



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 2 – Violence Prevention and Healthy Relationships

Unit 2

SOLs:

- 2.1.j Explain the difference between teasing and bullying.
- 2.2.n Use appropriate strategies to object to teasing and bullying.
- 2.3.i Develop a plan to use appropriate strategies to object to teasing and bullying.
- 2.1.k Describe situations in which conflict may occur.
- 2.2.o Describe the use of nonviolent strategies to resolve conflicts.
- 2.3.j Demonstrate nonviolent strategies to resolve conflicts and support peers in school and in the community.

Title: Nonviolent Approaches and Strategies to Deal with Teasing, Bullying, and Conflict.

Objectives/ Goals:

- The student will differentiate between teasing and bullying
- The student will practice objecting to teasing and bullying
- The student will describe situations where conflict could arise and nonviolent strategies to resolve conflict

Materials:

- PowerPoint: 2nd Grade All About Me Violence Prevention and Healthy Relationships
- Worksheet: What Would You Do

Procedure:

Step 1	Using the Powerpoint as a guide, begin the lesson by reviewing the first topic of the lesson (Conflict) on slide 2.
Step 2	Slide 3: As a class, read the scenario, What Should I Do? Allow students to share their answers.
Step 3	Slide 4: As a class, read the scenario, What Should I Do? Allow students to share their answers.
Step 4	Slide 5: Instruct the class to think of a time when they were involved in conflict. Allow students to share. Discuss each step to resolving conflict.
Step 5	Slide 6: Allow students to practice resolving conflict with a student beside them based on the scenario from slide 6. After practicing with a partner, allow for volunteers to perform for the class.
Step 6	Slide 7: Introduce the next topic of teasing and bullying
Step 7	Slide 8: Allow students to discuss the difference between teasing and bullying and how it makes them feel.
Step 8	Slide 9: As a class, read the scenario, What Should I Do? Allow students to share their answers. Discuss how to respond to teasing and bullying.
Step 9	Slide 10: As a class discuss how it feels to be bullied and how to respond. Show the video clip to reinforce the message.
Step 10	Slide 11: As a class, read the scenario, What Should I Do? Allow students to share their answers. Discuss how to respond when a student is excluded.
Step 11	Slide 12: As a class, read the scenario, What Should I Do? Allow students to share their answers. Discuss how to respond to bullying if a student witnesses it.
Step 12	Slide 13: Read the discuss questions on the slide, and instruct students to think about the questions as they watch the video clip. After the video clip, discuss the questions.
Step 13	Slide 14: Review your school policy on bullying and the consequences for students who bully.
Step 14	Pass out the worksheet: What Would You Do. On page 1, students will respond to scenarios about teasing, bullying, and conflict. On page 2, students will write how to respond if they are bullied or witness bullying. Review as a class once students complete the assignment.
Step 15	Slide 15: End the lesson with a classroom energizer.

Assessments, References & Sources: Mary McCarley, 2018

What Would You Do?

Responding to conflict, teasing, and bullying

Read the following scenarios involving conflict, teasing, and bully. Think about how you could appropriately respond to these situations in a nonviolent way. Try to think of different ways to respond to each scenario.

Scenarios	How Could You Respond
Imagine that you are the slowest kid in the class. No one seems to notice until PE. During PE, another student says to you "I'm so much faster than you."	
While getting on the school bus, you walk down the aisle to find your seat. Everyday, you sit with your friend. Today, your friend is sitting with someone else and states, "You can't sit here." You respond with, "If you move your backpacks, we can all sit together." Your friend responds, "We don't want you to sit with us."	
Imagine that your new teeth are growing in very crooked. During lunch, a student says to you, "What is wrong with your teeth?" and laughs in your face.	
Imagine that you are playing a game during recess. You tag a student and yell "You are out." The other student responds, "You did not tag me." You are so mad...	

Imagine that several students in the class have picked on you because of your weight. While you pretend it doesn't bother you, it really hurts your feelings. Today, a student has made several mean comments to you on the playground.

How to Respond to Bullying

In the boxes below, list the steps you will take if you are the victim of bullying or see bullying happen to someone else.

If I am bullied, I will....

If I see someone else being bullied, I will...