



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan Grade 3- Violence Prevention and Healthy Relationships

#### Unit 2

##### **SOLs:**

- 3.1.o Describe positive interaction with family, peers, and other individuals.
- 3.1.q Describe behaviors that may cause the loss of a friend
- 3.1.s Identify positive ways to communicate and the benefits of having positive relationships with family and friends.
- 3.3.n Apply goal-setting strategies to make and keep friends.

##### **Title: Healthy Relationships**

##### **Objectives/ Goals:**

- The student will describe positive interaction with family, peers, and other individuals
- The student will describe behaviors that may cause the loss of a friend
- The student will identify positive ways to communicate and the benefits of having positive relationships with family and friends
- The student will create a list of strategies for making and keeping friends.

##### **Materials:**

- PowerPoint: 3<sup>rd</sup> grade All About Me Healthy Relationships
- Worksheet: How to Guide for Healthy Relationships

**Procedure:**

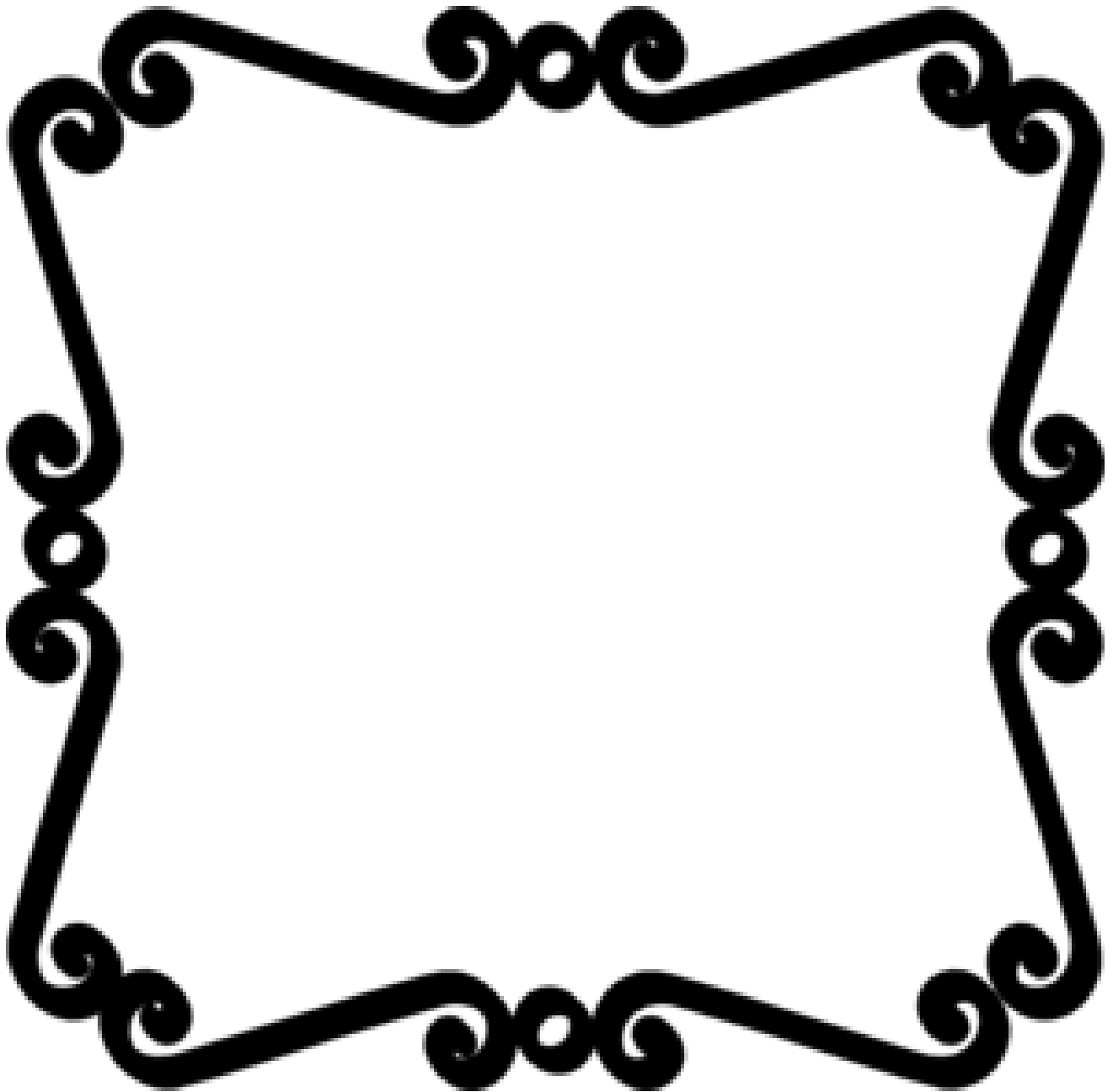
Step 1	Using the Powerpoint as a guide, begin the lesson by reviewing the first topic (Positive Peer Relationships) of the lesson on slide 2.
Step 2	Slide 3: As a class, read the scenario, What Should I Do? Allow students to share their answers.
Step 3	Slide 4: Introduce the idea of respect, kindness, and empathy. Show the video clip and ask student to think about how they fill or could fill other people's buckets. Review the questions at the bottom of the slide.
Step 4	Slide 5: As a class, read the scenario, What Should I Do? Allow students to share their answers.
Step 5	Slide 6: Ask students to think about the qualities that they want in a friend. Allow students to share their answers. Also, allow students to share stories of when their actions or words had a positive or negative impact on a relationship. Read the statements at the bottom of the page and allow students to decide if it is a positive or negative interaction.
Step 6	Slide 7: Review the characteristics of a friend and benefits to a positive friendship. Allow students to share additional characteristics and benefits.
Step 7	Slide 8: Introduce the second topic, Conflict Among Friends.
Step 8	Slide 9: As a class, read the three scenarios, What Should I Do? Allow students to choose the one that they most identify with and share their answers.
Step 9	Slide 10: Ask student to reflect on the three questions at the top of the slide. Allow students to share their stories. Show the video clip and ask students to reflect on the two questions. Allow students to share their responses after the video clip is over.
Step 10	Slide 11: Ask students to brainstorm actions or words that could cause a friendship to end (e.g., being unaware of the attitudes and feelings of others, using inappropriate language and behavior, excluding a friend from activities, breaking promises).
Step 11	Slide 12: Introduce the third topic, Positive Family Relationships.
Step 12	Slide 13: As a class, read the scenario, Can You Help Me? Allow students to share their answers.
Step 13	Slide 14: Ask students to read the questions and reflect on their answers. Allow students to share and give examples.
Step 14	Slide 15: Discuss the benefits of a positive relationship. Allow them to share their benefits.
Step 15	Pass out the classwork assignment, How to Guide for Healthy Relationships. Instruct students to create a guide for a healthy relationship with friends (on front) and with family members (on back). Allow students to share with a partner or as a class.
Step 16	End the lesson with a classroom energizer.

**Assessments, References & Sources:** Mary McCarley, 2018

# How To Guide for Healthy Relationships

Directions: Reflect on your relationship with your friends and family members. Think about what you do to strengthen those relationships and ways you could improve those relationships. Create a guide to a healthy relationship by listing steps or strategies that you can do to make those relationships healthy, meaningful, and lasting. Draw pictures and add color to enhance your guide.

## Guide to a Healthy Friendship



# Guide to a Healthy Family Relationship

