



Grade 3 Sample Lesson Plan: Violence Prevention Skills

Objectives/Goals

- This document provides selected lessons, resources, and activity ideas that can also be implemented for addressing the Violence Prevention SOLs.

Resources

Bullying Prevention Websites for Children

Stop Bullying.gov

This federal government site <https://www.stopbullying.gov/kids> provides well-researched information, games, and web episodes to enable children to recognize bullying and explore appropriate responses. The web episodes are available on the StopBullying.gov site at <https://www.stopbullying.gov/kids/webisodes> and on YouTube at

<https://youtu.be/HgePlkvqtFU?list=PL0495AF703CB0B72C>

McGruff the Crime Dog

This National Crime Prevention Council site <http://www.mcgruff.org/#/Main> provides games, videos, and posters to address bullying, includes the video *Samantha's Choice* https://youtu.be/JNZdc_1Cbyc which depicts a cartoon scenario about the importance of being a friend, stepping up and helping to stop bullying.

Pacer Center Kids Against Bullying <http://www.pacerkidsagainstabullying.org/kab/>

This Pacer National Bullying Prevention Center site provides videos, information, and tips for elementary school children.

As a supplemental class activity, have students illustrate posters or act out short skits depicting how to report bullying, stand up to bullying, and help friends who are being bullied.

Worksheets.

Three versions of worksheets to help children reflect and learn from bullying or other inappropriate behaviors that they have engaged in are appended to the end of this document.

Lesson Plans

Courtesy copies of the lesson plans describe below have been included on the Health Smart website. Please visit the original websites referenced below for more information.

Active Listening Lesson (Morning Side Center) - a lesson to provide students with practice of active listening by paraphrasing what others say. <http://www.morningsidecenter.org/teachable-moment/lessons/active-listening-grades-3-6>

"Amazing Grace" Goal Lesson and Goal Setting Worksheet – a lesson that uses story, "Amazing Grace," to discuss setting goals to overcome obstacles. <http://character.org/lessons/lesson-plans/elementary/duncan-elementary-school>

Be a Bucket Filler Lesson K-5 – a lesson to help students identify ways that they can support other students through compliments and kind words. <http://character.org/lessons/lesson-plans/elementary/eldridge-park-elementary-school/>

Be an Upstander and Say Something- a lesson to educate students about taking a stand, asking adults for help, and how they can respond to bullying. <http://character.org/lessons/lesson-plans/elementary/walnut-street-school>

Bullying – KidsHealth.org Teachers Guide for Grades 3-5 –includes activities to help students understand what bullying is and learn ways to deal with bullies. <https://classroom.kidshealth.org/classroom/3to5/problems/emotions/bullying.pdf>

Bullying Lesson (National Crime Prevention Council) – a lesson that helps students recognize different types of bullying and practice communication and social skills. <http://www.ncpc.org/topics/bullying/teaching-kids-about-bullying/bullying-grades-2-3>

Celebrating Diversity With Elmer – a lesson to promote tolerance of differences in classroom and school. <http://character.org/lessons/lesson-plans/elementary/mark-twain-elementary-school/>

Conflict Management – National Crime Prevention Council- a lesson for students to work collaboratively to create something and reflect on how they managed conflict. <http://www.ncpc.org/topics/conflict-resolution/activities-and-lesson-plans/conflict-management-grades-3-5>

Diversity Lesson – National Crime Prevention Council – a lesson on appreciating differences in people. <http://www.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/diversity-grades-3-5>

Fishy Friends Lesson - a lesson to help students evaluate traits that make good friends and write about how they can be a better friend. <http://character.org/lessons/lesson-plans/elementary/plattin-primary-school/>

Have You Filled A Bucket Today –a lesson that enables students to provide compliments and kind words to other students. <http://character.org/lessons/lesson-plans/elementary/dobys-mill-elementary-school/>

Lets Be Friends (Ophelia Project) is a prevention curriculum for 2nd and 3rd grade that Teaches young children positive social skills and fosters kindness, compassion and responsibility. Lessons address: *Positive Attributes; Internal & External Strengths; What is a Friend?; Qualities of Friends; Understanding Conflict; Building Empathy; Ways to be a Friend; and Reflecting on Friendship.* <http://www.opheliaproject.org/teaching/LetsBeFriends.pdf>

LlamaLlama Be Nice is one of the posters and activities to encourage kindness available at this site. <https://www.teachervision.com/teaching-strategies/social-emotional-issues>

Many Ways to Resolve Conflict – provides information on the many conflict resolution strategies.
<https://www.teachervision.com/social-skills/many-ways-resolve-conflict>

Pacer Elementary School Bullying Education Lesson Plan – a lesson that teaches children what to do when they see bullying or are bullying
<http://www.pacer.org/bullying/classroom/elementary/ele-lesson-plan.asp>

Sportsmanship Teachers Guide (KidsHealth.org) provides teacher resources to help children understand good sportsmanship when playing with others.
<https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmanship.pdf>

The Power of Words K-5 – a lesson to teach about the impact of words on others and how to treat others with kindness <http://character.org/lessons/lesson-plans/elementary/wilton-manors-elementary-school-2>

Teaching Tolerance- a website that offers classroom resources to increase respect, acceptance and appreciation of diversity. <http://www.tolerance.org/category/level/grades-3-5?page=1>

Trustworthiness (Keller Independent School District) is a lesson for grades K-4 that helps students understand characteristics of trusted children and adults.
http://www.kellerisd.net/studentsandfamilies/know/community-of-character/documents/traits/coc_trustworthiness_k-4.pdf

Pro-social skills should be introduced on the first day of class and infused into curricula over the entire year.

References

- Al's Pals: Kids Making Healthy Choices - <http://wingspanworks.com>
- BluePrints for Healthy Youth Development site at <http://www.blueprintsprograms.com>
- Bullying – KidsHealth Teachers Guide Grades 3-5 <https://classroom.kidshealth.org/classroom/3to5/problems/emotions/bullying.pdf>
- Bullying Lesson (National Crime Prevention Council) <http://www.ncpc.org/topics/bullying/teaching-kids-about-bullying/bullying-grades-2-3>
- Bullying Prevention Lesson Plans <https://rossieronline.usc.edu/bullying-prevention-lesson-plans/>
- CDC BAM! Life - <http://www.cdc.gov/bam/life/index.html>
- Collection of Social Emotional Lesson Plans for K-3 <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- Emotional Development Resources - <https://www.teachervision.com/emotional-development/teacher-resources/32913.html>
- Kids against Bullying <http://www.pacerkidsagainstbullying.org/kab/>
- LlamaLlama Pledge to Be Nice Poster and Activities <https://www.teachervision.com/teaching-strategies/social-emotional-issues>
- Lets Be Friends Curriculum (Ophelia Project)
- <http://www.opheliaproject.org/teaching/LetsBeFriends.pdf>
- NEA Teaching Students to Prevent Bullying <http://www.nea.org/tools/lessons/teaching-students-to-prevent-bullying.html>
- Olweus School-wide Bullying Prevention Program <http://olweus.sites.clemson.edu>

- Olweus Class Meetings That Matter: A Year's Worth of Resources for Grades K-5 - http://www.hazelden.org/OA_HTML/ibeCCtpItmDspRte.jsp?item=13746&sitex=10020:22372:US
- Peaceful Schools <http://peacefulschoolsinternational.org>
- Positive Behavior Interventions and Supports <https://www.pbis.org>
- SAMHSA's National Registry of Evidence Based Programs and Practices (NREPP) at <http://www.nrepp.samhsa.gov/landing.aspx>.
- School Violence Prevention (CDC) website at <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
- Sportsmanship Teachers Guide(KidsHealth.org) <https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmans>

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[hip.pdf](#)

- Social Emotional Learning K-5 <http://www.scholastic.com/teachers/lesson-plans/free-lesson-plans/search?query=&subject%5B%5D=912>
- StopBullying.gov Kids <https://www.stopbullying.gov/kids>
- Teaching Tolerance – Class Resources Grades 3-5
<http://www.tolerance.org/category/level/grades-3-5?page=1>
- The Good Behavior Game
<http://www.interventioncentral.org/behavioral-interventions/schoolwide-classroomgmt/good-behavior-game>
- Time to Talk about Bullying - <http://store.samhsa.gov/product/15-Make-Time-To-Listen-Take-Time-To-Talk-About-Bullying/SMA08-4321>
- Trustworthiness (Keller Independent School District
http://www.kellerisd.net/studentsandfamilies/know/community-of-character/documents/traits/coc_trustworthiness_k-4.pdf
- We Are Teachers: Resources for Social and Emotional Learning
<http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Health Smart Virginia Sample Lesson Plan

Becoming A Problem Solver

Problem: Tell who, what, how and why it happened

What was the result?

How should I have solved the problem? List 2 better methods.

1.

2.

How could I have prevented the problem?

What will I do from now on?

My Signature _____

Behavior Think Sheet

What did you do?

Why was that a bad thing to do?

Who did you hurt?

What were you trying to accomplish?

Next time you have that goal, how will you meet it without hurting anybody?

Think Sheet

Name:

I was not: Following Rules Being Respectful Being Safe Listening
(Circle all that apply) Following Directions Being Cooperative Being Responsible Other:

And
describe what happened

.....
.....
.....

I should have

.....

Then.....

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.....
.....

So from now on I

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.....
.....

My Signature _____