



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyyouth/sher/standards

Family, friends, and teachers are a big part of kids' lives. Learning how to get along, handle disagreements, and be friendly and fair are important skills kids will use throughout their lives. The following activities will help your students understand the importance of getting along.

Related KidsHealth Links

Articles for Kids:

Getting Along With Teachers

KidsHealth.org/kid/feeling/home_family/getting_along_teachers.html

Getting Along With Parents

KidsHealth.org/kid/feeling/home_family/parents.html

Getting Along With Brothers and Sisters

KidsHealth.org/kid/feeling/home_family/sibling_rivalry.html

Living With a Single Parent

KidsHealth.org/kid/feeling/home_family/single_parents.html

Living With Stepparents

KidsHealth.org/kid/feeling/home_family/blended.html

Living With Grandparents

KidsHealth.org/kid/feeling/home_family/grandparents.html

What Should I Do if My Family Fights?

KidsHealth.org/kid/talk/qa/family_fights.html

How to Be a Good Sport

KidsHealth.org/kid/feeling/emotion/good_sport.html

Saying You're Sorry

KidsHealth.org/kid/feeling/home_family/sorry.html

Taking Charge of Anger

KidsHealth.org/kid/feeling/emotion/anger.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Name some people you spend time with every day. How does it feel when you're getting along with them? How does it feel when you aren't getting along?
2. What are some things you can do to get along with people better?
3. Think about a time you had a problem getting along with someone. What did you do to make it better? What did the other person do?
4. Why is it important for people who care about each other to share their feelings? How can that help you get along with the people you care about?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Oh, Brother!

Objectives:

Students will:

- Learn conflict-resolution strategies
- Generate creative resolutions for interpersonal conflicts

Materials:

- Pen or pencil and paper

Class Time:

- 1 hour

Activity:

You've just been hired to be the advice columnist for the school newspaper. The column's focus is "getting along with others." First, come up with a name for your column. Then read the KidsHealth articles for ideas and information about dealing with conflicts and getting along. Your assignment is to give advice to the students who wrote these letters to the newspaper:

My brother and I fight over pretty much everything – what games to play, what shows to watch, who sits where on the couch, even who's going to eat the last cookie. What can we do?

- Frustrated 4th-grader

Doing chores is a big problem in my house. I get so mad because sometimes I get in trouble for forgetting to do them or if I do them the wrong way because I'm not paying attention. Sometimes I feel like screaming at my parents! What should I do?

- Angry 3rd-grader!

Write or discuss responses to the students that include:

- a clear description of the problem or conflict
- both sides of the problem (for example: what both sides might think, feel, or want)
- reasons why it's important to solve the problem and get along
- at least two suggestions for working out the problem together

Extension:

Create an advice box for your classroom. Students can write questions anonymously on index cards to seek advice about getting along with people and place the card in a decorated shoebox labeled "Help!" Each week, different teams of students can convene to help solve the problems in the "Help!" box. [Note to instructor: Stress the importance of anonymity and confidentiality.]



Kindness Coupons

Objectives:

Students will:

- Show gratitude by creating a homemade coupon book
- Note the benefits of positive social interactions

Materials:

- “Kindness Coupons” handout
- Crayons, colored pencils, and/or markers

Class Time:

- 30 minutes

Activity:

People who get along take care of their relationships. They spend time together and do kind things for each other. Today we’re going to show our gratitude and appreciation for a family member or someone else you care about by making “Kindness Coupons.” You can offer to do a favor or a chore, be extra nice to someone, or just make a plan to do something fun together. It won’t cost you any money, and will sure make someone you care about feel special. And you’ll feel pretty good about yourself, too!

Extension:

Have your students brainstorm ways they can show kindness in their community. Students could help an elderly neighbor with yard work or other tasks, or they could visit or write letters to nursing home residents, clean up a local park, collect nonperishable items for a food bank, etc.

Reproducible Materials

Handout: Kindness Coupons

KidsHealth.org/classroom/3to5/personal/growing/getting_along_handout1.pdf

Quiz: Getting Along

KidsHealth.org/classroom/3to5/personal/growing/getting_along_quiz.pdf

Answer Key: Getting Along

KidsHealth.org/classroom/3to5/personal/growing/getting_along_quiz_answers.pdf



Name: _____

Date: _____

Kindness Coupons

Instructions: Fill out and decorate these coupons for someone special!



Kindness Coupon

To: _____ From: _____

This coupon can be exchanged for:



Kindness Coupon

To: _____ From: _____

This coupon can be exchanged for:



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. List two things you can do to get along better with friends or family:

2. Competition between brothers and sisters is called:

- a) communication
- b) sibling rivalry
- c) cheating
- d) the flu

3. True or false: Sibling rivalry is normal.

4. True or false: Getting along with teachers can help make school more fun.

5. When you've hurt someone's feelings, what's the best thing you can do to make it better?

6. People are more likely to listen to your opinions if you:

- a) talk calmly
- b) scream wildly
- c) leave nasty notes
- d) slam doors

7. People who are good sports:

- a) get mad when they lose
- b) talk about how great they are when they win
- c) say "Great game!" to teammates and opponents, win or lose
- d) are really good at sports

8. Kids can make their family members proud by:

- a) arguing with friends
- b) calmly complaining about what's for dinner
- c) trying to get along with people

9. True or false: Spending time with people you care about can make you feel happy.

10. True or false: Grown-ups never have to apologize.



Quiz Answer Key

1. List two things you can do to get along better with friends or family:
Any two of the following: Be friendly; be kind; be fair; control your temper; apologize; talk out problems.
2. Competition between brothers and sisters is called:
 - a) communication
 - b) sibling rivalry
 - c) cheating
 - d) the flu
3. True or false: Sibling rivalry is normal.
4. True or false: Getting along with teachers can help make school more fun.
5. When you've hurt someone's feelings, what's the best thing you can do to make it better?
Say you're sorry, or apologize
6. People are more likely to listen to your opinions if you:
 - a) talk calmly
 - b) scream wildly
 - c) leave nasty notes
 - d) slam doors
7. People who are good sports:
 - a) get mad when they lose
 - b) talk about how great they are when they win
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8. Kids can make their family members proud by:
 - a) arguing with friends
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9. True or false: Spending time with people you care about can make you feel happy.
10. True or false: Grown-ups never have to apologize.