

Grade: Kindergarten

4- Personal and Social Management - Knowledge

Strand A: Personal Development

1. Self-Awareness / Self-Esteem
2. Goal-Setting a) Process b) Personal planning and responsibility
3. Decision Making/Problem-Solving Process Identify daily decisions and/or choices and how choices are made for health and well-being

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 ways to show a person is listening attentively when communicating b) Developing relationships Identify activities that friends do together
3. Conflict Resolution Process a) Anger management b) Process c) Solutions
4. Avoidance and Refusal Strategies Recognize appropriate response in potentially dangerous situations

4- Personal and Social Management - Knowledge

Strand C: Mental-Emotional Development

1. Feelings and Emotions a) Self expression Identify a range of feelings and emotions in a range of contexts b) Loss and Grief Recognize ways emotions are expressed by others
2. Elements of Stress Identify situations that cause feelings of anxiety or stress
3. Effects of Stress
4. Stress Management Strategies Identify the people who can provide support in stressful situations

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 Sort decisions and/or choices that are made daily, based on their positive or negative consequences
3. Interpersonal Skills Demonstrate behaviours that show social responsibility in class activities
4. Conflict Resolution Skills
5. Stress Management Skills Experience activities for relaxation

5- Healthy Lifestyles Practices - Knowledge

Strand D: Substance Use and Abuse Prevention

1. Helpful and Harmful Substances Identify helpful and harmful substances found in the home and school
2. Effects of Substance Use (Science Connections)
3. Factors Affecting Substance Use
4. Substance Use and Abuse Demonstrate appropriate healthy choices in case scenarios related to substance use

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