

Welcome to the Third Grade Guidance Curriculum I use at Dakota Valley Elementary School. Throughout the school year, I teach the third graders lessons on a variety of topics such as; smoking and tobacco awareness and prevention, career exploration and awareness, conflict resolution, bullying prevention, and study skills. Below you will find an overview of the different curriculums and lessons used during the year.

**First Quarter:** Life Skills

**Second Quarter:** Real Game

**Third Quarter:** A Peace-able Place – Mendez Foundation

**Fourth Quarter:** Bullying and Study Skills

**First Quarter:** The Life Skills Training program is a tobacco and smoking prevention program. It was carefully designed to target the primary causes of tobacco use after an extensive review of existing research. It is also comprehensive, focusing on all aspects of the problem of substance abuse. Life Skills addresses important factors leading to substance abuse. In addition, Life Skills uses a variety of activities and methods to teach tobacco and smoking prevention skills. The topics addressed in the Life Skills curriculum include:

- Self-Esteem
- Decision Making
- Smoking Information
- Advertising
- Dealing with Stress
- Communication Skills
- Social Skills
- Assertiveness

**Second Quarter:** The Play Real Game is one of a series that is meant to be fun and to bring to learning specific aspects of real life that students will increasingly face as they grow towards adulthood. The Play Real Game is a simulated society, students learn by experience. Much of the learning is cooperative, and all learning styles are accommodated. The central element of The Play Real Game is the assumption of life/work roles by students who work together in neighborhood groups which, in turn, interact and come together to form the students' town. The Play Real Game is broken up into sessions such as;

1. Playing a Role – students select a role or character for the game
2. Playing Real – students make real choices that would make as adults
3. Real Skills
4. Real Town Services and Businesses
5. Real Hiring
6. Putting A Town Together

**Third Quarter:** A Peace-able Place is a Non-violent Living curriculum created by the Mendez foundation. The C.E. Mendez Foundation's kindergarten-12<sup>th</sup> grade violence

prevention curriculum consists of four interconnected strands. Topics are handled in a positive, age-appropriate manner, using cooperative learning, role-playing, and other experiential teaching techniques. The following lessons are part of the Peace-able Place curriculum for third grade.

1. Peace-able People – Respect for Self and Others
2. All About Feelings – Anger Management/Effective Communication
3. Why Use I-Messages – Effective Communication
4. Listening for Clues – Effective Communication
5. Self-Control, Not Remote Control – Anger Management
6. More Than One Point of View – Conflict Resolution
7. Brainstorming New Ideas – Conflict Resolution

**Fourth Quarter:** I teach some lessons on bullying for part of the quarter, and study skills and test taking skills for part of the quarter. During the bullying unit, I will be using a new resource provided by Stop Bullying Now! Throughout the bullying unit, students will learn about what bullying is, how to identify bullies, targets, and witnesses, strategies to deal with bullying, and common bullying behavior. Some activities that will be used to teach these topics are listed below:

1. View short video clips created to depict a wide variety of characters, at a school, which are involved in common forms of bullying.
2. Class Discussions about video clips
3. Students create posters illustrating the theme of “Stop Bullying Now”
4. Students use interactive webpage, [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

Study skills is the second unit focused on during the fourth quarter. Third graders identify and learn skills that will help to be a successful, life-long learner. The lessons focus on goal setting, homework schedules, organization, listening, test taking skills, and test anxiety. Below is a list of lessons for this unit.

1. The Best Student I Can Be.
2. How To Do Homework Without Throwing Up
3. Goals To Become A Better Student
4. Test Taking Tips and Dealing With Test Anxiety