

Violence Prevention Through Movement Curriculum

I. Spatial Awareness and Self Control - Including the 4 B's of Self-Settling

A. SPACE

1. Increase ability to maintain one's own space without intruding on others
 - Includes in-school behavior - lining up, walking in the hallways, sitting together
 - Includes recess and free play situations
 - Includes knowledge of different types of movement needed in small contained spaces versus larger areas
2. Learn appropriate social spacing for different situations
 - With strangers
 - With authority figures such as teachers, principals, etc.
 - With friends and family
3. Learn that no one's space should be intruded upon without permission
4. Increase awareness of and respect for other people's spatial needs

B. SELF-SETTLING OR ENERGY MODULATION

1. Increase ability to modulate energy level
 - Develop awareness of body sensations related to calm alert energy, high-energy in-control and high-energy out-of-control
 - Increase ability to maintain calm alert energy
 - Increase ability to calm down when agitated or over-excited
2. Learn specific techniques for self-settling, practice using them when cued by an adult and then at one's own initiation
 - Abdominal Breathing
 - The "4 B's of Self-Settling"
 - Other relaxation techniques; such imagery or self-talk
3. Learn techniques for speeding one's self up when sluggish
4. Increase impulse-control

II. Awareness of and Response to Dangerous or Tense Situations Including the ABC's of Safe Ignoring

A. EARLY WARNING SIGNS

1. Develop the ability scan the environment
 - Increase awareness of others in order to check for safety
2. Develop awareness of one's own Early Warning Signs that alert one to danger
3. Increase ability to evaluate situations after alerted to determine if action is needed
4. Learn to refocus on the task at hand when things are safe
5. Learn to ignore distractions and provocations that do not interfere with one's safety.
6. Develop specific ignoring strategies using the "ABC's of safe ignoring".
7. Connect the ability to ignore with the ability to resist temptation
8. Increase attention span; Learn the "4 C's of controlled Concentration"

B. LEARN PRO-ACTIVE STRATEGIES FOR HANDLING CONFLICT, TEASING AND AGGRESSION

1. Learn appropriate assertion, include ability to show strength in body, voice and face
2. Learn ways to redirect aggression & handle teasing through other pro-active strategies

III. Managing Anger and Building Empathy - Including Positive Problem Solving Techniques and How to Cool Down Burning Hot Anger

A. BUILDING EMPATHY

1. Expressing and Interpreting feelings accurately
2. Moving with others to gain acceptance and connection - Sharing leadership
Matching intensity and rhythms - Exploring other people's style of movement
3. How you show you care

B. POSITIVE PROBLEM SOLVING

1. Practice handling minor conflicts utilizing strategies from self-control unit
2. Learn and practice how to join a group, how to compromise, how to have some frustration & still cope, etc. (basic social skills plus self-calming & self-talk strategies)

C. MANAGING ANGER

1. Learning anger triggers and Learn body cues related to anger building
2. Develop list of anger release activities for different situations
3. Learn the 5th B
4. Learn other techniques to help settled anger before burning hot
5. Practice showing frustration and anger in safe ways

IV. Other Issues

A. RESISTING PEER PRESSURE: RESISTING TEMPTATION TO USE WEAPONS

1. Develop safety plan regarding guns & weapons –relate this topic to resisting temptation.
2. Increase prolonged ignoring or delayed gratification - what it feels like – how one does it
3. Explore relationship of resisting peer pressure to alienation- develop coping strategies

B. DECREASING ALIENATION

1. Increase awareness of isolation – what it feels like – empathy for those who are isolated
2. Explore what it feels like being outside a group & Learn the four steps to joining a group
3. Develop a list of positive options that can be done alone
4. Increase acceptance of others

C. DECREASING PREJUDICE

1. Explore things that make us different and things that make us the same: Increase awareness of different cultures and strengths among different groups.
2. How do you approach someone different, set boundaries, make friends, be safe?
3. Connect prejudice to isolation, anger - explore solutions – connections vs. disconnections

D. DEAL WITH OTHER ISSUES THAT COME UP SUCH AS SCHOOL BUS PROBLEMS