# Grade 5 Sample Lesson Plan:
# Unit 1 – Violence Prevention Skills

## SOLs

- 5.1.O Recognize the development of positive social skills as essential for building and sustaining relationships.
- 5.1.P Identify effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others.
- 5.1.Q Analyze the role of active listening in refusal and conflict resolution.
- 5.1.R Examine the influence of violence in the media on health behaviors.
- 5.2.Q Demonstrate effective communication skills to address harassing behaviors.
- 5.2.R Describe how to report harassing behaviors at school and at home.
- 5.2.S Demonstrate how to show respect for individual differences.
- 5.3.I Explain the benefits of having positive relationships with family, friends, and neighbors.
- 5.3.J Describe ways to offer friendship and support to someone who was bullied.

## Objectives/Goals

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

There are several school wide anti-bullying, violence prevention, and positive behavior approaches that have been recognized as promising practices, including:

*Positive Behavior Interventions and Supports* https://www.pbis.org
*Olweus School-wide Bullying Prevention Program* http://olweus.sites.clemson.edu

Additional information on school based violence prevention and positive youth behavior programs is available on the Center for Disease Control and Prevention (CDC) website at https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html , on the *BluePrints for Healthy Youth Developmen*t site at http://www.blueprintsprograms.com , and on *SAMHSA's National Registry of Evidence Based Programs and Practices (NREPP)* at http://www.nrepp.samhsa.gov/landing.aspx.

## References

**Bullying Prevention Websites for Children**

Resources on the following websites can assist you in discussing and helping students differentiate between teasing (make fun of or attempt to provoke (a person or animal) in a playful way); taunting (provoking or challenge (someone) with insulting remarks); conflict ( a

disagreement or argument between two or more people); and bullying (*repeatedly* saying or doing mean or hurtful things to someone who doesn't want the behavior and has less power). Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

*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/HgePIkvqtFU?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.pacerkidsagainstbullying.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 accurate content and 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

*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

*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/

*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

*Facing TV Violence Consequences –Media Smarts CA* – a lesson that enables students to assess the real consequences of acts of violence depicted in media. http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Facing_TV_Violence_Consequences_Media_Violence.pdf . This site also provides background information on media violence at http://mediasmarts.ca/digital-media- literacy/media-issues/violence

*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

*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/

*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 range of 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

*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

*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

*Wall of Caring Lesson Plan* engages students in identifying positive characteristics of their classmates and collaboratively building a class wall of caring as an act of kindness. https://rossieronline.usc.edu/bullying-prevention-lesson-plans

## Handout

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

# THE WALL OF CARING

'CREATING SAFE SPACES' LESSON PLAN

**Objective**: The wall of caring is designed to help students participate in acts of kindness and caring while building a safe space around those topics

- **Lesson Instructor:** Teacher, school social worker or guidance counselor.
- **Materials:**
  - 1 *You Matter* Care Card per student [Download ]
  - Colorful pens or markers
  - Stickers, glitter, glue, tape (all optional to decorate the card)

- **Procedure**:
  1. **Choose a date** when the theme of bullying prevention and kindness may be relevant:
     - World Bullying Prevention Day: The first Monday in October
     - Random Act of Kindness Week: The second full week in February
     - MLK Jr. Day of Service: The third Monday in January
     - Another holiday you think is appropriate
  2. **Introduction**: Lead a discussion about the importance of being kind and caring and showing support for your peers. Explain the importance of caring for friends and telling friends why they matter.
  3. **Activity.** Give a You Matter Care card to each student. Ask each student to think of another student whom they would like to send an anonymous message to and then fill in the blank: "You Matter because _____." Encourage students to decorate the cards to add a personal touch.. Note: Cards should be anonymous so that the final compilation of messages will apply to all students.
  4. **Build the Care Wall**: Have students take their completed You Matter Care cards and place them on the Care Wall. Once each card is up on the wall, the facilitator invites the class to read all of the messages.
  5. **Reflection**:
     1. How do you feel that one of the cards may have been written with you in mind?
     2. How did it feel to tell someone else that they matter to you?
     3. Why do you think it's important to express the positive thoughts we have about our classmates?
     4. Encourage students to vocalize their positive thoughts when they have them and perform acts of kindness that show their classmates that they matter.
     5. Ask the class to keep this theme in mind in the coming days and weeks. Encourage them to keep adding to the Care Wall when they have something nice to say about a classmate.

# 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.....

.....

.....

.....

So from now on I

.....

.....

.....

.....

My Signature _____

*http://specialed.about.com*