

**FAIRFAX COUNTY PUBLIC SCHOOLS
FAMILY LIFE EDUCATION**

GRADE THREE PROGRAM DESCRIPTION

Third grade Family Life Education (FLE) lessons are included in the health education curriculum *Healthy Choices*. Lessons address Emotional and Social Health.

Grade Three Instructional Objectives—Emotional and Social Health

- 3.1 Students will identify positive personal characteristics and attributes.**
Descriptive Statement: Instruction will include identifying positive personal characteristics and attributes such as being good at academics, sports, fine arts; or being funny or honest, to continue developing a positive self-image.
- 3.2 Students will describe qualities that help gain and sustain friendships.**
Descriptive Statement: Instruction may include qualities such as honesty, trust, responsibility, listening, sharing, and being aware of the attitudes and feelings of others. Discussion will include behaviors that cause children to lose friends; such as using inappropriate language and behavior, excluding a friend from activities, and breaking promises.
- 3.3 Students will demonstrate skills needed to work and play successfully in a classroom and school community.**
Descriptive Statement: Instruction may include discussion of reciprocal helping behavior; being aware of others' feelings; sharing; using appropriate language and behavior; and being aware of the attitudes, feelings, and opinions of others. Behavior in groups is discussed with emphasis on the responsibilities of being a group member.
- 3.4 Students will identify emotions which result from changes in family life and changing relationships with friends.**
Descriptive Statement: Instruction may include identifying emotions that result from changes such as birth or adoption of a sibling, divorce of parents, making new friends, going to a new school, acceptance by peers, and loss of loved one.
- 3.5 Students will identify ways that feelings are expressed and identify effective strategies for managing emotions.**
Descriptive Statement: Instruction may include appropriate self-expression of happiness, fear, sadness, excitement, anger, and loneliness and recognize that emotions are universal and can be expressed positively or negatively. Effective strategies may include physical activity, talking about feelings, reading, creative expressions such as writing, art, music, and dance.

3.6 Students will demonstrate how to respond appropriately to good touches and how to handle inappropriate approaches from relatives, neighbors, strangers, or others.

Descriptive Statement: Instruction may include how to communicate a response to good touches, such as smiling or hugging, and how to communicate a response to confusing situations or inappropriate touches, such as saying “no,” avoiding the situation, and leaving the situation. Students will identify trusted adults and will be encouraged to talk with a trusted adult about any inappropriate touches or confusing situations.

Grade Three Media—Emotional and Social Health Education

No media is used in this unit.

Grade Three Print Material—Emotional and Social Health Education

Enemy Pie (book) Author: Munson, Derek (2000). Chronicle Books: San Francisco, CA
Hoping that the “enemy” pie which his father makes will help him get rid of his enemy, a little boy finds that instead, the pie helps him make a new friend.