



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade 1 - Unit 2 – Violence Prevention and Healthy Relationships

Grade 2 - Unit 6 – Violence Prevention and Healthy Relationships

#### SOLs:

- 1.1.h - Describe characteristics that are unique to each individual.
- 1.2.o - Explain the importance of responsible behaviors when interacting with others.
- 2.1.l - Define self-image, and identify that individuals are unique.
- 2.3.k - Identify and discuss how to show respect for similarities and differences between and among individuals.

**Title:**        **You are Special**

#### Objectives/ Goals:

- The student will be able to list the characteristics that a person might possess.
- The students will be able to understand the differences and similarities in individuals.
- The students will be able to define self-image and understand what a healthy self-image is.
- The students will be learn how and why it is important to show respect to individuals that are different from themselves.

#### Materials:

- Book: *All the Colors of the Earth* by Sheila Hamanaka
- Riddle, *Who am I?*
- Video, You Tube: Ally the Accepting Alligator.

[http://www.youtube.com/watch?v=o7y5hkb\\_hs0](http://www.youtube.com/watch?v=o7y5hkb_hs0)

**Procedure:**

Step 1	<i>Read All the Colors of the Earth.</i> Discuss the beautiful illustrations in the book. Discuss the descriptive words in the book. Talk about the different shades of each color.
Step 2	Have the students look around at the other students. Do we all look the same? How are we alike? How are we different? List on chart.
Step 3	What do you think self-image means? Explain that it is the way you see and feel about yourself. Do you think other people look at you the same way you look at yourself? Why or why not?
Step 4	Read the riddle <i>Who Am I?</i> Discuss who they think this is. Answer: All of you. Discuss how we are all similar. We can do all of the things in the riddle.
Step 5	We have now talked about how we are alike and different. Let's watch a video that shows how we can show respect for people that are different than us.
Step 6	Show YouTube video. Follow up with summary discussion to make sure students understand that being different isn't a bad thing, but what makes us unique.

**Assessments, References, & Sources:**

- Hamanaka, Sheila. *All the Colors of the Earth*. New York: William Morrow and Company Inc. 1994
- *Ally the Accepting Alligator*, You Tube video.  
[http://www.youtube.com/watch?v=o7y5hkb\\_hs0](http://www.youtube.com/watch?v=o7y5hkb_hs0)
- Riddle: *Who Am I?* Nancy Lewis 2018

# Who Am I?

I know that I'm terrific,  
But let me be specific!  
I can laugh and play and move and wiggle,  
I can drink and eat and sing and giggle.  
I can see and hear and wink and blink,  
I can read and write and count and think.  
I can be sad, mad, or happy as can be,  
I can twist and stretch and bend my knee.

Answer: I'm all of you