

Grade: 2

4- Personal and Social Management - Knowledge

Strand A: Personal Development

1. Self-Awareness / Self-Esteem
2. Goal-Setting a) Process Identify examples of simple, realistic goals for healthy living that are short term and long term b) Personal planning and responsibility List ways to show personal responsibility at home and school
3. Decision Making/Problem-Solving Process Discuss the concept of consequences of behaviours as part of the decision making/problem solving process for health and well-being

4- Personal and Social Management - Knowledge

Strand B: Social Development

1. Social Responsibility a) Responsible social behaviours Identify responsible and respectful behaviours for developing positive relationships b) Appreciation of diversity Talk about similarities and differences of responses of self and responses of others related to situations involving sports/physical activities and/or social events
2. Relationships a) Communication skills and styles Identify positive communication skills for listening with attention in small-group settings b) Developing relationships Identify situations in which friends may be helpful and ways to show appreciation
3. Conflict Resolution Process a) Anger management b) Process c) Solutions
4. Avoidance and Refusal Strategies

4- Personal and Social Management - Knowledge

Strand C: Mental-Emotional Development

1. Feelings and Emotions a) Self-expression Identify appropriate ways for sharing and expressing feelings and emotions related to different situations b) Loss and grief Discuss ways to communicate with someone who is feeling different emotions
2. Elements of Stress Identify and sort causes of anxiety or stress for self and others as they relate to school, home, and community
3. Effects of Stress Identify feelings and emotions associated with anxiety
4. Stress Management Strategies Discuss ways and activities to reduce personal stress

4- Personal and Social Management - Skills

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

1. Goal Setting / Planning
2. Decision Making / Problem Solving List possible options and consequences for specific behaviours and/or health habits for the promotion of physically active and healthy lifestyles
3. Interpersonal Skills Demonstrate appropriate behaviours for getting along with others in partner activities
4. Conflict Resolution Skills
5. Stress Management Skills Explore ways to relax the mind and body

5- Healthy Lifestyles Practices - Knowledge

Strand D: Substance Use and Abuse Prevention

1. Helpful and Harmful Substances
2. Effects of Substance Use (Science Connections)
3. Factors Affecting Substance Use
4. Substance Use and Abuse

COMMUNITY PARTNERS – Recommended Presentations

Link to MAAW Activities

[http://www.afm.mb.ca/maaw/Resource Kit/documents/Kit2006Section2.3matrixcurriculumfinal.pdf](http://www.afm.mb.ca/maaw/Resource%20Kit/documents/Kit2006Section2.3matrixcurriculumfinal.pdf)

Link to the AFM BASICS Drug Information Sheets

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