

Grade: 1

4- Personal and Social Management - Knowledge

Strand A: Personal Development

1. Self-Awareness / Self-Esteem
2. Goal-Setting a) Process Recognize that it takes time, effort, and cooperation to achieve simple individual tasks/goals and group task/goals b) Personal planning and responsibility Discuss behaviours that demonstrate personal responsibility and irresponsibility in a classroom
3. Decision Making/Problem-Solving Process Identify initial steps for making simple personal and/or guided decisions regarding home and classroom situations

4- Personal and Social Management - Knowledge

Strand B: Social Development

1. Social Responsibility a) Responsible social behaviours Identify examples of responsible social behaviours for getting along with others in school and school yard b) Appreciation of diversity
2. Relationships a) Communication skills and styles Identify different ways of expressing feelings and emotions that contribute to getting along with others b) Developing relationships Identify ways to get along with others for developing healthy relationships
3. Conflict Resolution Process a) Anger management Identify what can happen when someone becomes angry and healthy ways to deal with anger b) Process Identify several causes of conflicts that may occur in class or play situations c) Solutions Identify ways to avoid or reduce potential conflict situations.
4. Avoidance and Refusal Strategies Identify ways to exercise caution, avoidance, and/or refusal in potentially dangerous situations

4- Personal and Social Management - Skills

Strand A: Acquisition of Personal and Social Management Skills Related to Physical Activity and Healthy Lifestyle Practices

1. Goal Setting/Planning Set simple short term goals and participate in strategies for goal attainment
2. Decision Making/Problem Solving Demonstrate ways to expand knowledge and explore different options for making informed and health-enhancing decisions
3. Interpersonal Skills Demonstrate behaviours that show social responsibility in daily routines
4. Conflict Resolution Skills Demonstrate ways to resolve conflict in a peaceful manner with limited teacher input
5. Stress Management Skills

5- Healthy Lifestyles Practices - Knowledge

Strand D: Substance Use and Abuse Prevention

1. Helpful and Harmful Substances Identify safe and unsafe substances found in the home, school, and community that can help or harm the body
2. Effects of Substance Use (Science Connections)
3. Factors Affecting Substance Use
4. Substance Use and Abuse Demonstrate ways of exercising caution, avoidance, and/or refusal in case scenarios involving unknown substances

COMMUNITY PARTNERS – Recommended Presentations

--

Link to MAAW Activities

http://www.afm.mb.ca/maaw/Resource_Kit/documents/Kit2006Section2.3matrixcurriculumfinal.pdf

Link to the AFM BASICS Drug Information Sheets

http://www.afm.mb.ca/AFM%20Library/alcohol_drugs.htm#basics