



# SAMPLE LESSON PLANS

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

### Unit 3

#### SOLs:

- K.3.P Demonstrate acceptable behavior in classrooms and during play, to include showing respect for the personal space of others.
- K.3.Q Apply strategies for establishing social and physical barriers, to include polite refusal skills, cooperation with others, and adaptation to change.

#### Title: Appropriate Behaviors in School

#### Objectives/ Goals:

- The student will describe and demonstrate acceptable behavior in classrooms and during play, to include showing respect for the personal space of others.
- The student will examine strategies for establishing social and physical barriers, to include polite refusal skills, cooperation with others, and adaptation to change.

#### Materials:

- PowerPoint: K- All About Me Social Skills and Appropriate Behaviors
- Teacher Guide for Assessment: Appropriate behaviors in school and social skill role play scenarios

#### Procedure:

Step 1	Using the Powerpoint as a guide, begin the lesson on slide 2. The teacher will introduce the topic of appropriate and inappropriate behaviors.
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Step 2	Slide 3: Review appropriate behaviors in school.
Step 3	Slide 4: Read What Should I Do as a class. Allow students to share their responses.
Step 4	Slide 5: Review inappropriate behaviors in school.
Step 5	Slide 6-8: Allow students to reflect on how to respond in an appropriate way when a negative emotion arises. Allow students to share their responses.
Step 6	Slide 9: Introduce the review.
Step 7	Slide 10-12: Allow students to look at the pictures and decide if it is an appropriate or inappropriate response.
Step 8	Slide 13: Introduce the topic of interacting with others.
Step 9	Slide 14: Read What Should I Do as a class. Allow students to share their responses.
Step 10	Slide 15: Review how to politely say no. Allow students to come up with examples.
Step 11	Slide 16: Read What Should I Do as a class. Allow students to share their responses.
Step 12	Slide 17: Discuss the importance of cooperating with others. Allow students to share their experiences.
Step 13	Slide 18: Read Can You Help Me as a class. Allow students to share their responses.
Step 14	Slide 19: Allow students to share their experiences with adjusting to change and how they coped.
Step 15	Slide 20: The teacher will review the Teacher Guide for Assessment to set up the role play scenarios in the class. Students will either participate in the role play or reflect on what they saw. Allow students to share their reflections.
Step 16	Slide 21: End class with a classroom energizer.

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

## Appropriate Behaviors in School & Social Skills Role Play Scenarios

### Directions for the Teacher:

Allow your students to practice responding appropriately to situations and identify inappropriate behaviors during role play scenarios. You may want to allow students to volunteer for the role play or strategically choose them based on your class dynamics. Allow the class to watch and identify appropriate or inappropriate behaviors. To facilitate the role play, gather the students involved in the role play at the front of the room and whisper what their role will be in the scenario.

Note: If there are actual inappropriate behaviors happening regularly in your class, you may want to change the scenarios to meet your class' needs.

### Scenario 1:

Requires 1 student volunteer

The teacher will ask a question to the class and the student will blurt out the answer.

After scenario, ask the class if this was an appropriate behavior and what the student could have done differently.

### Scenario 2:

Requires 3 students to volunteer

The teacher will ask the class to quietly line up at the door and the 3 students will walk to the door talking and then stand too close to each other to prevent skipping. (Note: Only the 3 students move to the door.)

After the scenario, ask the class if this was appropriate behavior and what the students could have done differently.

### Scenario 3:

Requires 2 students to volunteer

The teacher will announce to the class that the students can have free time to play in the classroom. One student will ask the other to play a game. She will respond with "Thanks for asking me to play but I really want to play something else."

After the scenario, ask the class if the student's response was appropriate and polite.

### Scenario 4:

Requires 2 students to volunteer

The teacher will announce to the class that these two kids are playing basketball and the score is tied. One student will pretend to shoot and score. The student will state, "I won!" The other student will give him a high five and say "good game." The student will respond "Thanks, you too."

After the scenario, ask the class if the students' interaction showed respect for each other and good sportsmanship.