

**FAIRFAX COUNTY PUBLIC SCHOOLS
FAMILY LIFE EDUCATION**

GRADE TWO PROGRAM DESCRIPTION

All second grade Family Life Education (FLE) lessons are incorporated in the health education program *Ready, Set, Go for Good Health* and include instruction in Mental Health Education.

Grade Two Instructional Objectives—Mental Health Education

- 2.1 The student will recognize there are patterns that occur again and again.**
Descriptive Statement: Examples use nature to discuss the beauty of living things and to show that all living things die to make room for new living things.
- 2.2 The student will learn to cope with inevitable everyday losses and disappointments.**
Descriptive Statement: Topics will include misplacing possessions or toys, forgetting lunch money, missing the school bus, or not having an assignment for class.
- 2.3 The student will identify methods of stress reduction.**
Descriptive Statement: This includes recognizing the benefits of exercising, resting, talking, and sharing with others to relieve stress.
- 2.4 The student will identify ways of relaxation through appropriate communication.**
Descriptive Statement: This includes recognizing positive and negative ways to communicate feelings and how these responses can affect stress and anger.
- 2.5 The student will focus on achieving a single goal.**
Descriptive Statement: This includes recognizing that sometimes the best way to handle goals or tasks is one at a time.
- 2.6 The student will identify appropriate and inappropriate touches, make a distinction between them, and identify someone to whom to report inappropriate touches.**
Descriptive Statement: This requires contrasting wanted, good, or appropriate touch with bad, unwanted, or inappropriate touch; learning that children have the right to say “no” and to get away and to tell someone when touches make them feel hurt, sad, or uncomfortable; and identifying people to whom they can turn with a touching problem, such as a parent, teacher, minister, grandparent, or guardian. Children should grow in understanding that appropriate expressions of affection are healthy for the individual and for the family.
- 2.7 The student will learn that child abuse is never the victim’s fault.**
Descriptive Statement: This includes helping children understand that their actions are not to blame for inappropriate behavior from adults.

Grade Two Videotapes—Mental Health Education

The Fall of Freddie the Leaf. Aims Multimedia, 1979. (17 minutes)

Freddie the leaf, a small sprout on top of a tall tree, enjoys dancing in the spring breezes and being cooled by summer rains. But when the first frost arrives, the leaves shiver with the cold, and Freddie is frightened. His wise friend Daniel helps him prepare for change and the mystery of death. This video provides sensitive, general support in the area of grief education.

Use Your Words. Sunburst Communications, 1996. (13 minutes)

This videotape addresses a common problem among young children—an inability to talk about feelings—which sometimes leads to negative behavior. The program helps children understand the importance of putting negative feelings into words and talking about problems and issues. The importance of learning to communicate clearly is the focus of the video.

Grade Two Print Materials—Mental Health Education

The Fall of Freddie Leaf, Buscaglia, Leo, 1979. (may be used in place of videotape)

Freddie the Leaf learns about the seasons of life and that living things are created, live, and die as a pattern of nature.