmans>

[hip.pdf](#)

- Social Emotional Learning K-5 <http://www.scholastic.com/teachers/lesson-plans/free-lesson-plans/search?query=&subject%5B%5D=912>
- StopBullying.gov Kids <https://www.stopbullying.gov/kids>
- Teaching Tolerance – Class Resources Grades 3-5
<http://www.tolerance.org/category/level/grades-3-5?page=1>
- The Good Behavior Game
<http://www.interventioncentral.org/behavioral-interventions/schoolwide-classroomgmt/good-behavior-game>
- Time to Talk about Bullying - <http://store.samhsa.gov/product/15-Make-Time-To-Listen-Take-Time-To-Talk-About-Bullying/SMA08-4321>
- Trustworthiness (Keller Independent School District
http://www.kellerisd.net/studentsandfamilies/know/community-of-character/documents/traits/coc_trustworthiness_k-4.pdf
- We Are Teachers: Resources for Social and Emotional Learning
<http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Becoming A Problem Solver

Problem: Tell who, what, how and why it happened

What was the result?

How should I have solved the problem? List 2 better methods.

1.

2.

How could I have prevented the problem?

What will I do from now on?

My Signature _____

<http://specialed.about.com>

Behavior Think Sheet

What did you do?

Why was that a bad thing to do?

Who did you hurt?

What were you trying to accomplish?

Next time you have that goal, how will you meet it without hurting anybody?

Source: www.pbisworld.com/wp-content/uploads/Think-Sheet-2.doc

Think Sheet

Name:

I was not: Following Rules Being Respectful Being Safe Listening
(Circle all that apply) Following Directions Being Cooperative Being Responsible Other:

And
describe what happened

.....
.....
.....

I should have

.....

Then.....

.....

.....

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So from now on I

.....

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.....

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My Signature _____