

GRADES 4 - 5

The Explorers



Making Discoveries
About Yourself



A
VIOLENCE
PREVENTION
LEARNING
AND
ACTIVITY
BOOK



EXPLORING THE SHORE

If you have ever visited an ocean shore, you might see a lot of seashells. It's fun to pick up all the different kinds of shells. Each one is different from another. Every shell is unique and special.

People are like that too. Each person is a unique individual. What makes you unique? Write one thing on each shell that makes you a unique and special person.

I am **unique** because:



SAILING THE SEAS

Christopher Columbus is probably one of the best known explorers. He set out from Spain with his 3 ships – the *Pinta*, the *Niña* and the *Santa Maria* – to find a new route to the East Indies. Instead he came to the shores of an unknown land in North America.

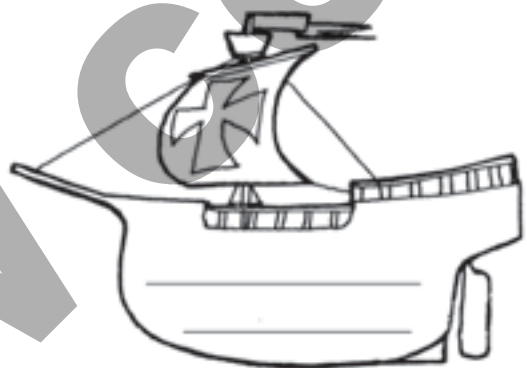
Sometimes exploring may take us to unknown areas. What do you know about yourself? Are there unknown areas to explore?

Use the lines in the ships below to complete each statement.

I like to...



I am happy when...



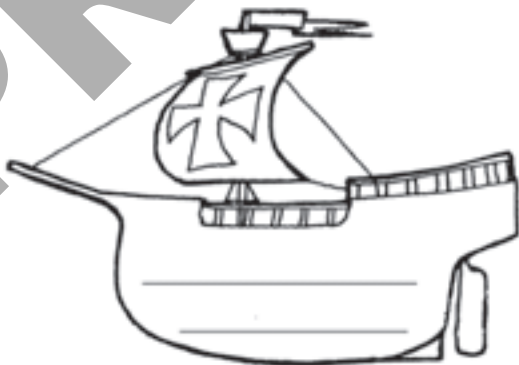
Things I like about me...



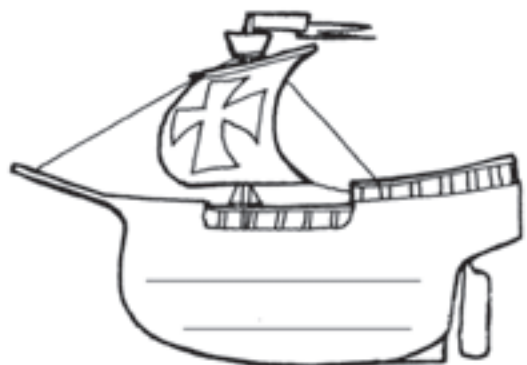
I am sad when...



I wish I could...



Something that makes me angry is...



EXPLORING YOUR FEELINGS

Learning about yourself and the way you react to situations is important exploring.

Choose a feeling to describe how you would feel in each situation below. Place the number of that "feeling" on the line next to situation:

(1) anger (2) embarrassed (3) frustrated (4) nervous (5) impatient (6) overwhelmed

- _____ Someone calls you names.
- _____ You have to speak in front of your class.
- _____ Your little sister or brother goes into your room and gets into your things.
- _____ Your parent won't let you go to the school dance.
- _____ You have too much homework.
- _____ You get blamed for something that you didn't do.
- _____ Someone pushes you when you are waiting in the lunch line.
- _____ Your sister or brother punches you in the stomach.

Choose one of the feelings listed above. Write what you can do when you feel that way.



VOLCANIC ERUPTIONS

On the Big Island of Hawaii, a volcano erupted and the hot lava flowed into the towns where people lived. The lava even flowed over the roads and damaged homes and land. In Hawaii you can explore the black lava rocks and walk on the lava beds.

Sometimes we feel like an erupting volcano. We feel so angry that we could burst. We spew (spit out) angry words or actions like hot lava. Our "hot" words and actions are damaging to others.

Write about a time you felt like a volcano inside and wanted to explode.



What made you so angry?

What did you do?

I could stop the lava flow of harmful words or actions by...

DISCOVERING SOLUTIONS

In 1969, Neil Armstrong was the first man to walk on the moon. He was very courageous to become an astronaut, go up in space and walk on the moon. He said "That's one small step for a man, one giant leap for mankind."

Solving problems and conflicts takes courage too. We can take steps to solve problems. All steps together make one giant step or leap to resolve problems or conflicts.



Step #1

Name the problem or conflict.

Step #2

What could you do?

- (a) I could _____
- (b) I could _____
- (c) I could _____

Step #3

List the consequences for each action in step #2.

- (a) _____
- (b) _____
- (c) _____

Step #4

Choose what you would do.

CHOOSING A ROUTE

Before setting out, explorers must choose their route and decide which way to go.

Think about the things you would like to do (your goals). What route would you take to meet your goal.

Fill in the statements below and write down one "route" or way to reach your goal.

My goals:

The route that will meet my goal is:

1. I would like to try to...

1. _____

2. I want to...

2. _____

3. Someday I can...

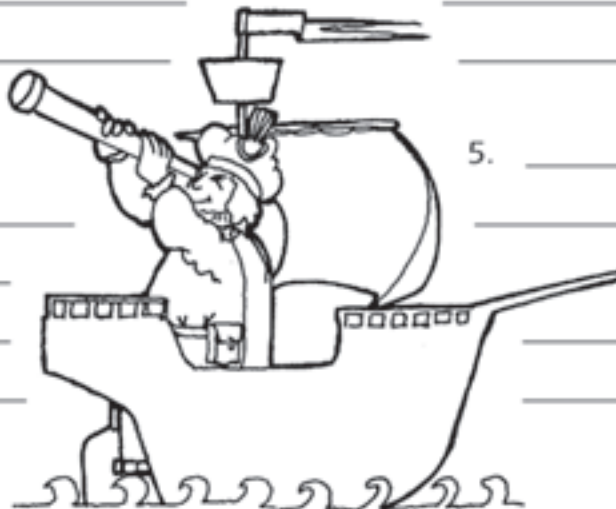
3. _____

4. Someday I hope to...

4. _____

5. I wish I could...

5. _____



UNDER THE SEA

Jacques Cousteau is an ocean explorer. He has explored the bottom of the sea. There are many creatures found in the sea. Some are harmful if you come in contact with them, others are not.

Some of our actions and behaviors are harmful (negative) and some are not (positive). Cross out the actions that are harmful. Circle the positive actions that are left.

Shark

Overeating



Dolphin

Tell a friend or parent about a problem and how you are feeling.



Octopus

When I am angry I lash out at everyone.



Stingray

Say hurtful stinging words when I am mad.



Tang

Breathe deeply, take 3 long breaths – in and out.



Jellyfish

Push someone when I'm mad.

Angelfish

Find a fun activity to make me feel better.



Flounder

Listen to music when I am angry.



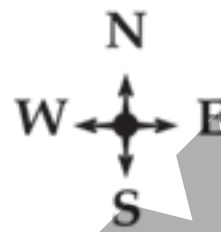
Red Snapper

When angry count to 10.



CHART YOUR COURSE

Draw a cartoon story explaining how you moved from a very stressful situation to a very comfortable one.



1. My stressful situation was...

A large, empty rectangular box with a black border, intended for drawing a cartoon of a stressful situation.

2. I wanted to...

A large, empty rectangular box with a black border, intended for drawing a cartoon of what the person wanted to do.

3. I decided to...

A large, empty rectangular box with a black border, intended for drawing a cartoon of the decision made.

4. What happened next?

A large, empty rectangular box with a black border, intended for drawing a cartoon of what happened next.

5. What else could you have done?

A large, empty rectangular box with a black border, intended for drawing a cartoon of alternative actions.

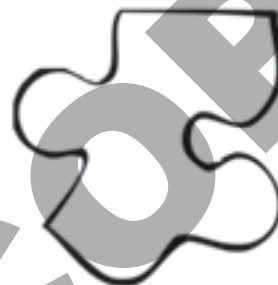
MAPPING YOUR WAY

A map is an explorer's tool. A map helps explorers find their way. A word puzzle is like a map. The letters help you find your way to solve the puzzle. Complete the sentences below. (Hint: Each answer is found on the page following the sentence.) Next, circle the words in the puzzle. Look for them up, down, across and backwards.



1. Each person is a _____ individual. (page 2)
2. A map is an explorers _____. (page 10)
3. Learning about yourself and the way you react to situations is important _____ (page 4)
4. Our "hot" words and actions are _____ to others. (page 5)
5. Sometimes exploring may take us to _____ areas. (page 3)
6. Before setting out, explorers must choose their _____ and decide which way to go. (page 7)
7. Some of our actions and _____ are harmful (negative) and some are helpful (positive). (page 8)
8. Solving problems and _____ takes courage too. (page 6)
9. A _____ helps explorers find their way. (page 10)
10. We can take steps to solve _____. (page 6)

PUZZLING DISCOVERIES



Wordles are a fun way of expressing a thought. See if you can "discover" the saying in the wordles to complete the sentences. Try to make up some "wordles" of your own.

1. When you and a friend are sitting next to each other you are _____.

SIDE | SIDE

2. When you tell a friend your problem you ask to keep it _____.

YOU | JUST | ME

3. Problems and conflicts can lead to _____.

F		F
R		R
I	STANDING	I
E	MISS	E
N		N
D		D
S		S

4. When you feel down it helps to hear someone say _____.

STAND
I

5. When you are worried and don't get sleep you look tired and have _____.

I I
O O

