



PROGRAM:
**Stepping Toward
Peace**

GRADE LEVEL:
3-4

LENGTH:
50 Minutes

STEPPING TOWARD PEACE

Teaching students how to practice positive communication to resolve conflict in a peaceful way.

PROGRAM OVERVIEW

In Stepping Toward Peace, students learn how to resolve conflict in a peaceful manner through various group activities. Students also learn how to express emotions in a healthy way.

- Students discuss causes of conflict and stress and practice steps on how to resolve them
- Students learn the definitions of, and differences between, peace and conflict
- Students learn how to deal with stress and express their feelings in a healthy and constructive way

TEACHING OBJECTIVES

The health educator will focus on the following objectives:

- Define and differentiate between peace and conflict
- Describe ways in which conflict affects overall health
- Discuss causes of conflict and stress
- Identify healthy and unhealthy ways to respond to conflict
- Identify healthy ways to express emotions/deal with stress
- Guide students through conflict resolution scenarios

LEARNING OUTCOMES

After participating in Stepping Toward Peace, students will be able to:

- Explain how conflict negatively affects health
- List positive results of choosing peace over conflict
- List healthy and unhealthy ways to respond to conflict
- Practice conflict resolution strategies through role play
- Practice using positive communication skills

ACADEMIC STANDARDS:

This program is taught by a qualified health educator and complements the following standards:

Indiana Academic Standards for Health & Wellness 2018: 5.1.1, 5.1.2, 5.1.3, 5.1.4, 5.4.1, 5.4.3, 5.4.4, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 5.5.5, 5.6.2, 5.6.6, 5.7.1, 5.7.2



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EDUCATION**SM

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To bring Stepping Toward Peace to your school or classroom, contact us today at 317-924-0904, or email rlhec@marian.edu.

in partnership with Peyton Manning Children's Hospital