

Grade: 3

4- Personal and Social Management - Knowledge

Strand A: Personal Development

1. Self-Awareness / Self-Esteem
2. Goal-Setting a) Process Differentiate between long-term goals and short-term goals b) Personal planning and responsibility Discuss how attributes and desires affect personal progress and achievement
3. Decision Making/Problem-Solving Process Explore the steps in the decision-making /problem-solving process

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Strand B: Social Development

1. Social Responsibility a) Responsible social behaviours Describe the behaviours that show respect for the abilities and feelings of others b) Appreciation of diversity Talk about personal participation and responsibility in cooperative play and teamwork for appreciation for diversity
2. Relationships a) Communication skills and styles Identify appropriate and inappropriate ways of communicating emotions b) Developing relationships Recognize the importance of friends and groups that are safe and dependable
3. Conflict Resolution Process a) Anger management Recognize anger triggers for self and others and strategies to reduce, control, or avoid anger in emotional situations b) Process Show an understanding of the steps in a conflict resolution process c) Solutions Identify mediation skills that can be used as part of the conflict resolution process
4. Avoidance and Refusal Strategies Recognize verbal and non-verbal behaviours associated with assertiveness

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 Use the steps in the decision making/problem solving process, with emphasis on seeking relevant knowledge related to simple and everyday living topics or issues
2. Decision Making/Problem Solving Demonstrate behaviours that show respect for the abilities and feelings of others in small group class activities
3. Interpersonal Skills Demonstrate the use of mediation strategies as a part of a conflict resolution process in different case scenarios
4. Conflict Resolution Skills
5. Stress Management Skills

5- Healthy Lifestyle Practices – Knowledge

Strand D: Substance Use and Abuse Prevention

1. Helpful and Harmful Substances Identify and describe the potential dangers associated with substance use in the community
2. Effects of Substance Use (Science Connections) Identify helpful and/or harmful substances and their effects on a healthy body
3. Factors Affecting Substance Use Recognize the factors that can influence making decisions regarding substance use
4. Substance Use and Abuse Use avoidance and assertiveness skills in scenarios related to potentially dangerous situations

COMMUNITY PARTNERS – Recommended Presentations

Cancer Care – Daisy Dowhy – Smoking – 857-6100
Manitoba Lung Association – 204 -774-5501 http://www.mb.lung.ca/

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