

Grade: 4

4- Personal and Social Management - Knowledge

Strand A: Personal Development

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| 1. Self-Awareness / Self-Esteem Demonstrate an awareness of factors that influence self-esteem and self-confidence |
| 2. Goal-Setting a) Process Identify a goal-setting process for establishing personal goals b) Personal planning and responsibility Describe the factors that affect personal motivation and achievement of goals |
| 3. Decision Making/Problem-Solving Process Identify the steps of the decision making/problem solving process with an emphasis on the final steps |

4- Personal and Social Management - Knowledge

Strand B: Social Development

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| 1. Social Responsibility a) Responsible social behaviours Identify appropriate social behaviours toward others in small-group situations b) Appreciation of diversity |
| 2. Relationships a) Communication skills and styles Identify positive communication skills and behaviours for getting along with others in competitive situations b) Developing relationships Identify ways to get along with others in cooperative/collaborative situations |
| 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

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| 1. Feelings and Emotions a) Self-expression Identify characteristics of and/or behaviours associated with different emotions in self and/or others b) Loss and Grief Identify different strategies for coping with loss and grief |
| 2. Elements of Stress Recognize that people have different reactions to stressors |
| 3. Effects of Stress Identify the physical responses the body may experience as a result of stress |
| 4. Stress Management Skills Identify the stress management skills that may be useful in coping with stress |

4 – Personal and Social Management - Skills

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

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| 1. Goal Setting/Planning Set goals to enhance health and physical well-being |
| 2. Decision Making/Problem Solving Design, implement, evaluate, and revise an action plan for making a group decision |
| 3. Interpersonal Skills Demonstrate inter-personal skills for getting along with others in class activities |
| 4. Conflict Resolution Skills |
| 5. Stress Management Skills Demonstrate use of stress management strategies by oneself and/or with others in a variety of contexts |

5 – Healthy Lifestyle Practices - Knowledge

Strand D: Substance Use and Abuse Prevention

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| 1. Helpful and Harmful Substances Demonstrate an awareness of factors that influence self-esteem and self-confidence |
| 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

Link to the AFM BASICS Drug Information Sheets

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