K-10 Health Instruction Resource Links

These resource lists are intended to jumpstart the research and development of K-10 Health Instruction across the 8 areas addressed by the Virginia Standards of Learning.

- Body Systems
- Community/Environmental Health
- Nutrition
- Physical Health/Disease Prevention/Health Promotion
- Substance Abuse Prevention
- Safety/Injury Prevention
- Mental Wellness/Social Emotional Skills
- Violence Prevention

These resources have been compiled over several years with funding and support from the Virginia Departments of Education, Health and Behavioral Health and Developmental Services and Prince William County Schools. This most recent Spring 2023 Update was funded by the Office of Behavioral Health Wellness, Virginia Department of Behavioral Health and Developmental Services.
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Grade K Resource Links

These resource lists are intended to jumpstart the research and development of K-10 Health Instruction.
This 2023 Update was funded by the Office of Behavioral Health Wellness, Virginia Department of Behavioral Health and Developmental Services

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Body Systems
Community/Environmental Health
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Physical Health/Disease Prevention/Health Promotion
Substance Abuse Prevention
Safety/Injury Prevention
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Violence Prevention
Body Systems

- Health Smart Virginia Kindergarten Page [https://healthsmartva.org/kindergarten](https://healthsmartva.org/kindergarten)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- The Human Brain [https://www.youtube.com/watch?v=1aCYsYSM1MA](https://www.youtube.com/watch?v=1aCYsYSM1MA)
- BAM! Body and Mind_Unit 4: Health Conditions and Disease [https://www.cdc.gov/healthyschools/bam/diseases.htm](https://www.cdc.gov/healthyschools/bam/diseases.htm)
- BrainPop Jr. – Bones [https://jr.brainpop.com/health/bodies/bones/](https://jr.brainpop.com/health/bodies/bones/)
- BrainPop Jr. – Lungs [https://jr.brainpop.com/health/bodies/lungs/](https://jr.brainpop.com/health/bodies/lungs/)
- BrainPop Jr. – Senses [https://jr.brainpop.com/health/bodies/senses/](https://jr.brainpop.com/health/bodies/senses/)
- BrainPop Jr. – Muscles [https://jr.brainpop.com/health/bodies/muscles/](https://jr.brainpop.com/health/bodies/muscles/)
- BrainPop Jr. – Heart [https://jr.brainpop.com/health/bodies/heart/](https://jr.brainpop.com/health/bodies/heart/)
- BrainPop Jr. – Exercise [https://jr.brainpop.com/health/bodies/exercise/](https://jr.brainpop.com/health/bodies/exercise/)
- BrainPop Jr. – Digestive System [https://jr.brainpop.com/health/bodies/digestivesystem/](https://jr.brainpop.com/health/bodies/digestivesystem/)
- Human Body - Science for Kids - YouTube
- Human Body Systems for Kids Video Lesson and Activity Plan
- Magic School Bus Explores the Human Body Part 1 (Kids Global) [https://www.youtube.com/watch?v=HcgNh4hVi4k](https://www.youtube.com/watch?v=HcgNh4hVi4k)
- Magic School Bus Explores the Human Body Part 2 (Kids Global) [https://www.youtube.com/watch?v=aDQIFbMbChw](https://www.youtube.com/watch?v=aDQIFbMbChw)
- Magic School Bus Explores the Human Body Part 3 (Kids Global) [https://www.youtube.com/watch?v=KTSLeXjvorM](https://www.youtube.com/watch?v=KTSLeXjvorM)
- Magic School Bus Explores the Human Body Part 4 (Kids Global) [https://www.youtube.com/watch?v=vodfA3MDkTM](https://www.youtube.com/watch?v=vodfA3MDkTM)
• Magic School Bus Explores the Human Body Part 5
  https://www.youtube.com/watch?v=hkZ2X3Fzm6U&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=5
• Magic School Bus Explores the Human Body Part 6
  https://www.youtube.com/watch?v=NW2-gxR2xAqs4&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=6
• Magic School Bus Explores the Human Body Part 7
  https://www.youtube.com/watch?v=JvLctm8y8EU&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=7
• My 5 Senses Learning About My World  
• Making Sense of Our Senses  
• Muscles - Science Trek  
  https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/
• ScienceNet - My Senses  
  http://sciencenetlinks.com/lessons/my-senses-tell-me/
• We Have Bodies/The Healthy Kids Project  
  https://vpm.pbslearningmedia.org/resource/ddb402fe-71b8-444a-85ab-a56e3f962bcc/we-have-bodies/
Community/Environmental Health

- Health Smart Virginia Kindergarten Page https://healthsmartva.org/kindergarten
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 18 Earth Day Activities https://www.kindergartenworks.com/kindergarten-teaching-ideas/holidays/18-earth-day-activities/
- Do Fish Have a Home? https://www.sciencejournalforkids.org/articles/do-fish-have-a-home/
- Purdue University - Our Changing Environment Lesson https://www.doe.in.gov/sites/default/files/elme/kindergarten-lessons-our-changing-environment.pdf
- World Wildlife Educational Resources
**Nutrition**

- **Health Smart Virginia Kindergarten Page** [https://healthsmartva.org/kindergarten](https://healthsmartva.org/kindergarten)
- **Health Smart VA Home Page Resources**
- **Health Smart VA YouTube Channel**
- **American Heart Association (AHA) - Elementary Lesson Plans**
  [http://www.heart.org/HEARTORG/Educator/ForTheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0](http://www.heart.org/HEARTORG/Educator/ForTheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0)
- **Balanced Diet – AumSum** [https://www.youtube.com/watch?v=YimuIdEZSNY](https://www.youtube.com/watch?v=YimuIdEZSNY)
- **BAM! Body and Mind_Unit 2: Nutrition** [https://www.cdc.gov/healthyschools/bam/nutrition.htm](https://www.cdc.gov/healthyschools/bam/nutrition.htm)
- **Be A Store Explorer, Nutrition** [https://ymiclassroom.com/lesson-plans/be-a-store-explorer/](https://ymiclassroom.com/lesson-plans/be-a-store-explorer/)
- **Foods that Grow** [https://vpm.pbslearningmedia.org/resource/bfe98864-02f2-4885-9553-0dc849536e49/foods-that-grow/](https://vpm.pbslearningmedia.org/resource/bfe98864-02f2-4885-9553-0dc849536e49/foods-that-grow/)
- **Food Plate Game** [https://lesson-plans.theteacherscorner.net/health/food-plate-game.php](https://lesson-plans.theteacherscorner.net/health/food-plate-game.php)
- **Great Body Shop** [https://www.thegreatbodyshop.net/curriculum/k-six/topics](https://www.thegreatbodyshop.net/curriculum/k-six/topics)
- **Health Tips – Mocomi Kids** [https://www.youtube.com/watch?v=fagLa_46HkY](https://www.youtube.com/watch?v=fagLa_46HkY)
- **KidsHealth Teacher’s Guides:**
  - **Breakfast** [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/breakfast.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/breakfast.pdf)
  - **Healthy Snacking** [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf)
  - **School Lunch** [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school_lunch.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school_lunch.pdf)
- **Learning to Give - World Hunger** [http://www.learningtогive.org/units/helping-others-feed-themselves/world-hunger](http://www.learningtогive.org/units/helping-others-feed-themselves/world-hunger)
- **My Plate Kids Place** [https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kid](https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kid)
- **PBS Arthur Nutrition - Eat Well** [http://pbskids.org/arthur/health/nutrition](http://pbskids.org/arthur/health/nutrition)
- **PBS Fizzy’s Lunch Lab site** [http://pbskids.org/lunchlab/](http://pbskids.org/lunchlab/)
- **PE Central Lessons** [http://www.pecentral.org/lessonideas/pelessonplans.html](http://www.pecentral.org/lessonideas/pelessonplans.html)
- **Sugar: Master of Disguise** [https://vpm.pbslearningmedia.org/resource/c67ae734-c4f8-48e8-9dc7-b2a777c94033/sugar-master-of-disguise/](https://vpm.pbslearningmedia.org/resource/c67ae734-c4f8-48e8-9dc7-b2a777c94033/sugar-master-of-disguise/)
- **The Water Song** [https://vpm.pbslearningmedia.org/resource/97e04ea4-af00-4371-8764-f86965c9cfc8/the-water-song/](https://vpm.pbslearningmedia.org/resource/97e04ea4-af00-4371-8764-f86965c9cfc8/the-water-song/)
Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia Kindergarten Page [https://healthsmartva.org/kindergarten](https://healthsmartva.org/kindergarten)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Health Start Build Strong Bones [https://www.youtube.com/watch?v=A125GY5-U68](https://www.youtube.com/watch?v=A125GY5-U68)
- Health Tips – Mocomi Kids [https://www.youtube.com/watch?v=fagLa_46HkY](https://www.youtube.com/watch?v=fagLa_46HkY)
- The Healthy Kids Project - Disease Prevention/Health Promotion [https://vpm.pbslearningmedia.org/collection/the-healthy-kids-project/](https://vpm.pbslearningmedia.org/collection/the-healthy-kids-project/)
- Healthy Choices A to Z [https://vpm.pbslearningmedia.org/resource/7524fcd9-67d2-4ee7-8340-9d974d8f35ef/healthy-choices-a-to-z/](https://vpm.pbslearningmedia.org/resource/7524fcd9-67d2-4ee7-8340-9d974d8f35ef/healthy-choices-a-to-z/)
- Health Feels Great! [https://vpm.pbslearningmedia.org/resource/17e26dc6-ed92-482b-910a-b703c83a2440/health-feels-great/](https://vpm.pbslearningmedia.org/resource/17e26dc6-ed92-482b-910a-b703c83a2440/health-feels-great/)

Physical Activity

- American Heart Association - NFL Play 60 Challenge [http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WHVKCWVNGs0](http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WHVKCWVNGs0)
- BAM! Body and Mind_Unit 2: Physical Education and Activity [https://www.cdc.gov/healthyschools/bam/pe_pa.htm](https://www.cdc.gov/healthyschools/bam/pe_pa.htm)
- East Carolina University - Energizers for Grades K-2 [https://www.ecu.edu/cshhp/exss/upload/Energizers_for_Grades_K_2.pdf](https://www.ecu.edu/cshhp/exss/upload/Energizers_for_Grades_K_2.pdf)
- Fast Breaks [https://kidshealth.org/classroom/posters/bba_fit_classroom_color.pdf](https://kidshealth.org/classroom/posters/bba_fit_classroom_color.pdf)
- Fitness Bingo Lesson Plan [https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140aeb54f9a4/fitness-bingo-lesson-plan/](https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140aeb54f9a4/fitness-bingo-lesson-plan/)
- Fuel Up to Play 60 [https://www.fueluptoplay60.com/tools#tab_why-physical-activity](https://www.fueluptoplay60.com/tools#tab_why-physical-activity)
- KidsHealth Teacher’s Guides:
- PE Central Lessons Site [http://www.pecentral.org/lessonideas/pelessonplans.html](http://www.pecentral.org/lessonideas/pelessonplans.html)
- Power Chargers - Quick Activity Breaks [http://healthpoweredkids.org/power-chargers/](http://healthpoweredkids.org/power-chargers/)
- Safe Routes to School [http://www.walkbiketoschool.org](http://www.walkbiketoschool.org)
- The Couch Potato Blues [https://vpm.pbslearningmedia.org/resource/c5f6efdb-b93f-49a5-9096-25418906b54/the-couch-potato-blues/](https://vpm.pbslearningmedia.org/resource/c5f6efdb-b93f-49a5-9096-25418906b54/the-couch-potato-blues/)
- Wheel of Fitness Lesson Plan [https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness.lesson-plan/](https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness.lesson-plan/)
- Season Fitness Lesson Plan [https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness.lesson-plan/](https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness.lesson-plan/)

Sleep and Hygiene

• CDC Cover Your Cough Poster http://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf
• CDC Hand Washing Experiment https://www.cdc.gov/healthyschools/bam/teachers/epi-handwashing.html
• Delta Dental Smart Smiles K-5 Program https://deltadentalva.com/foundation/smart-smiles.html
• Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
• Germs - video https://www.youtube.com/watch?v=DIYKADcR3Y8
• Getting Ready for Bed https://www.teachervision.com/healthy-lifestyle/printable/33800.html
• Hand Washing - It’s a Snap (Middle School Curriculum) http://itsasnap.org/Get-Started/Students
• Health Start Germs to Yourself https://www.youtube.com/watch?v=Xoh82fefs0M
• Henry the Hand - 4 Principles of Hand Awareness http://www.henrythehand.com
• How to Brush Your Teeth Properly - For Kids - video https://youtu.be/hDZXSMU2lAk
• How to Wash Your Hands - video https://www.youtube.com/watch?v=LQ24EfM7sEw
• KidsHealth Teachers Guides:
  • Sleep https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf
• PE Central - Rush to Brush - Grades K-2 http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7_RU8dNFho
• Sleep Education K-2 http://school.sleepeducation.com/K-2.aspx
• Sleep - BrainPop https://www.brainpop.com/science/ecologyandbehavior/sleep/
• Super Sleep Lesson http://healthpoweredkids.org/lessons/super-sleep/
• Virginia Department of Health Dental Program http://www.vdh.virginia.gov/oral-health/
• When and How to Wash Hands http://www.cdc.gov/handwashing/when-how-handwashing.html
• Why We Need Sleep http://www.instructorweb.com/lesson/sleep.asp
• Wash Your Hands https://vpm.pbslearningmedia.org/resource/wash-your-hands-video/meet-the-helpers/
Substance Abuse Prevention

- Health Smart Virginia Kindergarten Page https://healthsmartva.org/kindergarten
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Keeping Medicine Safe https://youtu.be/UHvPSwIX4aQ
Safety/Injury Prevention

- Health Smart Virginia Kindergarten Page [https://healthsmartva.org/kindergarten](https://healthsmartva.org/kindergarten)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Classroom Health Educator [http://poison.vcu.edu/public/](http://poison.vcu.edu/public/)
- Kids Fire Safety Awareness [https://www.youtube.com/watch?v=Lc2aCmxG6II](https://www.youtube.com/watch?v=Lc2aCmxG6II)
- Sesame Street Get Ready Tool Kit [http://www.sesamestreet.org/toolkits/ready](http://www.sesamestreet.org/toolkits/ready)
- Spike Poison Prevention DVD (ages 3-6/10 minute video for loan) [http://poison.vcu.edu/public/dvd.html](http://poison.vcu.edu/public/dvd.html)
- Spike Poison Prevention YouTube Lesson Illustration [https://www.youtube.com/watch?v=nKkAGH0bGnY](https://www.youtube.com/watch?v=nKkAGH0bGnY)
- Stop! Ask First! (6 minute video) [https://www.youtube.com/watch?v=YZO-drzD1_M](https://www.youtube.com/watch?v=YZO-drzD1_M)
- SunWise Tool Kit [https://www.neefusa.org/sunwise](https://www.neefusa.org/sunwise)
- Support Tree: Who’s Safe to Ask for Help Activity [https://www.cfchildren.org/blog/2017/12/support-tree-activity/](https://www.cfchildren.org/blog/2017/12/support-tree-activity/)
- Top 10 Bike Safety Rules [https://youtu.be/PT1-mDiVyaI](https://youtu.be/PT1-mDiVyaI)
• Traffic Signs and Rules https://youtu.be/PpEWVxNj2xo
• Virginia Poison Center http://poison.vcu.edu
• Meet the Helpers - 911 Operators are Helpers https://vpm.pbslearningmedia.org/resource/meet-theHelpers-911-operators-helpers-in-depth/
• Meet the Helpers - Doctors are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-helpers-in-depth
• Meet the Helpers - Doctors are Helpers – Emergencies https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-helpers-emergencies
• Meet the Helpers - Firefighters are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-firefighters-helpers-in-depth/
Mental Wellness/Social Emotional Skills

- Health Smart Virginia Kindergarten Page https://healthsmartva.org/kindergarten
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
- Teaching Activities to Support Core SEL Competencies
- 3 Minute Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 4 Inventive Games that Teach Students Social Skills
- 5 Activities to Support Students Through the Holidays
- 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
- 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
- 7 Fun Communication Games that Increase Understanding
- 7 SEL Activities for Students to Do at Home
- 8 Social Emotional Learning Activities for a Classroom
- 8 Downloadable SEL Activities for Home and School
- 9 mental health activities to do with your children - BelievePerform
- 10 Activities to Help Children Explore Emotions
- 10 Activities to Integrate Social Emotional Learning into the Classroom
- 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
- 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
- 10 Tips to Help Your Child with Anger, Aha! Parenting
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 12 Games to Teach Social-Emotional Learning - Playworks
- 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
- 12 Ways Teachers Can Build Their Own Resilience
- 13 Powerful SEL Activities | Edutopia
- 15 Activities for Teaching CASEL Core Competencies | Waterford.org
- 16 Anger Management Activities, School Counseling Files
- 16 Social and Emotional Learning Activities - Aperture Education
- 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
- 25 Ways to Integrate Social Emotional Learning into Your Classroom
- 25 At Home SEL Activities - Choice Board
- 28 Mental Health Activities, Worksheets & Books for Adults & Students
- 30 Character-Building Ideas and Activities for School, Sign Up Genius
- 30 + Free Choice SEL Activities
- 73 Social Emotional Learning Activity Sheets
- 97 SEL Skills Activities – InspiredStudents.org
• 100 Kid Activities to Build Character, Moments a Day
• 101 Ways to Teach Children Social Skills
• 132 SEL Apps, Games, Activities for Building Character in the Classroom
• Attitude of Gratitude https://healthpoweredkids.org/lessons/gratefulsandgrumbles/
• Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids https://www.youtube.com/watch?v=ZBnPlqQFPKs
• BAM! Body and Mind_Unit 6: Mental Health, Child Development and Hygiene https://www.cdc.gov/healthyschools/bam/child_development.htm
• Breathing Activity for Elementary Students
• Butterfly Breathing Video – YouTube
• Calming Exercises for Kids: Breathing and Stretching - YouTube
• Classroom Activities - MACMH | MACMH
• Classroom Physical Activity Helps Students with Mental Health and Anxiety
• Committee for Children (CFC) Free Classroom Activities https://www.cfchildren.org/resources/free-classroom-activities/
• EMOTIONAL ABC Classroom
• Everyday mindfulness - YouTube
• Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
• Fit4TheClassroom – Mood Music Lesson http://stage.fit4theclassroom.com/mood
• Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
• Help Each Other https://vpm.pblearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/
• How to Help Children Manage Fears https://childmind.org/article/help-children-manage-fears/
• How Your Brain Works – I Have a Go https://www.youtube.com/watch?v=mFuHKJqpxPw
• Interactive Games in Support of Mental Health | Mental Health Delta Division
• Joyful Mind – Mindfulness in the Classroom Activities http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions
• KidsHealth.org Teacher’s Guides for PreK-2:
  • Feelings https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf
• Learn to Be Healthy http://www.learn2behealthy.org/health-education/mental-health.aspx
• Learning Mindfulness Through Movement https://healthpoweredkids.org/lessons/mindfulnesthroughmovement/
• Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
• Mental Health Activities for High School Students - The Truthful Tutor
• Mental Health Awareness: Free Resources & More | Share My Lesson
• Michigan Education - Online Professional Development for Social Emotional Learning
  • Introduction to SEL https://plp.mivu.org/Registration.aspx?section=3195
● Embedding SEL Schoolwide https://plp.mivu.org/Registration.aspx?course=542
● Creating a Professional Culture Based on SEL https://plp.mivu.org/Registration.aspx?section=3224
● Integrating SEL - Culturally Responsive Classrooms https://plp.mivu.org/Registration.aspx?section=3226
● Trauma Informed Support https://plp.mivu.org/Registration.aspx?section=2960

● Mindful Moments - MCPS Be Well 365 - Student Activity Videos
● Mindful Movement for Young Learners - YouTube
● Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening http://www.mindfulschools.org/resources/explore-mindful-resources/
● Mindful Schools http://www.mindfulschools.org/resources/explore-mindful-resources
● Mindful Teachers http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html
● Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
● Not About Perfection/Healthy Kids Project https://vpm.pbslearningmedia.org/resource/ed1e16d-c01c-41d6-9046-e2f92685d4fb/not-about-perfection/
● PBS Kids - Impulse Control Fast and Slow Then Stop https://www.pbslearningmedia.org/resource/7db6cd68-1538-4961-aa11-66bcff9ec328/activity-fast-and-slow-then-stop-daniel-tigers-neighborhood/#.WR3V12VNFho
● PBS - Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/

● PE Central Lessons - Emotions in Motion https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFrho

● Lesson on Feelings http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1103#.WR3WfWVNFrho

● The Feelings Hop http://www.pecentral.org/lessonIdeas/ViewLesson.asp?ID=1636#.WR3V02VNFrho

● Yoga Unit - Feelings and Reactions http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1329#.WR3XFVNVNFrho
● Rossier USC - Creating Safe Spaces - Social Emotional Lessons https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/


● Share My Lesson SEL Learning Resources https://sharemylesson.com/search?grade%5B0%5D=preschool&subject%5B0%5D=social_emotional_learning
● Stress, Trauma and the Brain - Insights for Educators https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/


● Teachnotlogy - Mental Health and Stress Reduction http://www.teach-nology.com

● UNICEF Kid Power Videos for Children and Families


● When Grief Enters the Classroom

- Wellbeing Healthy Habits https://www.youtube.com/watch?v=dhpCdqOtuj0
**Violence Prevention**

- Health Smart Virginia Kindergarten Page [https://healthsmartva.org/kindergarten](https://healthsmartva.org/kindergarten)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Be an Upstander - Prevent Bullying [https://youtu.be/eeqQCyQOCPg](https://youtu.be/eeqQCyQOCPg)
- Bullying and Harassment Prevention Curriculum [http://studentservices.dadeschools.net/#!/fullWidth/3697](http://studentservices.dadeschools.net/#!/fullWidth/3697)
- Committee for Children - Bullying Prevention Unit
- Five Ways to Stop Bullying [https://youtu.be/vGV5jzPYvm0](https://youtu.be/vGV5jzPYvm0)
- Friends, Cooperative Games [https://www.learningtogive.org/units/unity-community/friends](https://www.learningtogive.org/units/unity-community/friends)
- Help Each Other [https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/](https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/)
- PACER Elementary School Activities (Bullying) [https://www.pacer.org/bullying/classroom/elementary/](https://www.pacer.org/bullying/classroom/elementary/)
- PACER Elementary School Curriculum (Bullying) [https://www.pacer.org/bullying/classroom/ele-curr/](https://www.pacer.org/bullying/classroom/ele-curr/)
- PBS Learning Media - [www.pbslearningmedia.org](http://www.pbslearningmedia.org)
Grade 1 Resource Links

These resource lists are intended to jumpstart the research and development of K-10 Health Instruction.
This 2023 Update was funded by the Office of Behavioral Health Wellness, Virginia Department of Behavioral Health and Developmental Services

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- Health Smart Virginia 1st Grade Page https://healthsmartva.org/1st-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- AAAS Science NetLinks All Systems Go! http://scienccenetlinks.com/afterschool-resources/all-systems-go
- BAM! Body and Mind_Unit 4: Health Conditions and Disease https://www.cdc.gov/healthyschools/bam/diseases.htm
- Education.com Worksheets http://www.education.com/worksheets/body/
- How does the immune system work? (TED Ed)
- Human Body for Kids Games, etc. http://www.sciencekids.co.nz/humanbody.html
- Human Body - Science for Kids - You Tube
- Human Body Systems for Kids Video Lesson and Activity Plan
- Interactive Sites for Education - Body Systems http://interactivesites.weebly.com/body-systems.html
- KidsHealth How the Body Works YouTube Video Series https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XlOZ
- The Human Brain https://www.youtube.com/watch?v=1aCYsYSM1MA
- Lesson Plans
  - Anatomy: A Fun Look at the Digestive System http://mypages.iit.edu/~smile/bi9307.html
  - BrainPop Jr. – Bones https://jr.brainpop.com/health/bodies/bones/
  - BrainPop Jr. – Lungs https://jr.brainpop.com/health/bodies/lungs/
  - BrainPop Jr. – Senses https://jr.brainpop.com/health/bodies/senses/
  - BrainPop Jr. – Muscles https://jr.brainpop.com/health/bodies/muscles/
  - BrainPop Jr. – Heart https://jr.brainpop.com/health/bodies/heart/
  - BrainPop Jr. – Exercise https://jr.brainpop.com/health/bodies/exercise/
  - BrainPop Jr. – Digestive System https://jr.brainpop.com/health/bodies/digestivesystem/
  - Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/face9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
  - Heart Power http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho
  - Magic School Bus Explores the Human Body Part 2 (Kids Global)
    https://www.youtube.com/watch?v=aDQIFbMbChw
  - Magic School Bus Explores the Human Body Part 3 (Kids Global)
    https://www.youtube.com/watch?v=KTSLeXjvorM
- Magic School Bus Explores the Human Body Part 4 (Kids Global)
  - https://www.youtube.com/watch?v=vodfA3MDkTM
- Magic School Bus Explores the Human Body Part 5
  - https://www.youtube.com/watch?v=hkZ2X3Fzm6U&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn&index=5
- Magic School Bus Explores the Human Body Part 6
  - https://www.youtube.com/watch?v=JvLCtm8y8EU&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn&index=6
- Magic School Bus Explores the Human Body Part 7
  - https://www.youtube.com/watch?v=JvLCtm8y8EU&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn&index=7
- Project Heart for Educators Grade 2 Curriculum http://www.texasheart.org/ProjectHeart/Educators/Grade2/Curriculum.cfm
- Straight from the Heart http://mypages.iit.edu/~smile/bi9514.html
- Super Hero Fitness http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5895#.V8iAdcdNFho
- Top Five Body Shop
- We Have Bodies/The Healthy Kids Project https://vpm.pbslearningmedia.org/resource/ddb402fe-71b8-444a-85ab-a56e3f962bbc/we-have-bodies/
- What Happens When You Eat? http://mypages.iit.edu/~smile/bi9706.html
Community/Environmental Health

- Health Smart Virginia 1st Grade Page https://healthsmartva.org/1st-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 18 Earth Day Activities https://www.kindergartenworks.com/kindergarten-teaching-ideas/holidays/18-earth-day-activities/
- Do Fish Have a Home? https://www.sciencejournalforkids.org/articles/do-fish-have-a-home/
- Green Schools - Earth Day Activities and Ideas http://www.greenschools.net/article.php?id=160.html
- Learning and Teaching about the Environment https://www.epa.gov/students
- Project Learning Tree - Earth Day Activities https://www.plt.org/educator-tips/earth-day-activities/
- Purdue University - Our Changing Environment Lesson https://www.doe.in.gov/sites/default/files/elme/kindergarten-lessons-our-changing-environment.pdf
- Reduce, Reuse, Recycle http://kids.niehs.nih.gov/topics/reduce/
- Recycling http://www.k6edu.com/2ndgrade/social_studies/recycling.html
- Water on Planet Earth http://www.teachervision.fen.com/earth/printable/29267.html
- We Are Teachers - Earth Day Activities https://www.weareteachers.com/meaningful-earth-day-activities/
- World Wildlife Educational Resources
Nutrition

- Health Smart Virginia 1st Grade Page https://healthsmartva.org/1st-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- The 5 Fabulous Food Groups - You Tube
- American Heart Association (AHA) - Elementary Lesson Plans http://www.heart.org/HEARTORCH/ Educator/ForTheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- BAM! Body and Mind _Unit 2: Nutrition https://www.cdc.gov/healthyschools/bam/nutrition.htm
- Balanced Diet – AumSum https://www.youtube.com/watch?v=YimuIdEZSNY
- Be A Store Explorer, Nutrition https://ymiclassroom.com/lesson-plans/be-a-store-explorer/
- Food Plate Game https://lesson-plans.theteacherscorner.net/health/food-plate-game.php
- Foods that Grow https://vpm.pbslearningmedia.org/resource/bfe98864-02f2-4885-9553-0dc849536e49/foods-that-grow/
- Great Body Shop https://www.thegreatbodyshop.net/curriculum/k-six/topics
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- Healthy Eating – 5 Food Groups – You Tube
- How the food you eat affects your brain https://www.youtube.com/watch?v=xyQY8a-ng6g
- How the food you eat affects your gut https://www.youtube.com/watch?v=1sISguPDlhY
- Kids Health Teacher’s Guides:
- Learning to Give - World Hunger http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger
- My Plate Kids Place https://www.choosemyplate.gov/kids
- NIH We Can! Eat Play Grow http://www.nhlbi.nih.gov/health/educational/wecan/
- PBS Arthur Nutrition - Eat Well http://pbskids.org/arthur/health/nutrition/
- PBS Fizzy’s Lunch Lab http://pbskids.org/lunchlab/
- PBS Fizzy’s Lunch Lab videos http://www.pbslearningmedia.org/collection/fizzys-lunch-lab/
- PE Central Lessons http://www.pecentral.org/lessonideas/pelessonplans.html
• USDA - Serving Up My Plate – A Yummy Curriculum Grades 1-2 https://www.choosemyplate.gov/kids-parents-educators
• Water Every Day https://ymiclassroom.com/lesson-plans/water-every-day/
• Sugar: Master of Disguise https://vpm.pbslearningmedia.org/resource/c67ae734-c4f8-48e8-9dc7-b2a777c94033/sugar-master-of-disguise/
• The Water Song https://vpm.pbslearningmedia.org/resource/97e04eaa-4af0-4371-8764-f86965e9cfcb/the-water-song/
Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia 1st Grade Page https://healthsmartva.org/1st-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Physical Activity
  - American Heart Association (AHA) - NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WHVKCWVNGs0
  - BAM! Body and Mind_Unit 2: Physical Education and Activity https://www.cdc.gov/healthyschools/bam/pe_pa.htm
  - Fuel Up to Play 60 https://www.fueluptoplay60.com/tools#tab_why-physical-activity
  - Fast Breaks https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
  - Fitness Bingo Lesson Plan https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140aeb54f9a4/fitness-bingo-lesson-plan/
  - Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
  - Health Start Build Strong Bones https://www.youtube.com/watch?v=A125GY5-U68
  - Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
  - Healthy Choices A to Z https://vpm.pbslearningmedia.org/resource/7524fcd9-67d2-4ee7-8340-9d974df835ef/healthy-choices-a-to-z/
  - Health Feels Great! https://vpm.pbslearningmedia.org/resource/17e26dc6-ed92-482b-910a-b703e83a2440/health-feels-great/
  - Kids Health Teacher’s Guides:
  - National Institutes of Health (NIH) - We Can! Eat Play Grow http://www.nhlbi.nih.gov/health/educational/wecan/
  - PE Central Lessons http://wwwpecentral.org/lessonideas/prelesson.html
  - Safe Routes to School http://www.walkbiketoschool.org
  - Season Fitness Lesson Plan https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adeff15b/season-fitness-lesson-plan/
  - Wheel of Fitness Lesson Plan https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness-lesson-plan/
- Sleep and Hygiene
  - Al's Pals: Kids Making Healthy Choices http://wingspanworks.com
  - Delta Dental Smart Smiles K-5 Program https://deltadentalva.com/foundation/smart-smiles.html
  - Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-6d69-4755-9d15-1ba82ba86ced/dental-care-quiz/
Germs - video https://www.youtube.com/watch?v=DYKADcR34Y8
Hand Washing - It's a Snap (Middle School Curriculum) http://itsasnap.org/Get-Started/Students
Henry the Hand - 4 Principles of Hand Awareness http://www.henrythehand.com
Health Start Germs to Yourself https://www.youtube.com/watch?v=Xoh82fefs0M
How to Brush Your Teeth Properly - For Kids - video https://youtu.be/hDZXSMU2IAk
How to Wash Your Hands - video https://www.youtube.com/watch?v=LQ24EfM7sEw
Kids Health Teachers Guides:
Power Chargers - Quick Activity Breaks http://healthpoweredkids.org/powerc-chargers/
Sleep - BrainPop https://www.brainpop.com/science/ecologyandbehavior/sleep/
Super Sleep Lesson http://healthpoweredkids.org/lessons/super-sleep/
The Couch Potato Blues https://vpm.pbslearningmedia.org/resource/c5f6efdb-b93f-49a5-9096-25418906b54c/the-couch-potato-blues/
The Healthy Kids Project - Disease Prevention/Health Promotion https://vpm.pbslearningmedia.org/collection/the-healthy-kids-project/
Wash Your Hands https://vpm.pbslearningmedia.org/resource/wash-your-hands-video/meet-the-helper/
When and How to Wash Hands http://www.cdc.gov/handwashing/when-how-handwashing.html
Why We Need Sleep - http://www.instructorweb.com/lesson/sleep.asp
Substance Abuse Prevention

- Health Smart Virginia 1st Grade Page https://healthsmartva.org/1st-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Addiction and the Brain- for kids! https://youtu.be/s0bqT_hxMwI
- Bam! Body and Mind Unit 8: E-cigarettes and Alcohol https://www.cdc.gov/healthyschools/bam/e-cigarettes_and_alcohol.htm
- Keeping Medicine Safe https://youtu.be/UHvPSwIX4aQ
Safety/Injury Prevention

- Health Smart Virginia 1st Grade Page https://healthsmartva.org/1st-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Bicycle Safer Journey https://youtu.be/dkoVxHnnGkO
- Bicycle Helmet Safety https://youtu.be/sV9GjU7cA7o
- Education World Be a Sport for Sport Safety https://www.educationworld.com/a_lesson/lesson233.shtml
- Fire Safety http://alex.state.al.us/lesson_view.php?id=13307
- Fire Safety for Kids https://www.youtube.com/watch?v=AWHGdWO14kw
- Kids Fire Safety Awareness https://www.youtube.com/watch?v=Lc2aCmXG6II
- Fire Safety RAP 9-1-1 https://www.youtube.com/watch?v=s_FqaWTj9c
- Help Each Other https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-7746ad82067/help-each-other/
- Keeping it Real - Elementary School DARE Curriculum https://dare.org/education/
- Meet the Helpers - 911 Operators are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-911-operators-helpers-in-depth/
- Meet the Helpers - Doctors are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-helpers-in-depth
- Meet the Helpers - Doctors are Helpers – Emergencies https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-are-helpers-emergencies
- Meet the Helpers - Firefighters are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-firefighters-helpers-in-depth/
- PBS Learning Media - Search Topic: Safety  http://www.pbslearningmedia.org/search/?q=safety&selected_facets=&selected_facets=grades_exact%3A1
- Road Safety Video  https://www.youtube.com/watch?v=_NeEF1fwT4k
- SunWise  https://www.neefusa.org/sunwise
- Support Tree: Who’s Safe to Ask for Help Activity  https://www.cfchildren.org/blog/2017/12/support-tree-activity/
- TeacherVision Safety Resources and Lesson Plans  https://www.teachervision.com/subjects/health-safety/safety
- Top 10 Bike Safety Rules  https://youtu.be/PT1-mDlVyaI
- Traffic Signs and Rules  https://youtu.be/PpEwVxNh2xo
- USDOTFHWA Bicycle Safer Journey  https://www.youtube.com/watch?v=dkoVxBnnGko
- USDOTFHWA Pedestrian Safer Journey  https://www.youtube.com/watch?v=PzghOxEqBMQ
- Virginia Safe Kids Coalitions  https://www.safekids.org/coalition/safe-kids-virginia
Mental Wellness/Social Emotional Skills

- Health Smart Virginia 1st Grade Page [https://healthsmartva.org/1st-grade](https://healthsmartva.org/1st-grade)
  Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
  What is SEL
  WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
  Teaching Activities to Support Core SEL Competencies

- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 3 Committee for Children (CFC) Free SEL Classroom Activities
- 4 Inventive Games that Teach Students Social Skills
- 5 Activities to Support Students Through the Holidays
- 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
- 5 Digital Tools To Promote Social-Emotional Learning in After School | Extended Notes
- 7 Fun Communication Games that Increase Understanding
- 7 SEL Activities for Students to Do at Home
- 8 Social Emotional Learning Activities for a Classroom
- 8 Downloadable SEL Activities for Home and School
- 9 Mental Health Activities to Do with Your Children - BelievePerform
- 10 Activities to Help Children Explore Emotions
- 10 Activities to Integrate Social Emotional Learning into the Classroom
- 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
- 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
- 10 Tips to Help Your Child with Anger, Aha! Parenting
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 12 Games to Teach Social-Emotional Learning - Playworks
- 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
- 12 Ways Teachers Can Build Their Own Resilience
- 13 Powerful SEL Activities | Edutopia
- 15 Activities for Teaching CASEL Core Competencies | Waterford.org
- 16 Anger Management Activities, School Counseling Files
- 16 Social and Emotional Learning Activities - Aperture Education
- 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
- 25 Ways to Integrate Social Emotional Learning into Your Classroom
- 25 At Home SEL Activities - Choice Board
- 28 Mental Health Activities, Worksheets & Books for Adults & Students
- 30 Character-Building Ideas and Activities for School, Sign Up Genius
- 30 + Free Choice SEL Activities
- 73 Social Emotional Learning Activity Sheets
- 97 SEL Skills Activities – InspiredStudents.org
- 100 Kid Activities to Build Character, Moments a Day
- 101 Ways to Teach Children Social Skills
- 132 SEL Apps, Games, Activities for Building Character in the Classroom
- Al's Pals: Kids Making Healthy Choices http://www.wingspanworks.com
- Attitude of Gratitude https://healthpoweredkids.org/lessons/gratefulsandgrumbles/
- Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids https://www.youtube.com/watch?v=ZBnPlQFPKs
- Breathing Activity for Elementary Students
- Butterfly Breathing Video – YouTube
- Calming Exercises for Kids: Breathing and Stretching - YouTube
- Centervention SEL Activities https://www.centervention.com/social-emotional-learning-activities/
- Classroom Activities - MACMH | MACMH
- Classroom Physical Activity Helps Students with Mental Health and Anxiety
- Committee for Children (CFC) Free Classroom Activities https://www.cfcchildren.org/resources/free-classroom-activities/
- Daniel Tiger's Neighborhood - Scared of Thunder https://www.pbslearningmedia.org/resource/2335e27f-5ac0-4973-a0b9-c5ccd94677b2/daniel-and-o-are-scared-of-the-thunder/#.WRpJHmVNFho
- Daniel Tiger's Neighborhood - You Feel So Mad You Want to Roar - Strategy Song /Activity (Anger) https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNfho
- Elementary School Counseling - Identifying and Expressing
- EMOTIONAL ABC Classroom
- EVERFI - Social Emotional Learning Resources https://everfi.com/offers/social-emotional-learning/
- Everyday mindfulness - YouTube
- Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
- How Your Brain Works – I Have a Go https://www.youtube.com/watch?v=mFuHKJqpxPw
- Fit4TheClassroom - Mood Music Lesson http://stage.fit4theclassroom.com/mood
- Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
- Interactive Games in Support of Mental Health | Mental Health Delta Division
- Generation Rx – Elementary Prescription Rx Toolkit [https://www.generationrx.org/toolkits/elementary/](https://www.generationrx.org/toolkits/elementary/)
- Help Each Other [https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/](https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/)
- KidsHealth.org Teacher’s Guides for PreK-2:
- Learning to Give - I Feel Angry or Sad When [http://www.learningtogive.org/lessons/unit156/lesson5.html](http://www.learningtogive.org/lessons/unit156/lesson5.html)
- Learning Mindfulness Through Movement [https://healthpoweredkids.org/lessons/mindfulnesthroughmovement/](https://healthpoweredkids.org/lessons/mindfulnesthroughmovement/)
- Lesson - Responding to Teasing and Put Downs [http://counselorscabinet.pbworks.com/%7E/Simon%20Hook%27s%20Lesson%20All%20Materials%20(Grade%203).pdf](http://counselorscabinet.pbworks.com/%7E/Simon%20Hook%27s%20Lesson%20All%20Materials%20(Grade%203).pdf)
- Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
- Mental Health Awareness: Free Resources & More | Share My Lesson
- Michigan Education - Online Professional Development for Social Emotional Learning
  - Creating a Professional Culture Based on SEL [https://plp.mivu.org/Registration.aspx?section=3224](https://plp.mivu.org/Registration.aspx?section=3224)
- Mindful Moments - MCPS Be Well 365 - Student Activity Videos
- Mindful Movement for Young Learners - YouTube
- Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
- Not About Perfection/Healthy Kids Project https://vpm.pbslearningmedia.org/resource/6ed1e16d-c01c-41d6-9046-e2f92685d4fb/not-about-perfection/
- No Time For Flash Cards - Circle Time lessons About Emotions http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html
- PBS - Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/
- PE Central lessons
  - Emotions in Motion http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho
  - Yoga Unit - Feelings and Reactions http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFWVNFho
- Rossier USC - Creating Safe Spaces - Social Emotional Lessons https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/
- Sesame Street - Quiet or Loud Video https://www.pbslearningmedia.org/resource/sesame-quiet-or-loud/quiet-or-loud-song-sesame-street/#.WRpIGGVNFho
- Stress, Trauma and the Brain - Insights for Educators https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/
- Teachnology - Mental Health and Stress Reduction http://www.teachnology.com
- UNICEF Kid Power Videos for Children and Families
- Wellbeing Healthy Habits https://www.youtube.com/watch?v=dhpCdqOuuj0
- We Are Teachers: Resources for Social and Emotional Learning http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources
Violence Prevention

- Health Smart Virginia 1st Grade Page https://healthsmartva.org/1st-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Al's Pals: Kids Making Healthy Choices http://www.wingspanworks.com
- Be an Upstander - Prevent Bullying https://youtu.be/eeqQCyQOCpg
- Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
- Committee for Children - Bullying Prevention Unit
- Help Each Other https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/
- PACER Classroom Resources (Bullying) https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd
  - PACER Elementary School Activities (Bullying) https://www.pacer.org/bullying/classroom/elementary/
  - PACER Elementary School Curriculum (Bullying) https://www.pacer.org/bullying/classroom/ele-curr/
- PBS Learning Media; Numerous K-12 Lessons Using Search Term: Social Skills http://www.pbslearningmedia.org
Grade 2 Resource Links

These resource lists are intended to jumpstart the research and development of K-10 Health Instruction.
This 2023 Update was funded by the Office of Behavioral Health Wellness, Virginia Department of Behavioral Health and Developmental Services

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- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- AAAS Science NetLinks All Systems Go! http://sciencenetlinks.com/afterschool-resources/all-systems-go
- Education.Com Worksheets http://www.education.com/worksheets/body/
- How does the immune system work? (TED Ed)
- Human Body for Kids Games, etc: http://www.sciencekids.co.nz/humanbody.html
- Human Body - Science for Kids - YouTube
- Human Body Systems for Kids Video Lesson and Activity Plan
- Interactive Sites for Education-Body Systems http://interactivesites.weebly.com/body-systems.html
- Kids Health Human Body PreK-2 http://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body
- Kids Health How the Body Works YouTube Video Series https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrczhhkMeSWa0X10Z

Lesson Plans

- Anatomy: A Fun Look at the Digestive System http://mypages.iit.edu/~smile/bi9307.html
- BrainPop Jr. – Bones https://jr.brainpop.com/health/bodies/bones/
- BrainPop Jr. – Lungs https://jr.brainpop.com/health/bodies/lungs/
- BrainPop Jr. – Senses https://jr.brainpop.com/health/bodies/senses/
- BrainPop Jr. – Muscles https://jr.brainpop.com/health/bodies/muscles/
- BrainPop Jr. – Heart https://jr.brainpop.com/health/bodies/heart/
- BrainPop Jr. – Exercise https://jr.brainpop.com/health/bodies/exercise/
- BrainPop Jr. – Digestive System https://jr.brainpop.com/health/bodies/digestivesystem/
- BrainPop Jr. – Exercise https://jr.brainpop.com/health/bodies/exercise/
- Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/fae9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
- Heart Power http://www.pcentr al.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNPho
- Magic School Bus Explores the Human Body Part 2 (Kids Global)
  https://www.youtube.com/watch?v=aDQIFbMbChw
- Magic School Bus Explores the Human Body Part 3 (Kids Global)
  https://www.youtube.com/watch?v=KTSLeXjvorM
- Magic School Bus Explores the Human Body Part 4 (Kids Global)
  https://www.youtube.com/watch?v=vodfA3MDkTM
- Magic School Bus Explores the Human Body Part 5
  https://www.youtube.com/watch?v=hkZ2X3Fzm6U&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn&index=5
- Magic School Bus Explores the Human Body Part 6
  https://www.youtube.com/watch?v=NW2-g2xAqs4&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn&index=6
- Magic School Bus Explores the Human Body Part 7
  https://www.youtube.com/watch?v=JvLCtm8y8EU&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn&index=7
- Project Heart for Educators Grade 2 Curriculum http://www.texasheart.org/ProjectHeart/Educators/Grade2/Curriculum.cfm
- Straight from the Heart http://mypages.iit.edu/~smile/bi9514.html
- Super Hero Fitness  http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5895#.V8iAdcdNFho
- The Human Brain https://www.youtube.com/watch?v=1aCYsYSM1MA
- We Have Bodies/The Healthy Kids Project https://vpm.pbslearningmedia.org/resource/ddb402fe-71b8-444a-85ab-a56e3f962bbc/we-have-bodies/
- What Happens When You Eat? http://mypages.iit.edu/~smile/bi9706.html
- What Is Blood and How It Circulates In and Out of the Heart http://mypages.iit.edu/~smile/bi9009.html
Community/Environmental Health

- Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Do Fish Have a Home? https://www.sciencejournalforkids.org/articles/do-fish-have-a-home/
- EPA Games and Quizzes https://www.epa.gov/students/games-quizzes-and-more
- EPA Student Resources https://www.epa.gov/students
- Green Schools - Earth Day Activities and Ideas http://www.greenschools.net/article.php?id=160.html
- IDAHO Environmental Health Education - Lesson Plans for All Grade Levels http://healthandwelfare.idaho.gov/Portals/0/Health/EnvironmentalHealth/Lesson%20Plans-Reduced%20File%20Size.pdf
- Project Learning Tree - Earth Day Activities https://www.plt.org/educator-tips/earth-day-activities/
- Reduce, Reuse, Recycle http://kids.niehs.nih.gov/topics/reduce/
- TED Ed Resources:
  - What is in the air you breathe?
  - Microbial Jungles- How Microbes form communities
  - Conserving our Coral Reefs
  - Why do we wear sunscreen?
  - Do we really need pesticides?
  - Meet the Blue Fin Tuna
  - How to Create Cleaner Coal
  - How much land does it take to power the world?
  - How do wind turbines work?
  - What if there were 1 million more trees?
  - Beauty of Pollination
- We Are Teachers - Earth Day Activities https://www.weareteachers.com/meaningful-earth-day-activities/
- World Wildlife Educational Resources
Nutrition

- Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- The 5 Fabulous Food Groups - YouTube
- American Heart Association (AHA) - Elementary Lesson Plans
  http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- Be A Store Explorer, Nutrition https://ymiclassroom.com/lesson-plans/be-a-store-explorer/
- BAM! Body and Mind Teacher’s Corner Nutrition http://www.cdc.gov/bam/nutrition/index.html
- BAM! Body and Mind Unit 2: Nutrition https://www.cdc.gov/healthyschools/bam/nutrition.htm
- Balanced Diet – AumSum https://www.youtube.com/watch?v=YimuIdEZSNY
- Foods that Grow https://vpm.pbslearningmedia.org/resource/bfe98864-02f2-4885-9553-0dc849536e49/foods-that-grow/
- Food Plate Game https://lesson-plans.theteacherscorner.net/health/food-plate-game.php
- Great Body Shop https://www.thegreatbodyshop.net/curriculum/k-six/topics
- Healthy Eating – 5 Food Groups – YouTube
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- How the food you eat affects your brain https://www.youtube.com/watch?v=xyQY8a-ng6g
- How the food you eat affects your gut https://www.youtube.com/watch?v=1slSguPDJhY
- Kids Health Teacher’s Guides:
- Learning to Give - World Hunger http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger
- My Plate Kids Place https://www.choosemyplate.gov/kids
- NIH We Can! Eat Play Grow site http://www.nhlbi.nih.gov/health/educational/wecan/
- PBS Arthur Nutrition - Eat Well http://pbskids.org/arthur/health/nutrition/
- PBS Fizzy’s Lunch Lab site http://pbskids.org/lunchlab/
- PBS Fizzy’s Lunch Lab videos http://www.pbslearningmedia.org/collection/fizzy-s-lunch-lab/
- PE Central Lessons http://www.pecentral.org/lessonideas/pelessonplans.html
- Smart Snacking Action Plan https://healthpoweredkids.org/lessons/smart-snacking/
- The Water Song [https://vpm.pbslearningmedia.org/resource/97e04ea4-4af0-4371-8764-f86965e9cfcb/the-water-song/](https://vpm.pbslearningmedia.org/resource/97e04ea4-4af0-4371-8764-f86965e9cfcb/the-water-song/)
- TED Ed Resources
  - Which type of milk is best for you?
  - Fruit and Veggies for Kids
  - The five fabulous food groups
  - How does your body know you're full?
  - What is a calorie?
  - How do vitamins work?
  - How the food you eat affects your brain
- USDA - Serving Up My Plate - A Yummy Curriculum Grades 1-2 [https://www.choosemyplate.gov/kids-parents-educators](https://www.choosemyplate.gov/kids-parents-educators)
- Water Every Day [https://ymiclassroom.com/lesson-plans/water-every-day/](https://ymiclassroom.com/lesson-plans/water-every-day/)
Physical Health/Disease Prevention/Health Promotion

- Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel

**Physical Activity**

- American Heart Association (AHA) - NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WHVKCWVNGs0
- BAM! Body and Mind_Unit 2: Physical Education and Activity https://www.cdc.gov/healthyschools/bam/pe_pa.htm
- Fuel Up to Play 60 https://www.fueluptoplay60.com/tools#tab_why-physical-activity
- Fast Breaks Poster https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
- Health Start Build Strong Bones https://www.youtube.com/watch?v=AI25GY5U68
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- Kids Health Teacher’s Guides:
- National Institutes of Health (NIH) - We Can! Eat Play Grow http://www.nhlbi.nih.gov/health/educational/wecan/
- PE Central Lessons Site http://www.pecentral.org/lessonideas/pelessonplans.html
- PE Central - Heart Power http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho
- Power Chargers - Quick Activity Breaks http://healthpoweredkids.org/power-chargers/
- Safe Routes to School http://www.walkbiketoschool.org
- SHAPE America
  - Healthy Heart Transport http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf

**Sleep and Hygiene**

- Al's Pals: Kids Making Healthy Choices http://wingspanworks.com
- Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/face9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
• Delta Dental Smart Smiles K-5 Program https://deltadentalva.com/foundation/smart-smiles.html
• Germs - video https://www.youtube.com/watch?v=DYKADcR34Y8
• Getting Ready for Bed https://www.teachervision.com/healthy-lifestyle/printable/33800.html
• Hand Washing - It’s a Snap (Middle School Curriculum) http://itsasnap.org/Get-Started/Students
• Health Start Germs to Yourself https://www.youtube.com/watch?v=Xoh82fefs0M
• Healthy Choices A to Z https://vpm.pbslearningmedia.org/resource/7524fcd9-67d2-4ee7-8340-9d974d8f35ef/healthy-choices-a-to-z/
• Health Feels Great! https://vpm.pbslearningmedia.org/resource/17e26dc6-ed92-482b-910a-b703c83a2440/health-feels-great/
• Hello Body/ The Healthy Kids Project https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bcd0f2/hello-body/
• Henry the Hand - 4 Principles of Hand Awareness http://www.henrythehand.com
• How to Brush Your Teeth Properly - For Kids - video https://youtu.be/hDZXSMU2lAk
• How to Wash Your Hands - video https://www.youtube.com/watch?v=LQ24EfM7sEw
• Kids Health Teachers Guides:
  • Sleep https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf
• PE Central - Rush to Brush - Grades K-2 http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7_RU8dNFho
• Sleep Education K-2 http://school.sleepeducation.com/K-2.aspx
• Sleep - BrainPop https://www.brainpop.com/science/ecologyandbehavior/sleep/
• Super Sleep Lesson http://healthpoweredkids.org/lessons/super-sleep/
• The Couch Potato Blues https://vpm.pbslearningmedia.org/resource/c5f6efdb-b93f-49a5-9096-25418906b54c/the-couch-potato-blues/
• The Healthy Kids Project - Disease Prevention/Health Promotion https://vpm.pbslearningmedia.org/collection/the-healthy-kids-project/
• Virginia Department of Health Dental Program http://www.vdh.virginia.gov/oral-health/
• Wash Your Hands https://vpm.pbslearningmedia.org/resource/wash-your-hands-video/meet-thehelpers/
• We Have Bodies/The Healthy Kids Project https://vpm.pbslearningmedia.org/resource/db402fe-71b8-444a-85ab-a56e3f962bcb/we-have-bodies/
• When and How to Wash Hands http://www.cdc.gov/handwashing/when-how-handwashing.html
• Why We Need Sleep - http://www.instructorweb.com/lesson/sleep.asp
• TED Ed Resources
  • How do we know if we have a virus?
  • How playing sports benefits your body and brain
  • Yoga does for body and brain
  • What is obesity?
  • How playing an instrument benefits your brain
  • Why our muscles get tired
Substance Abuse Prevention

- Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Health Smart Virginia Feature Section - Alcohol, Tobacco, Drug Use Prevention Resources
- Addiction and the Brain- for kids! https://youtu.be/s0bqT_hxMwI
- Department of Alcoholic Beverage Control https://www.abc.virginia.gov/education/publications
- Heart Power http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho
- Keeping It Real - Elementary School DARE Curriculum https://dare.org/education/
- Keeping Medicine Safe https://youtu.be/UHvPSwIX4aQ
- Generation Rx – Elementary Prescription Rx Toolkit https://www.generationrx.org/toolkits/elementary/
- KidsHealth.Org
- National Institute on Drug Abuse Brain Power https://www.drugabuse.gov/brain-power
- Operation Prevention - opioid use prevention https://www.operationprevention.com/
Safety/Injury Prevention

- Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Bicycle Safer Journey https://youtu.be/dkoVxBnnGko
- Bicycle Helmet Safety https://youtu.be/sV9GjU7cA7o
- Education World Be a Sport for Sport Safety https://www.educationworld.com/a_lesson/lesson233.shtml
- Fire Safety for Kids https://www.youtube.com/watch?v=AWHGdWOI4kw
- Help Each Other https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/
- Job and Career Printables (e.g., fire, police, doctor) https://www.teachervision.com/careers/teacher-resources/6637.html
- Kids Fire Safety Awareness https://www.youtube.com/watch?v=Lc2aCmxG6II
- Road Safety Video https://www.youtube.com/watch?v=_NeEF1fwT4k
- Media BAM Safety Grades 2-6 http://www.cdc.gov/bam/safety/
- Meet the Helpers - 911 Operators are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-911-operators-helpers-in-depth/
- Meet the Helpers - Doctors are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-helpers-in-depth
- Meet the Helpers - Doctors are Helpers – Emergencies https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-are-helpers-emergencies
- Meet the Helpers - Firefighters are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-firefighters-helpers-in-depth/
- Support Tree: Who’s Safe to Ask for Help Activity https://www.cfchildren.org/blog/2017/12/support-tree-activity/
- Sound Off with the Home Safety Fire Patrol https://ymiclassroom.com/lesson-plans/soundoff-teachers/
- Top 10 Bike Safety Rules https://youtu.be/PT1-mDIVyaI
Mental Wellness/Social Emotional Skills

- Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- What is SEL
- WHAT is SEL? WHO is CASEL? Why Does SEL Matter to Everyone?
- Teaching Activities to Support Core SEL Competencies

- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 3 Committee for Children (CFC) Free SEL Classroom Activities
- 4 Inventive Games that Teach Students Social Skills
- 5 Activities to Support Students Through the Holidays
- 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
- 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
- 7 Fun Communication Games that Increase Understanding
- 7 SEL Activities for Students to Do at Home
- 8 Social Emotional Learning Activities for a Classroom
- 8 Downloadable SEL Activities for Home and School
- 9 mental health activities to do with your children - Believe Perform
- 10 Activities to Help Children Explore Emotions
- 10 Activities to Integrate Social Emotional Learning into the Classroom
- 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
- 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety - Family Therapy Basics
- 10 Tips to Help Your Child with Anger, Aha! Parenting
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 12 Games to Teach Social-Emotional Learning - Playworks
- 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
- 12 Ways Teachers Can Build Their Own Resilience
- 13 Powerful SEL Activities | Edutopia
- 15 Activities for Teaching CASEL Core Competencies | Waterford.org
- 16 Anger Management Activities, School Counseling Files
- 16 Social and Emotional Learning Activities - Aperture Education
- 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
- 25 Ways to Integrate Social Emotional Learning into Your Classroom
- 25 At Home SEL Activities - Choice Board
- 28 Mental Health Activities, Worksheets & Books for Adults & Students
30 Character-Building Ideas and Activities for School, Sign Up Genius
30 + Free Choice SEL Activities
73 Social Emotional Learning Activity Sheets
97 SEL Skills Activities – InspiredStudents.org
100 Kid Activities to Build Character, Moments a Day
101 Ways to Teach Children Social Skills
132 SEL Apps, Games, Activities for Building Character in the Classroom
Attitude of Gratitude https://healthpoweredkids.org/lessons/gratefulsandgrumbles/
Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids https://www.youtube.com/watch?v=ZBnPlqQFPKs
Calming Exercises for Kids: Breathing and Stretching - YouTube
Centervention SEL Activities https://www.centervention.com/social-emotional-learning-activities/
Classroom Activities - MACMH | MACMH
Classroom Physical Activity Helps Students with Mental Health and Anxiety
Committee for Children (CFC) Free Classroom Activities https://www.cfcchildren.org/resources/free-classroom-activities/
Daniel Tiger’s Neighborhood - Scared of Thunder https://www.pbslearningmedia.org/resource/2335e27f-5ac0-4973-a0b9-c5ccd94677b2/daniel-and-o-are-scared-of-the-thunder/#.WRpJHmVNFho
Daniel Tiger’s Neighborhood - You Feel So Mad that You Want to Roar - Strategy Song/ Activity (Anger) https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpJw7VNFho
Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
EMOTIONAL ABC Classroom
EVERFI-Social Emotional Learning Resources https://everfi.com/offerrings/social-emotional-learning/
Everyday Mindfulness - YouTube
Fit4 the Classroom – Mood Music Lesson http://stage.fit4theclassroom.com/mood
Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
Help Each Other https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/
How Your Brain Works – I Have a Go https://www.youtube.com/watch?v=mFuHKjqpPxw
How to Help Children Manage Fears https://childmind.org/article/help-children-manage-fears/
Interactive Games in Support of Mental Health | Mental Health Delta Division

KidsHealth.org Teacher’s Guides for PreK-2:
- Feeling Sad http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf

Learn to Be Healthy http://www.learnitobehealthy.org/health-education/mental-health.aspx

Learning to Give - I Feel Angry or Sad When http://www.learningtogive.org/lessons/unit156/lesson5.html

Learning Mindfulness Through Movement https://healthpoweredkids.org/lessons/mindfulnessthroughmovement/

Lesson - Responding to Teasing and Put Downs http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20(Grade%202).pdf

Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness

Mental Health Activities for High School Students - The Truthful Tutor

Mentality Help: Free Resources & More | Share My Lesson

Michigan Education - Online Professional Development for Social Emotional Learning
- Introduction to SEL https://plp.mivu.org/Registration.aspx?section=3195
- Embedding SEL Schoolwide https://plp.mivu.org/Registration.aspx?course=542
- Creating a Professional Culture Based on SEL https://plp.mivu.org/Registration.aspx?section=3224
- Integrating SEL - Culturally Responsive Classrooms https://plp.mivu.org/Registration.aspx?section=3226
- Trauma Informed Support https://plp.mivu.org/Registration.aspx?section=2960

Mental Health Activities for High School Students - The Truthful Tutor

Mental Health Awareness: Free Resources & More | Share My Lesson

Mindful Schools – Lesson- Introduction to Mindful Bodies and Listening http://www.mindfulschools.org/resources/explore-mindful-resources/

Mindful Schools http://www.mindfulschools.org/resources/explore-mindful-resources

Mindful Teachers Site http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html

Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans


Not About Perfection/Healthy Kids Project https://vpm.pbslearningmedia.org/resource/6ed1e16d-c01e-41d6-9046-e2f92685d4fb/not-about-perfection/


Open Up Magazine, Minnesota Association for Children’s Mental Health – Getting to Know You, Empathy – How are You Feeling, It’s All in Your Viewpoint http://www.macmh.org/open-up-magazine/classroom-activities/

PBS- Overview of Mindfulness http://www.pbs.org/thewbuddha/teachers-guide/

PE Central lessons
- Emotions in Motion http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNfho
• Lesson on Feelings http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11039#.WR3WFwVNFho
• The Feelings Hop http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=1636#.WR3W02VNFho
• Yoga Unit – Feelings and Reactions http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFWVNFho
• Reach Out - Asking students if they are okay https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day
• Rossier USC - Creating Safe Spaces – Social Emotional Lessons https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/
• Sesame Street - Quiet or Loud Video – when to be quiet, when to be loud – helps prepare students to ask for help https://www.pbslearningmedia.org/resource/sesame-quiet-or-loud/quiet-or-loud-song-sesame-street/#.WRpIGGVNFho
• Supporting Students’ Personal and Social Competencies https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html
• Stress, Trauma and the Brain - Insights for Educators https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/
• Teachnology - Mental Health and Stress Reduction http://www.teachnology.com
• Teacher Vision - Feelings Are Okay http://www.teachervision.fen.com/mental-health/printable/44813.html
• Together Counts – Smart From the Start - Every Body is Special https://togethercounts.com/grade-k-5/Every%20Body%20%20is%20Special%20.pdf
• UNICEF Kid Power Videos for Children and Families
• We Are Teachers: Resources for Social and Emotional Learning http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources
• Wellbeing Healthy Habits https://www.youtube.com/watch?v=dhpCdqOtuj0
Violence Prevention

- Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Al's Pals: Kids Making Healthy Choices http://wingspanworks.com
- Be an Upstander - Prevent Bullying https://youtu.be/eeqQCyQOCp
- Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#/fullWidth/3697
- Bullying Prevention Lesson Plans https://rossieronline.usc.edu/bullying-prevention-lesson-plans/
- Committee for Children - Bullying Prevention Unit
- Help Each Other https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/
- Kids against Bullying http://www.pacerkidsagainstbullying.org/kab/
- PACER Classroom Resources (Bullying) https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0w4456zkd
- PACER Elementary School Activities (Bullying) https://www.pacer.org/bullying/classroom/elementary/
- PACER Elementary School Curriculum (Bullying) https://www.pacer.org/bullying/classroom/ele-curr/
- Peaceful Schools http://peacefulschoolsinternational.org
- Social Emotional Learning K-5 http://www.scholastic.com/teachers/lesson-plans/free-lesson-plans/search?query=&subject%5B%5D=912
- We Are Teachers: Resources for Social and Emotional Learning http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources
Grade 3 Resource Links

These resource lists are intended to jumpstart the research and development of K-10 Health Instruction.
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Nutrition
Physical Health/Disease Prevention/Health Promotion
Substance Abuse Prevention
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- Health Smart VA 3rd Grade Page https://healthsmartva.org/3rd-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- BrainPop Jr. – Bones https://jr.brainpop.com/health/bodies/bones/
- BrainPop Jr. – Lungs https://jr.brainpop.com/health/bodies/lungs/
- BrainPop Jr. – Senses https://jr.brainpop.com/health/bodies/senses/
- BrainPop Jr. – Muscles https://jr.brainpop.com/health/bodies/muscles/
- BrainPop Jr. – Heart https://jr.brainpop.com/health/bodies/heart/
- BrainPop Jr. – Exercise https://jr.brainpop.com/health/bodies/exercise/
- BrainPop Jr. – Digestive System https://jr.brainpop.com/health/bodies/digestivesystem/
- Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/fae9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
- Human Body - Science for Kids - You Tube
- Human Body Systems for Kids Video Lesson and Activity Plan
- KidsHealth.org http://kidhealth.org
- Kids Health How the Body Works YouTube Video Series https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z
- Kids Health - human body series http://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body
- Magic School Bus Explores the Human Body Part 5 https://www.youtube.com/watch?v=hkZ2X3Fzm6U&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=5
- Magic School Bus Explores the Human Body Part 6 https://www.youtube.com/watch?v=NW2-g2xAqgs4&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=6
- Magic School Bus Explores the Human Body Part 7 https://www.youtube.com/watch?v=JvLCtm8y8EU&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=7
- Scholastic Study Jams! http://studyjams.scholastic.com
- TED Ed Resources: Can you be awake and asleep at the same time?
What are the floaters in your eye?
How do lungs work?
How oxygen circulates through your body
How does the liver work?
How does your digestive system work?
Your skin!
How does the immune system work?

- The Human Brain: https://www.youtube.com/watch?v=1aCYsYSM1MA
- What Happens When You Eat?: http://mypages.iit.edu/~smile/bi9706.html
Community/Environmental Health

- Health Smart VA 3rd Grade Page https://healthsmartva.org/3rd-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Do Fish Have a Home? https://www.sciencejournalforkids.org/articles/do-fish-have-a-home/
- EPA Games and Quizzes https://www.epa.gov/students/games-quizzes-and-more
- EPA Student Resources https://www.epa.gov/students
- Green Schools - Earth Day Activities and Ideas http://www.greenschools.net/article.php-id=160.html
- IDAHO Environmental Health Education – Lesson Plans for All Grade Levels http://healthandwelfare.idaho.gov/Portals/0/Health/EnvironmentalHealth/Lesson%20Plans-Reduced%20File%20Size.pdf
- Project Learning Tree - Earth Day Activities https://www.plt.org/educator-tips/earth-day-activities/
- Reduce, Reuse, Recycle - http://kids.niehs.nih.gov/topics/reduce/
- TED Ed Resources:
  - What is in the air you breathe?
  - Microbial Jungles- How Microbes form communities
  - Conserving our Coral Reefs
  - Why do we wear sunscreen?
  - Do we really need pesticides?
  - Meet the Blue Fin Tuna
  - How to Create Cleaner Coal
  - How much land does it take to power the world?
  - How do wind turbines work?
  - What if there were 1 million more trees?
  - Beauty of Pollination
- We Are Teachers - Earth Day Activities https://www.weareteachers.com/meaningful-earth-day-activities/
- World Wildlife Educational Resources
Nutrition

- Health Smart VA 3rd Grade Page https://healthsmartva.org/3rd-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- The 5 Fabulous Food Groups - YouTube
- Balanced Diet – AumSum https://www.youtube.com/watch?v=YimuIdEZSNY
- BAM! Body and Mind_Unit 2: Nutrition https://www.cdc.gov/healthyschools/bam/nutrition.htm
- Be A Store Explorer, Nutrition https://ymiclassroom.com/lesson-plans/be-a-store-explorer/
- BAM! Body and Mind Teacher’s Corner Nutrition http://www.cdc.gov/bam/nutrition/index.html
- Check Out What’s Chilling - Nutrition https://ymiclassroom.com/lesson-plans/nfra/
- Education World Popcorn Nutrition http://www.educationworld.com/a_lesson/03/lp324-04.shtml
- Food Plate Game https://lesson-plans.theteacherscorner.net/health/food-plate-game.php
- Get it Going with GOYA (beans) https://ymiclassroom.com/lesson-plans/getitgoingwithgoya/
- Healthy Eating – 5 Food Groups – YouTube
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- How the food you eat affects your brain https://www.youtube.com/watch?v=xyQY8a-ng6g
- How the food you eat affects your gut https://www.youtube.com/watch?v=1sISguPDlhY

- Kids Health Teacher’s Guides:
  - Breakfast https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/breakfast.pdf
  - Food Labels https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food_labels.pdf
  - Healthy Snacking http://classroom.kidshealth.org/3to5/personal/nutrition/healthy_snacking.pdf
  - School Lunch https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/school_lunch.pdf
- Learning to Give - World Hunger http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger
- NIH We Can! Eat Play Grow http://www.nhlbi.nih.gov/health/educational/wecan/
- PBS Nutrition for Educators http://pbskids.org/arthur/health/nutrition/educators.html
- PBS Learning Media Nutrition Resources [http://www.pbslearningmedia.org/search/?q=nutrition&order=&selected_facets=&selected_facets=grades_exact%3A3]
- PE Central Lessons [http://www.pecentral.org/lessonideas/pelessonplans.html]
- PE Central Nutrition Station Circuit [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5786#.V8jDZMdNFho]
- Smart Snacking Action Plan [https://healthpoweredkids.org/lessons/smart-snacking/]
- TED Ed Resources:
  - Which type of milk is best for you?
  - Fruit and Veggies for Kids
  - The five fabulous food groups
  - How does your body know you're full?
  - What is a calorie?
  - How do vitamins work?
  - How the food you eat affects your brain
- Together Counts - nutrition curriculum [http://www.togethercounts.com]
- USDA My Plate Kids' Place [https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids]
- Utah Education Network Design a Meal [http://www.uen.org/Lessonplan/preview.cgi?LPid=68]
- USDA - Serving Up My Plate – A Yummy Curriculum Grades 3-4
  - [https://www.choosemyplate.gov/kids-parents-educators]
  - [https://fns-prod.azureedge.net/sites/default/files/tn/sump_level2.pdf]
- Water Every Day [https://ymiclassroom.com/lesson-plans/water-every-day/]
- With The Whole Grain for Kids [https://ymiclassroom.com/lesson-plans/go-with-the-whole-grain/]
Physical Health/Disease Prevention/Health Promotion

- Health Smart VA 3rd Grade Page https://healthsmartva.org/3rd-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- American Heart Association (AHA) - Elementary Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-LessonPlans_UCM_001258_Article.jsp#WHVMjt2YNs0
- American Heart Association (AHA) - NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WHVKCWVNGs0
- BAM! Body and Mind_Unit 2: Physical Education and Activity https://www.cdc.gov/healthyschools/bam/pe_pa.htm
- BAM! Body and Mind_Unit 4: Health Conditions and Disease https://www.cdc.gov/healthyschools/bam/diseases.htm
- BAM! Oral Health https://www.cdc.gov/bam/body/smile.html
- Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/face9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
- Delta Dental Smart Smiles K-5 Program https://deltadentalva.com/foundation/smart-smiles.html
- Fast Breaks Poster https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- Fitness Bingo Lesson Plan https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140aeb54f9a4/fitness-bingo-lesson-plan/
- Fuel Up to Play 60 https://www.fueluptoplay60.com/tools#tab_why-physical-activity
- Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
- Health Start Germs to Yourself https://www.youtube.com/watch?v=Xoh82fefs0M
- Health Start Build Strong Bones https://www.youtube.com/watch?v=A125GY5-U68
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- Kids Health Teacher’s Guides:
  - Fitness https://classroom.kidshealth.org/classroom/3to5/personal/fitness/family.pdf
  - Screen time https://classroom.kidshealth.org/classroom/3to5/personal/fitness/screen_time.pdf
- Move It! - Physical Activity https://vpm.pbslearningmedia.org/collection/move-it/move-it-physical-activity/
- National Institutes of Health (NIH) - We Can! Eat Play Grow http://www.nhlbi.nih.gov/health/educational/wecan/
- PBS Kids It's My Life Interactive http://pbskids.org/itsmylife/index.html
- PE Central Lessons http://www.pecentral.org/lessonideas/pelessonplans.html
- PE Central - Heart Power http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFHo
- Power Chargers - Quick Activity Breaks http://healthpoweredkids.org/power-chargers/
- Safe Routes to School http://www.walkbiketoschool.org
• SHAPE America Lessons:
  • Healthy Heart Transport http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf
• Season Fitness Lesson Plan https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness-lesson-plan/
• Sleep Well https://ymiclassroom.com/lesson-plans/sleep/
• TED Ed Resources:
  How do we know if we have a virus?
  How playing sports benefits your body and brain
  Yoga does for body and brain
  What is obesity?
  How playing an instrument benefits your brain
  Why our muscles get tired
• Wheel of Fitness Lesson Plan https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ccc3e50a9831/wheel-of-fitness-lesson-plan/
Substance Abuse Prevention

- Health Smart VA 3rd Grade Page [https://healthsmartva.org/3rd-grade](https://healthsmartva.org/3rd-grade)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Addiction and the Brain- for kids! [https://youtu.be/s0bqT_hxMwI](https://youtu.be/s0bqT_hxMwI)
- Alcohol, Tobacco, Drugs (NCPC)
- Attitude of Gratitude [https://healthpoweredkids.org/lessons/gratefulsandgrumbles/](https://healthpoweredkids.org/lessons/gratefulsandgrumbles/)
- Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids [https://www.youtube.com/watch?v=ZBnPlqQFPKs](https://www.youtube.com/watch?v=ZBnPlqQFPKs)
- Bam! Body and Mind_Unit 8: E-cigarettes and Alcohol [https://www.cdc.gov/healthyschools/bam/e_cigarettes_and_alcohol.htm](https://www.cdc.gov/healthyschools/bam/e_cigarettes_and_alcohol.htm)
- Brain Power! [https://www.drugabuse.gov/parents-educators](https://www.drugabuse.gov/parents-educators)
- Exercise and your brain [https://healthpoweredkids.org/lessons/exerciseandbrain/](https://healthpoweredkids.org/lessons/exerciseandbrain/)
- How Your Brain Works – I Have a Go [https://www.youtube.com/watch?v=mFuHKJqpxPw](https://www.youtube.com/watch?v=mFuHKJqpxPw)
- Got Weirdos Video [https://www.youtube.com/watch?v=kIzN5l6iUM&list=PLC_m_qYDT0jMooPITWRSqJy5La7oF6I](https://www.youtube.com/watch?v=kIzN5l6iUM&list=PLC_m_qYDT0jMooPITWRSqJy5La7oF6I)
- It’s My Life [http://pbskids.org/itsmylife/index.html](http://pbskids.org/itsmylife/index.html)
- Keeping it Real – Elementary School DARE Curriculum [https://dare.org/education/](https://dare.org/education/)
- Keeping Medicine Safe [https://youtu.be/UHvPSwJX4aQ](https://youtu.be/UHvPSwJX4aQ)
- Generation Rx – Elementary Prescription Rx Toolkit [https://www.generationrx.org/toolkits/elementary/](https://www.generationrx.org/toolkits/elementary/)
- KidsHealth.org, Smoking, Alcohol and Drugs Teacher's Guides:
  - [https://classroom.kidshealth.org/classroom/3to5/problems/drugs/alcohol.pdf](https://classroom.kidshealth.org/classroom/3to5/problems/drugs/alcohol.pdf)
  - [https://classroom.kidshealth.org/classroom/3to5/problems/drugs/drugs.pdf](https://classroom.kidshealth.org/classroom/3to5/problems/drugs/drugs.pdf)
  - [https://classroom.kidshealth.org/classroom/3to5/problems/drugs/smoking.pdf](https://classroom.kidshealth.org/classroom/3to5/problems/drugs/smoking.pdf)
- Learning Mindfulness Through Movement [https://healthpoweredkids.org/lessons/mindfulnessthroughmovement/](https://healthpoweredkids.org/lessons/mindfulnessthroughmovement/)
- LifeSkills Training [http://www.lifeskillstraining.com](http://www.lifeskillstraining.com)
- NIDA Brain Power Curriculum [https://www.drugabuse.gov/brain-power](https://www.drugabuse.gov/brain-power)
- PE Central Drug Abstinence Skills Lesson [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929#WD2wuWVNtG0](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929#WD2wuWVNtG0)
- Refusal: Sample Animation Activity [https://www.youtube.com/watch?v=PEEEJLrJcM](https://www.youtube.com/watch?v=PEEEJLrJcM)
- SAMHSA www.samhsa.gov
- Wellbeing Healthy Habits https://www.youtube.com/watch?v=dpCdqOtuj0
Safety/Injury Prevention

- Health Smart VA 3rd Grade Page [https://healthsmartva.org/3rd-grade](https://healthsmartva.org/3rd-grade)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Build a Kit [https://www.ready.gov/kit](https://www.ready.gov/kit)
- Education World Be a Sport for Sport Safety [https://www.educationworld.com/a_lesson/lesson233.shtml](https://www.educationworld.com/a_lesson/lesson233.shtml)
- FEMA Be a Hero You [https://www.fema.gov/media-library-data/a09fa19c5354c01beb9f30125a785cb/FEMA%20UE%20TG_082613_508.pdf](https://www.fema.gov/media-library-data/a09fa19c5354c01beb9f30125a785cb/FEMA%20UE%20TG_082613_508.pdf)
- Fire Safety for Kids [https://www.youtube.com/watch?v=AWHGdWOI4kw](https://www.youtube.com/watch?v=AWHGdWOI4kw)
- Internet Safety [http://www.safesurfingkids.com/lesson_plans_grades_3_12.htm](http://www.safesurfingkids.com/lesson_plans_grades_3_12.htm)
- Kids Fire Safety Awareness [https://www.youtube.com/watch?v=Lc2aCmxG6II](https://www.youtube.com/watch?v=Lc2aCmxG6II)
- KidsHealth.org Video: Concussion [https://www.youtube.com/watch?v=FkLT_AZ2u5k](https://www.youtube.com/watch?v=FkLT_AZ2u5k)
- Playground Safety Check - [http://www.educationworld.com/a_lesson/01-1/lp233_03.shtml](http://www.educationworld.com/a_lesson/01-1/lp233_03.shtml)
- Road Safety Video [https://www.youtube.com/watch?v=_NeEF1fwT4k](https://www.youtube.com/watch?v=_NeEF1fwT4k)
- Safety Lessons [https://mecklenburg.ces.ncsu.edu/youthsafety](https://mecklenburg.ces.ncsu.edu/youthsafety)
- Support Tree: Who’s Safe to Ask for Help Activity [https://www.cfchildren.org/blog/2017/12/support-tree-activity/](https://www.cfchildren.org/blog/2017/12/support-tree-activity/)
- Top 10 Bike Safety Rules [https://youtu.be/PT1-mDIVyAI](https://youtu.be/PT1-mDIVyAI)
- USDOTFHWA Bicycle Safer Journey Video [https://www.youtube.com/watch?v=dkoVxBnnGko&list=PL5_sm9g9d4T3BymMO8D8FcNn9PyuynSoG](https://www.youtube.com/watch?v=dkoVxBnnGko&list=PL5_sm9g9d4T3BymMO8D8FcNn9PyuynSoG)
- Water Safety Video: Danger Rangers Everybody Be Water Safe [https://www.youtube.com/watch?v=6A0OXxVOPUw](https://www.youtube.com/watch?v=6A0OXxVOPUw)
- Water Safety Video: Modeling Water Safety [https://www.youtube.com/watch?v=v3cID86hw0k](https://www.youtube.com/watch?v=v3cID86hw0k)
- Kidshealth.org Educators Site [http://classroom.kidshealth.org](http://classroom.kidshealth.org)
Mental Wellness/Social Emotional Skills

- Health Smart VA 3rd Grade Page https://healthsmartva.org/3rd-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Featured Resources
  - Health Smart Virginia Feature Section – Social Emotional Health Resources
  - Health Smart Virginia Feature Section – Mental Health Wellness Resources
  - Health Smart Virginia Feature Section – Trauma Informed, Now What?
  - What is SEL
  - WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
  - Teaching Activities to Support Core SEL Competencies
- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 3 Committee for Children (CFC) Free SEL Classroom Activities
- 4 Inventive Games that Teach Students Social Skills
- 5 Activities to Support Students Through the Holidays
- 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
- 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
- 7 Fun Communication Games that Increase Understanding
- 7 SEL Activities for Students to Do at Home
- 8 Social Emotional Learning Activities for a Classroom
- 8 Downloadable SEL Activities for Home and School
- 9 mental health activities to do with your children - BelievePerform
- 10 Activities to Help Children Explore Emotions
- 10 Activities to Integrate Social Emotional Learning into the Classroom
- 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
- 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
- 10 Tips to Help Your Child with Anger, Aha! Parenting
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 12 Games to Teach Social-Emotional Learning - Playworks
- 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
- 12 Ways Teachers Can Build Their Own Resilience
- 13 Powerful SEL Activities | Edutopia
- 15 Activities for Teaching CASEL Core Competencies | Waterford.org
- 16 Anger Management Activities, School Counseling Files
- 16 Social and Emotional Learning Activities - Aperture Education
- 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
- 25 Ways to Integrate Social Emotional Learning into Your Classroom
- 25 At Home SEL Activities - Choice Board
- 28 Mental Health Activities, Worksheets & Books for Adults & Students
- 30 Character-Building Ideas and Activities for School, Sign Up Genius
- 30 + Free Choice SEL Activities
- 73 Social Emotional Learning Activity Sheets
- 97 SEL Skills Activities – InspiredStudents.org
- 100 Kid Activities to Build Character, Moments a Day
- 101 Ways to Teach Children Social Skills
- 132 SEL Apps, Games, Activities for Building Character in the Classroom
- Arthur Interactive Media Buddy Project - An ARTHUR Social, Emotional, and Character Development Curriculum
- Breathing Activity for Elementary Students
- Butterfly Breathing Video – YouTube
- Calming Exercises for Kids: Breathing and Stretching - YouTube
- Centervention SEL Activities https://www.centervention.com/social-emotional-learning-activities/
- Classroom Activities - MACMH | MACMH
- Classroom Physical Activity Helps Students with Mental Health and Anxiety
- Committee for Children (CFC) Free Classroom Activities https://www.cfcchildren.org/resources/free-classroom-activities/
- Cool It! - Self Awareness (Yoga) https://vpm.pbslearningmedia.org/collection/move-it/t/cool-it/
- Daniel Tiger’s Neighborhood – Scared of Thunder https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNPho
- EVERFI-Social Emotional Learning Resources https://everfi.com/offering/social-emotional-learning/
- Daniel Tiger’s Neighborhood - When You Feel So Mad that You Want to Roar – Strategy Song and Activity (Anger) https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNPho
- EMOTIONAL ABC Classroom
- Everyday mindfulness - YouTube
- Fit4TheClassroom – Mood Music Lesson http://stage.fit4theclassroom.com/mood
- Free-Anger-Worksheets - An anger log to help kids track their triggers for anger. Elementary, Middle
- Free-Calming-Poster- Simple calming posters for a calm down area that remind kids to relax and breathe. Elementary, Middle
- Free-Coping-Strategies-Challenge Have students learn 30 coping strategies in 30 days to teach about managing emotions. Elementary, Middle
- Free-Coping-Strategies-Notebook A tool that helps kids to practice and use their coping strategies when they need them. Elementary, Middle
- Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U

Go Noodle – Physical Activity and Mindfulness Breaks [2]

How to Help Children Manage Fears [3]

Interactive Games in Support of Mental Health [4]

Joyful Mind – Mindfulness in the Classroom Activities [5]

KidsHealth.org Teacher’s Guides for Grades 3-5: [6]
- Self Esteem [7]
- Empathy [8]
- Conflict Resolution [9]
- Getting Along [10]
- Peer Pressure [11]
- Stress [12]
- Feeling Sad [13]

Learn to Be Healthy [14]

Learning to Give - I Feel Angry or Sad When [15]

Learning to Give - Define Wants and Needs [16]

Lesson – Responding to Teasing and Put Downs [17]

Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness [18]

Mental Health Activities for High School Students - The Truthful Tutor [19]

Mental Health Awareness: Free Resources & More | Share My Lesson [20]

Michigan Education - Online Professional Development for Social Emotional Learning [21]
- Introduction to SEL [22]
- Embedding SEL Schoolwide [23]
- Creating a Professional Culture Based on SEL [24]
- Integrating SEL - Culturally Responsive Classrooms [25]
- Trauma Informed Support [26]

Mindful Moments – MCPS Be Well 365 - Student Activity Videos [27]

Mindful Movement for Young Learners - YouTube [28]

Mindful Schools – Lesson - Introduction to Mindful Bodies and Listening [29]

Mindful Schools [30]

Mindful Teachers Site [31]

Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans [32]

Mr. Steve, The Music Man Positive Mental Attitude [33]

No Time For Flash Cards – Circle Time Lessons about Emotions [34]
- Open Up Magazine, Minnesota Association for Children’s Mental Health – *Getting to Know You, Empathy – How are You Feeling, It’s All in Your Viewpoint* [http://www.macmh.org/open-up-magazine/classroom-activities/]
- PBS - Overview of Mindfulness [http://www.pbs.org/thebuddha/teachers-guide/]
- PBS - It’s My Life [http://pbskids.org/itsmylife/index.html]
- PE Central lessons
  - Emotions in Motion [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho]
  - Emotion Discovery with DDR [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10126#.WR42smVNFho]
  - Feelings [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11039#.WR3WfWVNFe]
  - Yoga Unit – Feelings and Reactions [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFVNFe]
  - Problem Solving Door [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3584#.WR41J2VNFho]
  - Stress Hot Potato [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6604#.WR41RmVNFho]
- Reach Out - Asking students if they are okay [https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day]
- Rossier USC - Creating Safe Spaces – Social Emotional Lessons [https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/]
- Scholastic – Learning About Emotions (Gr. K) [https://www.scholastic.com/teachers/lesson-plans/teaching-content/activity-plan-4-5-learning-about-emotions/]
- Sesame Street - Quiet or Loud Video [https://www.pbslearningmedia.org/resource/sesame-quiet-or-loud/quiet-or-loud-song-sesame-street/#.WRP1GGVNFho]
- Stress, Trauma and the Brain - Insights for Educators [https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/]
- Supporting Students’ Personal and Social Competencies [https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html]
- Teachnology - Mental Health and Stress Reduction [http://www.teachnology.com]
- UNICEF Kid Power Videos for Children and Families
**Violence Prevention**

- Health Smart VA 3rd Grade Page [https://healthsmartva.org/3rd-grade](https://healthsmartva.org/3rd-grade)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Anti-Bullying Squad [https://youtu.be/3ypx2C4JuY](https://youtu.be/3ypx2C4JuY)
- Be an Upstander - Prevent Bullying [https://youtu.be/eqQCyQOCPg](https://youtu.be/eqQCyQOCPg)
- Bullying and Harassment Prevention Curriculum [http://studentservices.dadeschools.net/#/fullWidth/3697](http://studentservices.dadeschools.net/#/fullWidth/3697)
- Bullying Prevention Lesson Plans [https://rossieronline.usc.edu/bullying-prevention-lesson-plans/](https://rossieronline.usc.edu/bullying-prevention-lesson-plans/)
- Committee for Children - Bullying Prevention Unit
- Five Ways to Stop Bullying [https://youtu.be/vGVjzPYvm0](https://youtu.be/vGVjzPYvm0)
- Kids against Bullying [http://www.pacerkidsagainstbullying.org/kab/](http://www.pacerkidsagainstbullying.org/kab/)
- PACER Classroom Resources (Bullying) [https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd](https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd)
- PACER Elementary School Activities (Bullying) [https://www.pacer.org/bullying/classroom/elementary/](https://www.pacer.org/bullying/classroom/elementary/)
- PACER Elementary School Curriculum (Bullying) [https://www.pacer.org/bullying/classroom/ele-curr/](https://www.pacer.org/bullying/classroom/ele-curr/)
- Peaceful Schools [http://peacefulschoolsinternational.org](http://peacefulschoolsinternational.org)
- We Are Teachers: Resources for Social and Emotional Learning [https://togethercounts.com/grades-k-5](https://togethercounts.com/grades-k-5)
# Grade 4 Resource Links

*These resource lists are intended to jumpstart the research and development of K-10 Health Instruction.*

This 2023 Update was funded by the [Office of Behavioral Health Wellness](https://www.vdh.virginia.gov/behavioral-health/), Virginia Department of Behavioral Health and Developmental Services

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Body Systems

- Health Smart Virginia 4th Grade Page https://healthsmartva.org/4th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- BrainPop Jr. – Bones https://jr.brainpop.com/health/bodies/bones/
- BrainPop Jr. – Lungs https://jr.brainpop.com/health/bodies/lungs/
- BrainPop Jr. – Senses https://jr.brainpop.com/health/bodies/senses/
- BrainPop Jr. – Muscles https://jr.brainpop.com/health/bodies/muscles/
- BrainPop Jr. – Heart https://jr.brainpop.com/health/bodies/heart/
- BrainPop Jr. – Exercise https://jr.brainpop.com/health/bodies/exercise/
- BrainPop Jr. – Digestive System https://jr.brainpop.com/health/bodies/digestivesystem/
- BrainPop Jr. – Exercise https://jr.brainpop.com/health/bodies/exercise/
- Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
- Human Body - Science for Kids - You Tube
- Human Body Systems for Kids Video Lesson and Activity Plan
- KidsHealth.org http://kidshealth.org
- Kids Health How the Body Works YouTube Video Series https://www.youtube.com/playlist?list=PLRmb5AxAU-JXgajrrcozhkhMeSWa0XI0Z
- Kids Health - human body series http://classroom.kidshealth.org/index.jsp?Grade=35&Section=body
- Magic School Bus Explores the Human Body Part 2 (Kids Global)
  - https://www.youtube.com/watch?v=aDQIFbMbChw
- Magic School Bus Explores the Human Body Part 3 (Kids Global)
  - https://www.youtube.com/watch?v=KTSLeXjvorM
- Magic School Bus Explores the Human Body Part 4 (Kids Global)
  - https://www.youtube.com/watch?v=vodfA3MDkTM
- Magic School Bus Explores the Human Body Part 5
  - https://www.youtube.com/watch?v=hkZ2X3Fzm6U&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=5
- Magic School Bus Explores the Human Body Part 6
  - HTTPS://www.youtube.com/watch?v=4Z2Z3Fzm6U&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=6
- Magic School Bus Explores the Human Body Part 7
  - https://www.youtube.com/watch?v=YuLCm9y8EU&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=7
- The Human Brain https://www.youtube.com/watch?v=1aCySySM1MA
TED Ed Resources:
- Can you be awake and asleep at the same time?
- What are the floaters in your eye?
- How do lungs work?
- How oxygen circulates through your body
- How does the liver work?
- How does your digestive system work?
- Your skin!
- How does the immune system work?

Community/Environmental Health

- Health Smart Virginia 4th Grade Page https://healthsmartva.org/4th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- EPA Games and Quizzes https://www.epa.gov/students/games-quizzes-and-more
- EPA Student Environmental Health Resources https://www.epa.gov/students
- EPA Student Resources https://www.epa.gov/students
- Green Schools - Earth Day Activities and Ideas http://www.greenschools.net/article.php?id=160.html
- IDAHO Environmental Health Education – Lesson Plans for All Grade Levels http://healthandwelfare.idaho.gov/Portals/0/Health/EnvironmentalHealth/Lesson%20Plans-Reduced%20File%20Size.pdf
- Project Learning Tree - Earth Day Activities https://www.plt.org/educator-tips/earth-day-activities/
- Reduce, Reuse, Recycle - http://kids.niehs.nih.gov/topics/reduce/
- TED Ed Resources:
  - What is in the air you breathe?
  - Microbial Jungles- How Microbes form communities
  - Conserving our Coral Reefs
  - Why do we wear sunscreen?
  - Do we really need pesticides?
  - Meet the Blue Fin Tuna
  - How to Create Cleaner Coal
  - How much land does it take to power the world?
  - How do wind turbines work?
  - What if there were 1 million more trees?
  - Beauty of Pollination
- We are Teachers - Earth Day Activities https://www.weareteachers.com/meaningful-earth-day-activities/
Nutrition

- Health Smart Virginia 4th Grade Page https://healthsmartva.org/4th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- American Heart Association (AHA) - Elementary Lesson Plans
  http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-LessonPlants_UCM_001258_Article.jsp#.WHVMj2VNGs0
- Balanced Diet – AumSum https://www.youtube.com/watch?v=VimulIDNZSNY
- BAM! Body and Mind_Unit 2: Nutrition https://www.cdc.gov/healthyschools/bam/nutrition.htm
- Be A Store Explorer, Nutrition https://ymiclassroom.com/lesson-plans/be-a-store-explorer/
- Check Out What’s Chilling - Nutrition https://ymiclassroom.com/lesson-plans/nfra/
- Get it Going with GOYA (beans) https://ymiclassroom.com/lesson-plans/getitgoingwithgoya/
- Healthy Eating – 5 Food Groups – You Tube
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- How the food you eat affects your brain https://www.youtube.com/watch?v=x3QyQa-ng6g
- How the food you eat affects your gut https://www.youtube.com/watch?v=1slSguPdhY
- PE Central Nutrition Station Circuit http://www.pedcentral.org/lessonideas/ViewLesson.asp?ID=5786#.V8jDZMdnFho
- Smart Snacking Action Plan https://healthpoweredkids.org/lessons/smart-snacking/
- Utah Education Network Design a Meal http://www.uen.org/Lessonplan/preview.cgi?LPid=68
- TED Ed Resources:
  Which type of milk is best for you?
  Fruit and Veggies for Kids
  The five fabulous food groups
How does your body know you're full?
What is a calorie?
How do vitamins work?
How the food you eat affects your brain

- The 5 Fabulous Food Groups - You Tube
- Together Counts
  - Wellness https://togethercounts.com/grades-k-5/
- With The Whole Grain for Kids https://ymiclassroom.com/lesson-plans/go-with-the-whole-grain/
Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia 4th Grade Page https://healthsmartva.org/4th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- American Heart Association (AHA) - Elementary Lesson Plans
  - http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2YNGs0
- BAM! Body and Mind_Unit 2: Physical Education and Activity https://www.cdc.gov/healthyschools/bam/pe_pa.htm
- BAM! Body and Mind_Unit 4: Health Conditions and Disease https://www.cdc.gov/healthyschools/bam/diseases.htm
- Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
- Delta Dental Smart Smiles K-5 Program https://deltadentalva.com/foundation/smart-smiles.html
- Fitness Bingo Lesson Plan https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140ac5f49a4/fitness-bingo-lesson-plan/
- Fuel Up to Play 60 https://www.fueluptoplay60.com/tools#tab_why-physical-activity
- Go Noodle – Physical Activity and Mindfulness Breaks https://www.gonoodle.com
- Health Start Germs to Yourself https://www.youtube.com/watch?v=Xoh82fe50M
- Health Start Build Strong Bones https://www.youtube.com/watch?v=A125GY5-U68
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- Kids Health Fast Breaks - NBA Fit Classroom Lesson https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- Kids Health Grades 3-5 Teacher’s Guides
  - Fitness https://classroom.kidshealth.org/classroom/3to5/personal/fitness/fitness.pdf
  - Sleep https://classroom.kidshealth.org/classroom/3to5/body/functions/sleep.pdf
- Move It! - Physical Activity https://vpm.pbslearningmedia.org/collection/move-it/t/move-it-physical-activity/
- Safe Routes http://www.walkbiketoschool.org
- Season Fitness Lesson Plan https://vpm.pbslearningmedia.org/resource/814814e-a441-4861-8359-f56ad4efff15b/season-fitness-lesson-plan/
- Sleep Well https://ymiclassroom.com/lesson-plans/sleep/
- Utah Education Network - Calorie Burning [http://www.uen.org/Lessonplan/preview.cgi?LPid=18870](http://www.uen.org/Lessonplan/preview.cgi?LPid=18870)
- Jump Rope for the Heart Event
- PE Central
  - Interactive Heart Rate [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4874](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4874)
- SHAPE America
- Healthy Heart [http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf](http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf)

- Ted Ed Resources:
  - How do we know if we have a virus?
  - How playing sports benefits your body and brain
  - Yoga does for body and brain
  - What is obesity?
  - How playing an instrument benefits your brain
  - Why our muscles get tired
- Wheel of Fitness Lesson Plan [https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness.lesson-plan/](https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness.lesson-plan/)
Substance Abuse Prevention

- Health Smart Virginia 4<sup>th</sup> Grade Page [https://healthsmartva.org/4th-grade](https://healthsmartva.org/4th-grade)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- ABC Virginia Elementary Guide [https://www.abc.virginia.gov/education/publications](https://www.abc.virginia.gov/education/publications)
- Addiction and the Brain- for kids! [https://youtu.be/s0bqT_hxMwI](https://youtu.be/s0bqT_hxMwI)
- Bam! Body and Mind_Unit 8: E-cigarettes and Alcohol [https://www.cdc.gov/healthyschools/bam/e_cigarettes_and_alcohol.htm](https://www.cdc.gov/healthyschools/bam/e_cigarettes_and_alcohol.htm)
- Brain Power! [https://www.drugabuse.gov/parents-educators](https://www.drugabuse.gov/parents-educators)
- Drug Abstinence Skills [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929#.WD2wuWVNGs0](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929#.WD2wuWVNGs0)
- Keeping it Real – Elementary School DARE Curriculum [https://dare.org/education/](https://dare.org/education/)
- Keeping Medicine Safe [https://youtu.be/UHvPSwIX4aQ](https://youtu.be/UHvPSwIX4aQ)
- LifeSkills Training [http://www.lifeskillstraining.com](http://www.lifeskillstraining.com)
- Virginia ABC Elementary Guide [https://www.abc.virginia.gov/education/publications](https://www.abc.virginia.gov/education/publications)
- Generation Rx – Elementary Prescription Rx Toolkit [https://www.generationrx.org/toolkits/elementary/](https://www.generationrx.org/toolkits/elementary/)
- KidsHealth.org, Smoking, Alcohol and Drugs Teacher’s Guides:
  - [https://classroom.kidshealth.org/classroom/3to5/problems/drugs/alcohol.pdf](https://classroom.kidshealth.org/classroom/3to5/problems/drugs/alcohol.pdf)
  - [http://classroom.kidshealth.org/classroom/3to5/problems/drugs/drugs.pdf](http://classroom.kidshealth.org/classroom/3to5/problems/drugs/drugs.pdf)
  - [https://classroom.kidshealth.org/classroom/3to5/problems/drugs/smoking.pdf](https://classroom.kidshealth.org/classroom/3to5/problems/drugs/smoking.pdf)
- National Crime Prevention Council:
- (Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know, Parent Resource Page (grades 4-12)
- (Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
- Prescription Drug Abuse:
- Refusal: Sample Animation Activity [https://www.youtube.com/watch?v=PEEEJLtRJcM](https://www.youtube.com/watch?v=PEEEJLtRJcM)
Safety/Injury Prevention

- Health Smart Virginia 4th Grade Page https://healthsmartva.org/4th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- BAM! Safety http://www.cdc.gov/bam/safety
- Build a Kit https://www.ready.gov/kids/kids
- Bicycle Helmet Safety https://youtu.be/sV9GjU7cA7o
- Bicycle Safer Journey https://youtu.be/dkoVxBnnGko
- CDC Street Smartz https://www.cdc.gov/bam/safety/street.html
- Education World Be a Sport for Sport Safety https://www.educationworld.com/a_lesson/lesson233.shtml
- Jello Brain - ShawTV Edmonton https://www.youtube.com/watch?v=BBbxCT5whN0
- Fire Safety for Kids https://www.youtube.com/watch?v=AWHGdWOI4kw
- Home Alone https://www.youtube.com/watch?v=dtBMkG3YOaQ
- Internet Safety http://www.safesurfingkids.com/lesson_plans_grades_3_12.htm
- Kids Fire Safety Awareness https://www.youtube.com/watch?v=LC2aCmxG6II
- KidsHealth.org Concussions https://www.youtube.com/watch?v=FkLT_aZ2u5k
- National Head and Spinal Cord Injury Prevention Program http://thinkfirst.org/youth
- Playground Safety Check http://www.educationworld.com/a_lesson/01-1/lp233_03.shtml
- Road Safety Video https://www.youtube.com/watch?v=_NeEF1fwT4k
- Safety Lessons https://mecklenburg.ces.ncsu.edu/youthsafety
- Top 10 Bike Safety Rules https://youtu.be/PT1-mDivyaI
Mental Wellness/Social Emotional Skills

- Health Smart Virginia 4th Grade Page https://healthsmartva.org/4th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Health Smart Home Page Social Emotional Resources
- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 3 Committee for Children (CFC) Free SEL Classroom Activities
- 4 Inventive Games that Teach Students Social Skills
- 5 Activities to Support Students Through the Holidays
- 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
- 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
- 7 Fun Communication Games that Increase Understanding
- 7 SEL Activities for Students to Do at Home
- 8 Social Emotional Learning Activities for a Classroom
- 8 Downloadable SEL Activities for Home and School
- 9 mental health activities to do with your children - BelievePerform
- 10 Activities to Help Children Explore Emotions
- 10 Activities to Integrate Social Emotional Learning into the Classroom
- 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
- 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
- 10 Tips to Help Your Child with Anger, Aha! Parenting
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 12 Games to Teach Social-Emotional Learning - Playworks
- 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
- 12 Ways Teachers Can Build Their Own Resilience
- 13 Powerful SEL Activities | Edutopia
- 15 Activities for Teaching CASEL Core Competencies | Waterford.org
- 16 Anger Management Activities, School Counseling Files
- 16 Social and Emotional Learning Activities - Aperture Education
- 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
- 25 Ways to Integrate Social Emotional Learning into Your Classroom
- 25 At Home SEL Activities - Choice Board
- 28 Mental Health Activities, Worksheets & Books for Adults & Students
- 30 Character-Building Ideas and Activities for School, Sign Up Genius
- 30 + Free Choice SEL Activities
- 73 Social Emotional Learning Activity Sheets
- 97 SEL Skills Activities – InspiredStudents.org
- 100 Kid Activities to Build Character, Moments a Day
- 101 Ways to Teach Children Social Skills
- 132 SEL Apps, Games, Activities for Building Character in the Classroom
- Attitude of Gratitude https://healthpoweredkids.org/lessons/gratefulsandgrumbles/
- Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids https://www.youtube.com/watch?v=ZBnPlqQFPKs
- Breathing Activity for Elementary Students
- Butterfly Breathing Video – YouTube
- CA Media Smarts Avatars and Body Image http://mediasmarts.ca/teacher-resources/avatars-body-image
- Calming Exercises for Kids: Breathing and Stretching - YouTube
- Centervention SEL Activities https://www.centervention.com/social-emotional-learning-activities/
- Classroom Activities - MACMH | MACMH
- Classroom Physical Activity Helps Students with Mental Health and Anxiety
- Committee for Children (CFC) Free Classroom Activities https://www.cfcchildren.org/resources/free-classroom-activities/
- Cool It! - Self Awareness (Yoga) https://vpm.pbslearningmedia.org/collection/move-it/t/cool-it/
- Daniel Tiger's Neighborhood - Scared of Thunder https://www.pbslearningmedia.org/resource/2335e27f-5ac0-4973-a0b9-c5cc94677b2/daniel-and-o-are-scared-of-the-thunder/#.WRpJHmVNFho
- Daniel Tiger's Neighborhood - You Feel So Mad You Want to Roar - Strategy Song / Activity (Anger) https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNfho
- EMOTIONAL ABC Classroom
- Everyday mindfulness - YouTube
- Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
- Fit4TheClassroom - Mood Music Lesson http://stage.fit4theclassroom.com/mood
- Free-Anger-Worksheets - An anger log to help kids track their triggers for anger. Elementary, Middle
- Free-Calming-Poster- Simple calming posters for a calm down area that remind kids to relax and breathe. Elementary, Middle
- Free-Coping-Strategies-Challenge- Have students learn 30 coping strategies in 30 days to teach about managing emotions. Elementary, Middle
- Free-Coping-Strategies-Notebook- A tool that helps kids to practice and use their coping strategies when they need them. Elementary, Middle
- Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
- Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education [link]
- How to Help Children Manage Fears [link]
- How Your Brain Works – I Have a Go [link]
- Interactive Games in Support of Mental Health | Mental Health Delta Division
- Joyful Mind - Mindfulness in the Classroom Activities [link]
- KidsHealth.org Teacher’s Guides for Grades 3-5:
  - Self Esteem [link]
  - Empathy [link]
  - Conflict Resolution [link]
  - Getting Along [link]
  - Peer Pressure [link]
  - Stress [link]
  - Feeling Sad [link]
- Learning Mindfulness Through Movement [link]
- Learn to Be Healthy [link]
- Learning to Give - I Feel Angry or Sad When [link]
- Learning to Give - Define Wants and Needs [link]
- Lesson - Responding to Teasing and Put Downs [link]
- Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
- Mental Health Activities for High School Students - The Truthful Tutor
- Mental Health Awareness: Free Resources & More | Share My Lesson
- Michigan Education - Online Professional Development for Social Emotional Learning
  - Introduction to SEL [link]
  - Embedding SEL Schoolwide [link]
  - Creating a Professional Culture Based on SEL [link]
  - Integrating SEL - Culturally Responsive Classrooms [link]
  - Trauma Informed Support [link]
- Mindful Moments – MCPS Be Well 365 - Student Activity Videos
- Mindful Movement for Young Learners - YouTube
- Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening [link]
- Mindful Schools [link]
- Mindful Teachers Site [link]
- Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
- Noticing Walk and Reflection [https://healthpoweredkids.org/lessons/noticingwalk/](https://healthpoweredkids.org/lessons/noticingwalk/)
- Open Up Magazine, Minnesota Association for Children’s Mental Health - Getting to Know You, Empathy - How are You Feeling, It’s All in Your Viewpoint [http://www.macmh.org/open-up-magazine/classroom-activities/](http://www.macmh.org/open-up-magazine/classroom-activities/)
- PBS - It's My Life [http://pbskids.org/it'smylife/index.html](http://pbskids.org/it'smylife/index.html)
- PE Central lessons
  - Emotions in Motion [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNfho](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNfho)
  - Stress Hot Potato [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6604#.WR41RmVNfho](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6604#.WR41RmVNfho)
- Reach Out - Asking students if they are okay [http://au.professionals.reachout.com/residents/r-u-ok](http://au.professionals.reachout.com/residents/r-u-ok)
- Rossier USC - Creating Safe Spaces - Social Emotional Lessons [https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/](https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/)
- Sesame Street - Quiet or Loud Video - when to be quiet, when to be loud - helps prepare students to ask for help [https://www.pbslearningmedia.org/resource/sga-quiet-or-loud/quiet-or-loud-song-sesame-street/#.WRIPIGGVNFho](https://www.pbslearningmedia.org/resource/sga-quiet-or-loud/quiet-or-loud-song-sesame-street/#.WRIPIGGVNFho)
- Teachnology - Mental Health and Stress Reduction [http://www.teach-nology.com](http://www.teach-nology.com)
- UNICEF Kid Power Videos for Children and Families
- What is SEL
- WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
- Teaching Activities to Support Core SEL Competencies
- Wellbeing Healthy Habits [https://www.youtube.com/watch?v=dhpCdqOtuj0](https://www.youtube.com/watch?v=dhpCdqOtuj0)
Violence Prevention

- Health Smart Virginia 4th Grade Page https://healthsmartva.org/4th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Al’s Pals: Kids Making Healthy Choices http://wingspanworks.com
- Anti-Bullying Squad https://youtu.be/3ypxq2C4JuY
- Be an Upstander - Prevent Bullying https://youtu.be/eceQCyQOCpg
- Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
- Bullying Prevention Lesson Plans https://rossieronline.usc.edu/bullying-prevention-lesson-plans/
- Committee for Children - Bullying Prevention Unit
- Decision Making and Assertiveness http://www.uen.org/Lessonplan/preview.cgi?LPid=160
- Five Ways to Stop Bullying https://youtu.be/vGV5jzPYvm0
- Intel Education: "Flat Stanley" http://www97.intel.com/en/ProjectDesign/UnitPlanIndex/FlatStanley
- Kids against Bullying http://www.pacerkidsagainstbullying.org/kab/
- Kids Bullying Kids http://www.educationworld.com/a_lesson/00-2/lp2055.shtml
- LifeSkills Training http://www.lifeskillstraining.com
- Olweus Bullying Prevention Program http://www.olweus.org/public/school_bullying.page
- PACER Classroom Resources (Bullying) https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd
- PACER Elementary School Activities (Bullying) https://www.pacer.org/bullying/classroom/elementary/
- PACER Elementary School Curriculum (Bullying) https://www.pacer.org/bullying/classroom/ele-curr/
- Peaceful Schools http://peacefulschoolsinternational.org
- Robot Bullies https://youtu.be/YTQxTvcMjng
- Social Emotional Learning K-5 http://www.scholastic.com/teachers/lesson-plans/free-lesson-plans/search?query=&subject%5B%5D=912
- Teaching Guide: Bullying and Teasing http://www.goodcharacter.com/GROARK/Bullying.html
- Together Counts – Decision Making
- We Are Teachers: Resources for Social and Emotional Learning http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources
Grade 5 Resource Links

These resource lists are intended to jumpstart the research and development of K-10 Health Instruction.
This 2023 Update was funded by the Office of Behavioral Health Wellness, Virginia Department of Behavioral Health and Developmental Services

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Community/Environmental Health
Nutrition
Physical Health/Disease Prevention/Health Promotion
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Body Systems

- Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- AAAS Skin Deep Project http://sciencenetlinks.com/collections/skin-deep-project/
- BrainPop Jr. – Bones https://jr.brainpop.com/health/bodies/bones/
- BrainPop Jr. – Lungs https://jr.brainpop.com/health/bodies/lungs/
- BrainPop Jr. – Senses https://jr.brainpop.com/health/bodies/senses/
- BrainPop Jr. – Muscles https://jr.brainpop.com/health/bodies/muscles/
- BrainPop Jr. – Heart https://jr.brainpop.com/health/bodies/heart/
- BrainPop Jr. – Exercise https://jr.brainpop.com/health/bodies/exercise/
- BrainPop Jr. – Digestive System https://jr.brainpop.com/health/bodies/digestivesystem/
- How The Body Works-YouTube Video Series https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrcozhkhMeSWa0XI0Z
- Human Body - Science for Kids - You Tube
  - Human Body Systems for Kids Video Lesson and Activity Plan
- KidsHealth.org –
  - Human body series http://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body
- Magic School Bus Explores the Human Body Part 5
  - https://www.youtube.com/watch?v=hkZ2X3Fzm6U&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=5
- Magic School Bus Explores the Human Body Part 6
  - https://www.youtube.com/watch?v= NW2-g2xAqs4&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=6
- Magic School Bus Explores the Human Body Part 7
  - https://www.youtube.com/watch?v=JvLCtm8y8EU&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=7
- The Human Brain https://www.youtube.com/watch?v=1aCYsYSM1MA
• TED Ed Resources:
  Can you be awake and asleep at the same time?
  What are the floaters in your eye?
  How do lungs work?
  How oxygen circulates through your body
  How does the liver work?
  How does your digestive system work?
  Your skin!
  How does the immune system work?
Community/Environmental Health

- Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Community Health Fair
  - Virginia Department of Health www.vdh.virginia.gov
- EPA Games and Quizzes https://www.epa.gov/students/games-quizzes-and-more
- EPA Student Resources https://www.epa.gov/students
- IDAHO Environmental Health Education – Lesson Plans for All Grade Levels http://healthandwelfare.idaho.gov/Portals/0/Health/EnvironmentalHealth/Lesson%20Plans-Reduced%20File%20Size.pdf
- Reduce, Reuse, Recycle http://kids.niehs.nih.gov/topics/reduce/
- TED Ed Resources:
  - What is in the air you breathe?
  - Microbial Jungles- How Microbes form communities
  - Conserving our Coral Reefs
  - Why do we wear sunscreen?
  - Do we really need pesticides?
  - Meet the Blue Fin Tuna
  - How to Create Cleaner Coal
  - How much land does it take to power the world?
  - How do wind turbines work?
  - What if there were 1 million more trees?
  - Beauty of Pollination
Nutrition

- Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- American Heart Association (AHA) - Elementary Lesson Plans http://www.heart.org/HEARTORG/Educator/ForTheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- Balanced Diet – AumSum https://www.youtube.com/watch?v=YimuIdEZSNY
- BAM! Body and Mind Teacher’s Corner Nutrition http://www.cdc.gov/bam/nutrition/index.html
- BAM! Body and Mind_Unit 2: Nutrition https://www.cdc.gov/healthyschools/bam/nutrition.htm
- Be A Store Explorer, Nutrition https://ymiclassroom.com/lesson-plans/be-a-store-explorer/
- Check Out What’s Chilling - Nutrition https://ymiclassroom.com/lesson-plans/nfra/
- Food Plate Game https://lesson-plans.theteacherscorner.net/health/food-plate-game.php
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- How the food you eat affects your brain https://www.youtube.com/watch?v=xyQY8a-ng6g
- How the food you eat affects your gut https://www.youtube.com/watch?v=1sISguPDlhY
- Healthy Eating – 5 Food Groups – You Tube
- Jump Into Foods - Grades 3-5 https://www.canr.msu.edu/jump_into_foods_and_fitness_jiff/index
- Kids Health Teacher’s Guides:
  - Breakfast https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/breakfast.pdf
  - Food Labels https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food_labels.pdf
  - School Lunch https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/school_lunch.pdf
- Shape America - What’s in My Fast Food http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2
- TED Ed Resources:
  - Which type of milk is best for you?

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Fruit and Veggies for Kids
The five fabulous food groups
How does your body know you're full?
What is a calorie?
How do vitamins work?
How the food you eat affects your brain

- The 5 Fabulous Food Groups - You Tube
- Utah Education Network - Calorie Burning http://www.uen.org/Lessonplan/preview.cgi?LPid=103
- Utah Education Network - Design a Meal http://www.uen.org/Lessonplan/preview.cgi?LPid=68
- Smart Snacking Action Plan https://healthpoweredkids.org/lessons/smart-snacking/
- With The Whole Grain for Kids https://ymiclassroom.com/lesson-plans/go-with-the-whole-grain/
Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel

**Physical Activity**
- American Heart Association (AHA) - Elementary Lesson Plans http://www.heart.org/HEARTORG/Educator/ForTheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- AHA NFL Fuel Up to Play 60 http://www.heart.org/HEARTORG/Educator/ForTheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WIBGbGVNFho
- BAM! Body and Mind Unit 2: Physical Education and Activity https://www.cdc.gov/healthyschools/bam/pe_pa.htm
- BAM! Body and Mind Unit 4: Health Conditions and Disease https://www.cdc.gov/healthyschools/bam/diseases.htm
- Get Moving Unit - Michigan State University http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html
- KidsHealth Fast Breaks - NBA Fit Classroom Lesson https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- KidsHealth Grades 3-5 Teacher’s Guides
  - Fitness https://classroom.kidshealth.org/classroom/3to5/personal/fitness/fitness.pdf
  - Sleep https://classroom.kidshealth.org/classroom/3to5/body/functions/sleep.pdf
- Fitness Bingo Lesson Plan https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140aeb54f9a4/fitness-bingo-lesson-plan/
- Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
- Health Start Build Strong Bones https://www.youtube.com/watch?v=A125GY5-U68
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- Hitting Cancer Below the Belt Colon Cancer Unboxing Video https://vimeo.com/324984889
- Listen to Your Buds Program [http://www.asha.org/buds/]
- Move It! - Physical Activity [https://vpm.pbslearningmedia.org/collection/move-it/t/move-it-physical-activity/]
- National Eye Institute (NEI) for Kids All About Vision [https://nei.nih.gov/kids]
- NEI for Kids - Healthy Vision Tips [https://nei.nih.gov/kids/healthy_vision_tips]
- NEI Ask a Scientist - Eye Myths and Facts [https://www.youtube.com/watch?v=h83zPt2A-aU]
- PE Central Physical Activity Lesson Ideas and Resources [http://www.pecentral.org]
- PE Central Interactive Heart Rate Worksheet - [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4874]
- PE Central Let's Get Moving! - [http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html]
- Power Chargers - Quick Activity Breaks [http://healthpoweredkids.org/power-chargers/]
- Safe Routes [http://www.walkbiketoschool.org]
- Season Fitness Lesson Plan [https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness-lesson-plan/]
- Serving Up My Plate Tipsheet - Be a Fit Kid [https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet2_BeAFitKid.pdf]
- SHAPE America - Healthy Heart [http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf]
- SunWise Tool Kit [https://www.neefusa.org/sunwise]
- SunWise Activities for Grades 3-5 [https://www.epa.gov/sites/production/files/documents/grades3-5.pdf]
- SunWise Activities for Grades 6-8 [https://www.epa.gov/sites/production/files/documents/grades6-8.pdf]
- Ted Ed Resources:
  - How do we know if we have a virus?
  - How playing sports benefits your body and brain
  - Yoga does for body and brain
  - What is obesity?
  - How playing a instrument benefits your brain
  - Why our muscles get tired
- Wheel of Fitness Lesson Plan [https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness-lesson-plan/]
- Hygiene
- Dental Care Quizzes [https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/]
- Delta Dental Smart Smiles K-5 Program [https://deltadentalva.com/foundation/smart-smiles.html]
- Health Start Germs to Yourself [https://www.youtube.com/watch?v=Xoh82fefs0M]
- KidsHealth Poster – Wash Your Hands https://classroom.kidshealth.org/classroom/3to5/problems/conditions/wash_your_hands_k5.pdf
- KidsHealth Poster -Don’t Share Germs https://classroom.kidshealth.org/classroom/prekto2/problems/conditions/dont_spread_germs_k5.pdf
- Sleep Well https://ymiclassroom.com/lesson-plans/sleep/

**Community Action**

- Virginia Department of Health www.vdh.virginia.gov
- American Cancer Society www.cancer.org
- American Diabetes Association www.diabetes.org
- American Heart Association www.heart.org
- Scholastic – Choices – Magazines to “empower students to make positive, real world decisions https://choices.scholastic.com
- The Sleep Factor Lessons and Power Points
  https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints
- Virginia Safe Kids Coalition https://www.safekids.org/coalition/safe-kids-virginia
Substance Abuse Prevention

- Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Addiction and the Brain - for kids! https://youtu.be/s0bqT_hxMwI
- ABC Virginia Elementary Guide https://www.abc.virginia.gov/education/publications
- Alcohol, Tobacco, Drugs http://alex.state.al.us/lesson_view.php?id=6932
- Bam! Body and Mind_Unit 8: E-cigarettes and Alcohol https://www.cdc.gov/healthyschools/bam/e_cigarettes_and_alcohol.htm
- Brain Power! https://www.drugabuse.gov/parents-educators
- Generation Rx – Elementary Prescription Rx Toolkit https://www.generationrx.org/toolkits/elementary/
- It's My Life http://pbskids.org/itsmylife/index.html
- Keeping Medicine Safe https://youtu.be/UHvPSwI4aQ
- Lessons for Responsible Medicine Use https://ymiclassroom.com/otcmedsafety/
- LifeSkills Training http://www.lifeskillstraining.com
- Medicines in My Home https://www.fda.gov/Drugs/ResourcesForYou/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm
- Operation Prevention - opioid use prevention https://www.operationprevention.com/classroom
- (Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)
- (Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
- Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)
- Practice Saying No http://www.nea.org/tools/practice-saying-no.html
- Refusal Skills http://www.uen.org/Lessonplan/preview.cgi?LPid=30959
- Refusal: Sample Animation Activity https://www.youtube.com/watch?v=PTEEJLrJRcM
- Registries of Programs Effective in Reducing Youth Risk Behaviors www.cdc.gov/HealthyYouth/AdolescentHealth/registries.htm
- Scholastic OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)
- TED Ed Resources:
  - How do drugs affect the brain?
  - Is Marijuana bad for your brain?
  - What you should know about vaping
- Virginia Rules https://virginiarules.org/varules_topics/alcohol-and-tobacco/
Safety/Injury Prevention

- Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- BAM! Safety http://www.cdc.gov/bam/safety
- Bicycle Safer Journey https://youtu.be/dkoVxBnnGko
- Bicycle Helmet Safety https://youtu.be/sV9GjU7cA7o
- Build a Kit https://www.ready.gov/kid
- Education World Be A Sport for Sport Safety https://www.educationworld.com/a_lesson/lesson233.shtml
- FEMA Be a Hero Youth Emergency Preparedness https://www.fema.gov/media-library-data/a09fa619c5354c01beb9f30125a785cb/FEMA%20UE%20TG_082613_508.pdf
- Fire Safety for Kids https://www.youtube.com/watch?v=AWHGdWOI4kw
- Internet Safety http://www.safesurfingkids.com/lesson_plans_grades_3_12.html
- Kids Fire Safety Awareness https://www.youtube.com/watch?v=Lc2aCmxG6II
- National Head and Spinal Cord Injury Prevention Program www.thinkfirst.org
- Playground Safety Check http://www.educationworld.com/a_lesson/01-1/lp233_03.shtml
- Road Safety Video https://www.youtube.com/watch?v=_NeEF1fwT4k
- Safety Lessons https://mecklenburg.ces.ncsu.edu/youthsafety
- Top 10 Bike Safety Rules https://youtu.be/PT1-mDIVyaI
- Traffic Signs and Rules https://youtu.be/PpEWWxNj2xo
- Youth Emergency Kit Checklist and Youth Family Emergency Plan pages from https://www.ready.gov/kids/kids
Mental Wellness/Social Emotional Skills

- Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- What is SEL
- WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
- Teaching Activities to Support Core SEL Competencies

- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 3 Committee for Children (CFC) Free SEL Classroom Activities
- 4 Inventive Games that Teach Students Social Skills
- 5 Activities to Support Students Through the Holidays
- 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
- 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
- 7 Fun Communication Games that Increase Understanding
- 7 SEL Activities for Students to Do at Home
- 8 Social Emotional Learning Activities for a Classroom
- 8 Downloadable SEL Activities for Home and School
- 9 mental health activities to do with your children - BelievePerform
- 10 Activities to Help Children Explore Emotions
- 10 Activities to Integrate Social Emotional Learning into the Classroom
- 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
- 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
- 10 Tips to Help Your Child with Anger, Aha! Parenting
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 12 Games to Teach Social-Emotional Learning - Playworks
- 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
- 12 Ways Teachers Can Build Their Own Resilience
- 13 Powerful SEL Activities | Edutopia
- 15 Activities for Teaching CASEL Core Competencies | Waterford.org
- 16 Anger Management Activities, School Counseling Files
- 16 Social and Emotional Learning Activities - Aperture Education
- 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
- 25 Ways to Integrate Social Emotional Learning into Your Classroom
- 25 At Home SEL Activities - Choice Board
- 28 Mental Health Activities, Worksheets & Books for Adults & Students
- 30 Character-Building Ideas and Activities for School, Sign Up Genius
• 30 + Free Choice SEL Activities
• 73 Social Emotional Learning Activity Sheets
• 97 SEL Skills Activities – InspiredStudents.org
• 100 Kid Activities to Build Character, Moments a Day
• 101 Ways to Teach Children Social Skills
• 132 SEL Apps, Games, Activities for Building Character in the Classroom
• Attitude of Gratitude https://healthpoweredkids.org/lessons/gratefulsandgrumbles/
• Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids https://www.youtube.com/watch?v=ZBnPlqQFPKs
• BAM! Life http://www.cdc.gov/bam/life/index.html
• BAM! Body and Mind_Unit 6: Mental Health, Child Development and Hygiene https://www.cdc.gov/healthyschools/bam/child_development.htm
• Breathing Activity for Elementary Students
• Butterfly Breathing Video – YouTube
• Cool It! - Self Awareness (Yoga) https://vpm.pbslearningmedia.org/collection/move-it/t/cool-it/
• Calming Exercises for Kids: Breathing and Stretching - YouTube
• Centervention SEL Activities https://www.centervention.com/social-emotional-learning-activities/
• Classroom Activities - MACMH | MACMH
• Classroom Physical Activity Helps Students with Mental Health and Anxiety
• Committee for Children (CFC) Free Classroom Activities https://www.cfchildren.org/resources/free-classroom-activities/
• Daniels Neighborhood - Feel So Mad t You Want to Roar – Strategy Song /Activity (Anger) https://www.pbslearningmedia.org/resource/ce65aaadd2-45dd-908e-6abd84ef2cb2/ce65aaadd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNFho
• EMOTIONAL ABC Classroom
• EVERFI-Social Emotional Learning Resources https://everfi.com/offers/social-emotional-learning/
• Everyday mindfulness - YouTube
• Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
• Fit4TheClassroom – Mood Music Lesson http://stage.fit4theclassroom.com/mood
• Free-Anger-Worksheets An anger log to help kids track their triggers for anger. Elementary, Middle
• Free-Calming-Poster Simple calming posters for a calm down area that remind kids to relax and breathe. Elementary, Middle
• Free-Coping-Strategies-Challenge Have students learn 30 coping strategies in 30 days to teach about managing emotions. Elementary, Middle
• Free-Coping-Strategies-Notebook A tool that helps kids to practice and use their coping strategies when they need them. Elementary, Middle
• Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
• Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
• How to Help Children Manage Fears https://childmind.org/article/help-children-manage-fears/
• How Your Brain Works – I Have a Go https://www.youtube.com/watch?v=mFuHKJqpxPw
Interactive Games in Support of Mental Health | Mental Health Delta Division

**KidsHealth.org Teacher’s Guides for Grades 3-5:**

- **Empathy** [http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf](http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf)
- **Conflict Resolution** [https://classroom.kidshealth.org/3to5/personal/growing/conflict_resolution.pdf](https://classroom.kidshealth.org/3to5/personal/growing/conflict_resolution.pdf)
- **Getting Along** [http://classroom.kidshealth.org/3to5/personal/growing/getting_along.pdf](http://classroom.kidshealth.org/3to5/personal/growing/getting_along.pdf)
- **Peer Pressure** [http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf](http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf)
- **Stress** [https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf](https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf)
- **Feeling Sad** [http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf](http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf)

**Learn to Be Healthy** [http://www.learnaboutbehealthy.org/health-education/mental-health.aspx](http://www.learnaboutbehealthy.org/health-education/mental-health.aspx)

**Learning Mindfulness Through Movement** [https://healthpoweredkids.org/lessons/mindfulnessthroughmovement/](https://healthpoweredkids.org/lessons/mindfulnessthroughmovement/)

**Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness**

**Mental Health Activities for High School Students - The Truthful Tutor**

**Mental Health Awareness: Free Resources & More | Share My Lesson**

**Michigan Education - Online Professional Development for Social Emotional Learning**

- **Introduction to SEL** [https://plp.mivu.org/Registration.aspx?section=3195](https://plp.mivu.org/Registration.aspx?section=3195)
- **Embedding SEL Schoolwide** [https://plp.mivu.org/Registration.aspx?course=542](https://plp.mivu.org/Registration.aspx?course=542)
- **Creating a Professional Culture Based on SEL** [https://plp.mivu.org/Registration.aspx?section=3224](https://plp.mivu.org/Registration.aspx?section=3224)

**Mindful Moments – MCPS Be Well 365 - Student Activity Videos**

**Mindful Movement for Young Learners - YouTube**

**Mindful Schools – Lesson - Introduction to Mindful Bodies and Listening** [http://www.mindfulschools.org/resources/explore-mindful-resources/](http://www.mindfulschools.org/resources/explore-mindful-resources/)

**Mindful Schools** [http://www.mindfulschools.org/resources/explore-mindful-resources](http://www.mindfulschools.org/resources/explore-mindful-resources)

**Mindful Teachers Site** [http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html](http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html)

**Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans**


**Noticing Walk and Reflection** [https://healthpoweredkids.org/lessons/noticingwalk/](https://healthpoweredkids.org/lessons/noticingwalk/)

**Open Up Magazine, Minnesota Association for Children’s Mental Health – Getting to Know You, Empathy – How are You Feeling, It’s All in Your Viewpoint** [http://www.macmh.org/open-up-magazine/classroom-activities/](http://www.macmh.org/open-up-magazine/classroom-activities/)


**PBS - It's My Life** [http://pbskids.org/itsmylife/index.html](http://pbskids.org/itsmylife/index.html)

**PE Central lessons**

- **Emotions in Motion** [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho)
- The Feelings Hop [Link]
- Yoga Unit – Feelings and Reactions [Link]
- Problem Solving Door [Link]
- Stress Hot Potato [Link]
- Reach Out - Asking students if they are okay [Link]
- Rossier USC - Creating Safe Spaces – Social Emotional Lessons [Link]
- Scholastic - Mind Up Curriculum - brain centered management and teaching strategies [Link]
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success [Link]
- Stress, Trauma and the Brain - Insights for Educators [Link]
- Self-Esteem and Body Image [Link]
- Supporting Students' Personal and Social Competencies [Link]
- Teachnology - Mental Health and Stress Reduction [Link]
- The Compassion Project consists of 15 online lessons and 3 digital activities. [Link]
- Together Counts - Smart From the Start - Every Body is Special [Link]
- Together Counts - Energy Balance 1.2. Full Esteem Ahead [Link]
- Together Counts - Foundations of Wellness [Link]
- UNICEF Kid Power Videos for Children and Families
- Wall Street Journal - Overview of Mindfulness - [Link]
- We Are Teachers: Resources for Social and Emotional Learning [Link]
- Wellbeing Healthy Habits [Link]
- When Grief Enters the Classroom [Link]
- Y Project Cornerstone - Teasing and Putdowns Lesson [Link]
Violence Prevention

- Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Al's Pals: Kids Making Healthy Choices http://wingspanworks.com
- Anti-Bullying Squad https://youtu.be/3ypxq2C4JuY
- Be an Upstander - Prevent Bullying https://youtu.be/eeqQCyQOCPg
- Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
- Bullying Prevention Lesson Plans https://rossieronline.usc.edu/bullying-prevention-lesson-plans/
- Committee for Children - Bullying Prevention Unit
- Decision Making and Assertiveness http://www.uen.org/Lessonplan/preview.cgi?LPid=160
- Five Ways to Stop Bullying https://youtu.be/vGV5jzPYvm0
- Intel Education: "Flat Stanley" http://www97.intel.com/en/ProjectDesign/UnitPlanIndex/FlatStanley
- Kids against Bullying http://www.pacerkidsagainstbullying.org/kab/
- Kids Bullying Kids http://www.educationworld.com/a_lesson/00-2/lp2055.shtml
- LifeSkills Training http://www.lifeskillstraining.com
- Olweus Bullying Prevention Program http://www.olweus.org/public/school_bullying.page
- PACER Classroom Resources (Bullying) https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd
- PACER Elementary School Activities (Bullying) https://www.pacer.org/bullying/classroom/elementary/
- PACER Elementary School Curriculum (Bullying) https://www.pacer.org/bullying/classroom/ele-curr/
- Peaceful Schools http://peacefulschoolsinternational.org
- Robot Bullies https://youtu.be/YTQxTvcMjnq
- Teaching Guide: Bullying and Teasing http://www.goodcharacter.com/GROARK/Bullying.html
- We Are Teachers: Resources for Social and Emotional Learning http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources
Grade 6 Resource Links

These resource lists are intended to jumpstart the research and development of K-10 Health Instruction.
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- Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Human Body Facts and Worksheets
- Asthma 101 https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/
- Body Composition https://healthpoweredkids.org/lessons/body-composition/
- Kids Health How the Body Works YouTube Series https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z
- TED ED Resources
  - What happens during a heart attack?
  - What causes migraines?
  - Can you be awake and asleep at the same time?
  - What are the floaters in your eye?
  - How do lungs work?
  - How your muscular system works
  - How oxygen circulates through your body
  - How does the thyroid manage your metabolism?
  - How do your kidneys work?
  - How do your hormones work?
  - How the heart actually pumps blood
  - Why does your voice change?
  - How does the liver work?
  - How does your digestive system work?
  - How blood pressure works
  - What does the pancreas do?
  - Your skin!
  - How does the immune system work?
- Your Happy Heart https://healthpoweredkids.org/lessons/your-happy-heart/
Community/Environmental Health

- Health Smart Virginia 6th Grade Page [https://healthsmartva.org/6th-grade](https://healthsmartva.org/6th-grade)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- EPA Student Environmental Health Resources [https://www.epa.gov/students](https://www.epa.gov/students)
- How can chemicals influence your hormones? [https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/](https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/)
- How is asthma related to the neighborhood you live in? [https://www.sciencejournalforkids.org/articles/how-is-asthma-related-to-the-neighborhood-you-live-in/](https://www.sciencejournalforkids.org/articles/how-is-asthma-related-to-the-neighborhood-you-live-in/)
- How can we get the most from our waste? [https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/](https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/)
- Project Learning Tree - Earth Day Activities [https://www.plt.org/educator-tips/earth-day-activities/](https://www.plt.org/educator-tips/earth-day-activities/)
- TED ED Resources
  - TedEd - What is in the air you breathe?
  - Microbial Jungles- How Microbes form communities
  - Conserving our Coral Reefs
  - Why do we wear sunscreen?
  - Do we really need pesticides?
  - Meet the Blue Fin Tuna
  - How to Create Cleaner Coal
  - How much land does it take to power the world?
  - How much electricity does it take to power the world?
  - How do wind turbines work?
  - What if there were 1 million more trees?
  - Beauty of Pollination
- Recycle Plastic More Sustainably [https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/](https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/)
- Social Determinants of Health [https://www.youtube.com/watch?v=8PH4JYfF4Ns](https://www.youtube.com/watch?v=8PH4JYfF4Ns)
- Virginia Foundation for Healthy Youth [http://www.vfhy.org](http://www.vfhy.org)
- Virginia 24/7 Campaign for Tobacco Free Schools [http://247campaignva.com](http://247campaignva.com)
- We are Teachers - Earth Day Activities [https://www.weareteachers.com/meaningful-earth-day-activities/](https://www.weareteachers.com/meaningful-earth-day-activities/)
Nutrition

- Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 5-2-1-0 Let's Go Middle and High School Toolkit https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools
- American Heart Association (AHA) Middle School Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp?appName=MobileApp
- AHA - We Jump We Shoot We Save Teacher's Guide 2012-13 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467922.pdf
- AHA - We Jump We Shoot We Save Teacher's Guide 2013-14 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467933.pdf
- AHA - Our Challenge: A Look At the Obesity Epidemic https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452021.pdf
- AHA - NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans_UCM_453013_Article.jsp#.V_K0AvArLic
- Canada Media Smarts
  - Looking at food advertising lesson http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson
  - You’ve Gotta Have a Gimmick http://mediasmarts.ca/lessonplan/youve-gotta-have-gimmick-lesson
- Check Out What’s Chilling - Nutrition https://ymiclassroom.com/lesson-plans/nfra/
- Health Start Foundation – Nutrients
- How the food you eat affects your brain https://www.youtube.com/watch?v=xyQY8a-ng6g
- How the food you eat affects your gut https://www.youtube.com/watch?v=1sISgudPdhY
- Sports and Energy Drinks [https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/]
- The 5 Fabulous Food Groups - YouTube
- TED Ed Resources
  - How do we know if we have a virus?
  - How playing sports benefits your body and brain
  - Yoga does for body and brain
  - What is obesity?
  - How playing an instrument benefits your brain
  - Why do germs make us sick?
  - Why our muscles get tired
- Vegetable Database [https://fruitsandveggies.org/stories/vegetables/]
Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia 6th Grade Page [https://healthsmartva.org/6th-grade](https://healthsmartva.org/6th-grade)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 10 ways to stop eating sugar [https://www.youtube.com/watch?v=eeAMIkjOqlw](https://www.youtube.com/watch?v=eeAMIkjOqlw)
- Asthma 101 [https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/](https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/)
- Chain of Infection [https://www.youtube.com/watch?v=03mK0bpIeyQ](https://www.youtube.com/watch?v=03mK0bpIeyQ)
- CDC BAM Teacher’s Corner – Body Image Ad lesson
- CDC BAM Teacher’s Corner – If Those Dolls Were Real People
- Decreasing Screen Time [https://healthpoweredkids.org/lessons/decreasing-screen-time/](https://healthpoweredkids.org/lessons/decreasing-screen-time/)
- Eat Fit - addresses media and body image [https://uccalfresh.ucdavis.edu/curriculum/youth/EF](https://uccalfresh.ucdavis.edu/curriculum/youth/EF)
- Family Doctor.Org (American Association of Family Physicians) - Finding Reliable Health Information on the Web [https://familydoctor.org/health-information-on-the-web-finding-reliable-information/?adfree=true](https://familydoctor.org/health-information-on-the-web-finding-reliable-information/?adfree=true)
- Food Day Curriculum [https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267](https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267)
- Go Noodle – Physical Activity and Mindfulness Breaks [https://www.gonoodle.com](https://www.gonoodle.com)
- Goodheart Wilcox Middle School Health Skills [https://www.g-wlearning.com/health/3085/index.htm](https://www.g-wlearning.com/health/3085/index.htm)
- Grocery Store Scavenger Hunt [https://www.g-wlearning.com/health/2958/index.htm](https://www.g-wlearning.com/health/2958/index.htm)
- Healthy Eating – 5 Food Groups – You Tube
- Healthy Eating – What is Healthy Eating? - You Tube
- Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube
- Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube
- Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube
- Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube
- Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise
- Hitting Cancer Below the Belt Colon Cancer Education [http://hcb2.org](http://hcb2.org)
- How the food you eat affects your gut [https://www.youtube.com/watch?v=1sISguPDlhY](https://www.youtube.com/watch?v=1sISguPDlhY)
- Insulin Resistance [https://www.youtube.com/watch?v=OvopID91fTo](https://www.youtube.com/watch?v=OvopID91fTo)
- Iowa Children’s Hospital - Online Health Information What Can You Trust [https://uichildrens.org/online-health-information-what-can-you-trust](https://uichildrens.org/online-health-information-what-can-you-trust)
- Keeping Clean when You're a Preteen [https://healthpoweredkids.org/lessons/keeping-clean-when-youre-a-preteen/](https://healthpoweredkids.org/lessons/keeping-clean-when-youre-a-preteen/)
- Kids Health Media Literacy and Health Teacher’s Guide [https://classroom.kidshealth.org/classroom/6to8/personal/growing/media_literacy_health.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/growing/media_literacy_health.pdf)
- Kids Health Fast Breaks [https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf](https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf)
- Kids Health Teacher Guides - Grades 6-8
  - NBA Fit Classroom Lesson: [http://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf](http://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf)
  - Breakfast [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf)
  - Fitness [https://classroom.kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf)
  - School Lunch [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school_lunch.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school_lunch.pdf)
  - Food Labels [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf)
  - Food Safety [https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf)
  - Healthy Snacking [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf)
  - Screen Time [https://classroom.kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf)
- Medline Plus - Evaluating Health Information [https://medlineplus.gov/evaluatinghealthinformation.html](https://medlineplus.gov/evaluatinghealthinformation.html)
- Move your way [https://youtu.be/dAaB8XDUi4I](https://youtu.be/dAaB8XDUi4I)
- Nutrition – High School Lesson Plans
- Nutrition Activities in Any Classroom – Junior and Senior High
- Sample Physical Activity Log - Michigan State University [http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html](http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html)
- Scholastic – Choices – Magazines to "empower students to make positive, real world decisions" [https://choices.scholastic.com](https://choices.scholastic.com)
- SENTARA Stroke Education Toolkit [https://sentarastrokeawareness.com/toolkit/](https://sentarastrokeawareness.com/toolkit/)
- Social Determinants of Health [https://www.youtube.com/watch?v=8PH4JYfF4Ns](https://www.youtube.com/watch?v=8PH4JYfF4Ns)
- Super Sleep [https://healthpoweredkids.org/lessons/super-sleep/](https://healthpoweredkids.org/lessons/super-sleep/)
- TED ED and other Resources
  - How do we know if we have a virus?
  - How playing sports benefits your body and brain
Yoga does for body and brain
What is obesity?
How playing an instrument benefits your brain
Why do germs make us sick?
Why our muscles get tired

- SuperTracker Nutrition Lesson Plans for High School Students
- UC Davis Youth Nutrition Education Materials http://fsnep.ucdavis.edu/curriculum/youth-materials
  - Eat Fit https://uccalfresh.ucdavis.edu/curriculum/youth/EF
- World Sleep Day Education Kit
Substance Abuse Prevention

- Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 14 Drug Education Activities, Scholastic Printable Skills Pages
- Addiction and the Brain - for kids! https://youtu.be/s0bqT_hxMwI
- CATCH My Breath E-cigarette/JUUL youth prevention program for Middle and High School students. https://catchinfo.org/enroll/
- Catch My Breath – A Nicotine Vaping Prevention Program
- (Chippewa Valley Coalition) Marijuana Prevention - Middle School
- Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy
- Discovery Education - Deadly Highs – Grades 6-8 http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm
- Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/face9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
- E-Cigarettes and Vaping – Lesson 1: Why Should I care? and Lesson 2: Don’t get (e-)Hooked!
- Everﬁ Marijuana Lesson Plans https://everfik12hc.wpengine.com/marijuana-lesson-plans/
- Everﬁ – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
- Everﬁ – Teen Prevention – Prescription Drug Safety & Vaping Webinar
- FDA Anti-Juuling Video for Teens https://youtu.be/zYuyS1Oq8gY
- FDA Medicines in My Home https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicinesSafety/UnderstandingOver-the-CounterMedicines/ucm093548.htm
- Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
- Girls Health Website https://www.girlshealth.gov/substance/
- Handling stress / Dealing with pressures - Teaching guide for 5-9 peer pressure; activities and great discussion questions http://www.goodcharacter.com/BCBC/Pressures.html
- Harding University Alcohol, Family, Community Lesson Plan alcohol-family-community
- Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.)
  https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html
- How your brain responds to the reward circuit
  https://www.youtube.com/watch?v=s27f7Jzy2k0
- How Opioids Change the Brain: Lesson Plan
- How to say no to drugs
  https://youtu.be/6Y6gn_dd54Q
- Habits and Addiction
  https://youtu.be/oV38woahNso
- Internet4Kids Drug Lesson Plans K-12
- Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals
  http://poisoncontrol.utah.edu/publiced/pdfs/InhalantLesson_6thgr.pdf
- Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals and Poison Prevention (Grade 6-above)
  http://poisoncontrol.utah.edu/publiced/pdfs/InhalantComboLesson.pdf
- Johnny's Ambassadors Online Marijuana Curriculum
- Keeping it Real –Middle, High School DARE Curriculum
  https://dare.org/education/
- KidsHealth.org
  https://kidshealth.org/en/teens
- KidsHealth – Methamphetamine – Teen Tip Sheet
- KidsHealth.org – Teachers Guide: Dealing with Peer Pressure -Grades 6-8
  https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer_pressure.pdf
- KidsHealth.Org Teachers Guides - Alcohol, Smoking, Drugs
  www.KidsHealth.org/classroom
- Kids meet a teen in recovery
  https://youtu.be/yl_7qSgrf3Y
- Know VAPE The dangers of Youth Vaping
  https://vpm.pbslearningmedia.org/collection/know-vape/
- LA Health - E-cig & vaping Informational video (Loudoun schools)
- Lessons for Responsible Medicine Use
  https://ymiclassroom.com/otcmedsafety/
- Lesson: The Mysterious Vaping Illness that’s Becoming and Epidemic
- Little Lungs in a Great Big World
  https://www.youtube.com/watch?v=fmKply2PfmI
- Lung Health
  https://vpm.pbslearningmedia.org/collection/lung-health/
- Marijuana – Download the Facts – Printables and Lessons
- Marijuana and Teens – American Academy of Child and Adolescent Psychiatry
- Meth Mouse – Interactive Lesson on Effects of Methamphetamines
- Mind Matters - The Body's Response to Marijuana (NIDA) (grades 5-9)
- Medicine for Kids: Prescription and Non Prescription
  https://youtu.be/0Zs4EbWBdSc
- (NIDA) Stressed Out? How to Cope (grades 6-12)
- National Education Association’s Rx for Understanding: Prescription Drug Abuse Prevention Program- Grades 5-8 Lesson Plans
NIDA Easy-to-Read/ESL Drug Facts and videos https://easyread.drugabuse.gov/
NIDA - Mind Matters – The Body’s Response to Marijuana
NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
NIDA Teacher’s Edition Resources on Methamphetamine
Nicotine Addiction – Toolkit for Schools
NIH – Meth Mouse Game https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse
NIH Video on synthetic cannabinoids - bath salts https://youtu.be/cRA54zeGAnM
Online game/ad FDA https://whatsinavape.com
(Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)
(Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
PBS Frontline – The Meth Epidemic
  Myth or Fact Lesson – Grades 6-12 https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/
  Learning About Opioids – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opiods/
  Science of Addiction – Grades 6-12 https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf176a7fa7/
  Accessibility – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
  Signs and Symptoms – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
  The Cycle of Addiction- Grades 6-12 https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297dcbf86/
  Contemplating Nature vs Nurture Grades 6-12 https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf176a7fa7/
  Full Educators Guide https://www.pbslearningmedia.org/resource/512d7376-b0a-4e1d-9a98-98f706a9e11e/full-educators-guide/
  Community and Family Guide https://www.pbslearningmedia.org/resource/b1e0862a-131f-4d2-ae55-4b343a65d366/community-and-family-guide/
PBS video on juuling epidemic https://youtu.be/INs19GAnLU
PE Central - The Pressure Is On! http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4134#.WEJDSmVNPho
Physician Advocacy Network - Lesson Plan – Vaping and Juuling
Positive Choices – Numerous Drug Education Resources for Teachers
Reality Matters: Under the Influence - Lesson plan teaching about addiction and the effects on the brain and body http://school.discoveryeducation.com/lessonplans/programs/underTheInfluence/
Resources to Reduce Methamphetamine Use
Scholastic
  Heads Up Series http://headsup.scholastic.com
• Youth Vaping Risks http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109///&ET_CID=20190109_SNPA_CACQ_24770&ET_RID=1708294776
• OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)

• Sleep Well https://ymiclassroom.com/lesson-plans/sleep/

• Everything Tobacco
  • Unit 1 - General Tobacco – Health Effects and Social Effects https://med.stanford.edu/tobaccoPreventionToolkit/TobaccoUnit1/TobUnit1.html
  • Unit 2 - What’s Menthol Got to Do With It? https://med.stanford.edu/tobaccoPreventionToolkit/TobaccoUnit1/TobUnit2.html

• E-Cigs/Vapes & Pod-Based
  • Unit 1 - Where did E Cigarettes and Vape Pens Come From? https://med.stanford.edu/tobaccoPreventionToolkit/E-Cigs/ECCigUnit1.html
- Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html
- Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html
- Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html
- Unit 5 – What Can I Do About It? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html
- Unit 6 – What are JUULS & Other Pod-Based Systems? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html
- Hookah
- Smokeless Tobacco
- Nicotine Addiction
  - Unit 1 – The Brain https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html
  - Unit 2 – Addiction 101 https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html
- Positive Youth Development
  - Refusal Skills Activities https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html
Why Is Meth so Addictive? Hazelden Betty Ford Foundation – You Tube
Why Is vaping so popular https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/
Understanding the Opioid Epidemic https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/

Videos:
Prevention of Youth Marijuana Use (SAMHSA) https://youtu.be/CrA9lDd9ALo
Let’s Talk About Cannabis and Teens (Prevention Connection, Kern County) https://youtu.be/k1QStvIzOpA
How Marijuana Affects Your Developing Brain (Discovery Education) https://youtu.be/6Yp_NIVx-QA
Youth Marijuana Prevention, Future Self (Michigan HHS) PSA https://youtu.be/QLffxfu8IIA
Marijuana is Legal in Massachusetts (City of Somerville Prevention Services) https://youtu.be/7m67n0vYV_U
Impact of Marijuana Industry Five Years after Legalization in Colorado (CBS News) https://youtu.be/zv5M5uxK_6o
Marijuana Risks: Virtual Assistant: 60 (SAMHSA) https://youtu.be/-nDGVFujQ9A
The Human Brain: Major Structures and Functions (NIDA) https://youtu.be/0-8PvNOdYc
The Reward Circuit: How the Brain Responds to Natural Rewards and Drugs (NIDA) https://youtu.be/DMcmrP-BWGk
Anyone Can Become Addicted to Drugs (NIDA) https://youtu.be/wCMkW2ji2OE
Addiction: A Disease that Impairs Free Will (NIDA) https://youtu.be/X1AEvkWxbLE
Why are drugs so hard to quit? (NIDA) https://youtu.be/Xbk35VFpUPI
Nic Sick: The Dangers of Youth Vaping https://video.idahoptv.org/video/nic-sick-uesfxt/
Safety/Injury Prevention

- Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Bike Safety https://youtu.be/Pc5e8Un05aA
- Concussion Conundrum https://healthpoweredkids.org/lessons/concussion-conundrum/
- CDC Street Smartz https://www.cdc.gov/bam/safety/street.html
- Education World Be A Sport for Sport Safety https://www.educationworld.com/a_lesson/lesson233.shtml
- Emergency CPR Activities from the American Heart Association http://bethebeat.heart.org/
- FEMA Youth Emergency Preparedness https://www.fema.gov/media-library-data/bb917e271da92ac61b0e717074f5281e/FEMA_MS_TG_082613_508.pdf
- Lessons for Responsible Medicine Use https://ymiclassroom.com/otcmedsafety/
- PE Central- Fire Safety Skills Tag http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6852
- PE Central First Aid Booklet http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1328
- Protect Skin from the Sun https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
- Safe Routes to School http://www.walkbiketoschool.org
**Mental Wellness/Social Emotional Skills**

- Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- What is SEL
- WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
- Teaching Activities to Support Core SEL Competencies
- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 3 Committee for Children (CFC) Free SEL Classroom Activities
- 4 Inventive Games that Teach Students Social Skills
- 5 Activities to Support Students Through the Holidays
- 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
- 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
- 7 Fun Communication Games that Increase Understanding
- 7 SEL Activities for Students to Do at Home
- 8 Social Emotional Learning Activities for a Classroom
- 8 Downloadable SEL Activities for Home and School
- 9 mental health activities to do with your children - BelievePerform
- 10 Activities to Help Children Explore Emotions
- 10 Activities to Integrate Social Emotional Learning into the Classroom
- 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
- 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
- 10 Tips to Help Your Child with Anger, Aha! Parenting
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 12 Games to Teach Social-Emotional Learning - Playworks
- 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
- 12 Ways Teachers Can Build Their Own Resilience
- 13 Powerful SEL Activities | Edutopia
- 15 Activities for Teaching CASEL Core Competencies | Waterford.org
- 16 Anger Management Activities, School Counseling Files
- 16 Social and Emotional Learning Activities - Aperture Education
- 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
- 25 Ways to Integrate Social Emotional Learning into Your Classroom
- 25 At Home SEL Activities - Choice Board
- 28 Mental Health Activities, Worksheets & Books for Adults & Students
- 30 Character-Building Ideas and Activities for School, Sign Up Genius
- 30 + Free Choice SEL Activities
- 73 Social Emotional Learning Activity Sheets
- 97 SEL Skills Activities – InspiredStudents.org
- 100 Kid Activities to Build Character, Moments a Day
- 101 Ways to Teach Children Social Skills
- 132 SEL Apps, Games, Activities for Building Character in the Classroom
- Breathing Activity for Elementary Students
- Butterfly Breathing Video – YouTube
- Calming Exercises for Kids: Breathing and Stretching - YouTube
- CA Media Smarts - Avatars and Body Image http://mediasmarts.ca/teacher-resources/avatars-body-image
- CA Media Smarts - Gender Body Image http://mediasmarts.ca/lessonplan/gender-stereotypes-and-body-image
- Caution: Thin Ice! (6th)
- Classroom Activities - MACMH | MACMH
- Classroom Physical Activity Helps Students with Mental Health and Anxiety
- Color Your Community
- Color Your Destiny
- Committee for Children (CFC) Free Classroom Activities https://www.centervention.com/social-emotional-learning-activities/
- Committee for Children (CFC) Free Classroom Activities https://www.cfchildren.org/resources/free-classroom-activities/
- Decreasing Screen Time https://healthpoweredkids.org/lessons/decreasing-screen-time/
- Discovery - Self Esteem http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm
- EMOTIONAL ABC Classroom
- Everyday mindfulness - YouTube
- Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
- Free-Anger-Worksheets- An anger log to help kids track their triggers for anger. Elementary, Middle
- Free-Calming-Poster- Simple calming posters for a calm down area that remind kids to relax and breathe. Elementary, Middle
- Free-Coping-Strategies-Challenge- Have students learn 30 coping strategies in 30 days to teach about managing emotions. Elementary, Middle
- Free-Coping-Strategies-Notebook- A tool that helps kids to practice and use their coping strategies when they need them. Elementary, Middle
- Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
• Getting Caught in the Web [Lesson 1]
• Go Noodle – Physical Activity and Mindfulness Breaks [https://www.gonoodle.com]
• Guided Imagery [https://healthpoweredkids.org/lessons/guided-imagery-create-the-state-you-want/]
• Healthy Relationships, Online THATSNOTCOOL [https://thatsnotcool.com]
• How to Help Children Manage Fears [https://childmind.org/article/help-children-manage-fears/]
• Ingredients of a Relationship Recipe (6th)
• Interactive Games in Support of Mental Health | Mental Health Delta Division
• KidsHealth.org Teacher’s Guides for Grades 6-8:
  • Conflict Resolution [https://classroom.kidshealth.org/6to8/personal/growing/conflict_resolution.pdf]
  • Depression [https://classroom.kidshealth.org/6to8/problems/emotions/depression.pdf]
  • Empathy [https://classroom.kidshealth.org/6to8/personal/growing/empathy.pdf]
  • Eating Disorders [https://classroom.kidshealth.org/6to8/problems/conditions/eating_disorders.pdf]
  • Getting Along [http://classroom.kidshealth.org/6to8/personal/growing/getting_along.pdf]
  • Healthy Relationships [http://classroom.kidshealth.org/6to8/personal/growing/healthy_relationships.pdf]
  • Peer Pressure [http://classroom.kidshealth.org/6to8/personal/growing/peer_pressure.pdf]
  • Self Esteem [http://classroom.kidshealth.org/6to8/personal/growing/self_esteen.pdf]
  • Stress [https://classroom.kidshealth.org/6to8/problems/emotions/stress.pdf]
  • Suicide Prevention [http://classroom.kidshealth.org/6to8/problems/emotions/suicide.pdf]
• Know the Odds - Underage Gambling [https://ymiclassroom.com/lesson-plans/know-the-odds/]
• Learning to calm fear lesson plan [https://healthpoweredkids.org/learning-to-calm-fear/]
• Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
• Love is Respect [https://www.loveisrespect.org]
• Mental Health Activities for High School Students - The Truthful Tutor
• Mental Health Awareness: Free Resources & More | Share My Lesson
• Mental Health First Aid [https://www.thenationalcouncil.org]
• Michigan Education - Online Professional Development for Social Emotional Learning
  • Introduction to SEL [https://plp.mivu.org/Registration.aspx?section=3195]
  • Embedding SEL Schoolwide [https://plp.mivu.org/Registration.aspx?course=542]
  • Creating a Professional Culture Based on SEL [https://plp.mivu.org/Registration.aspx?section=3224]
  • Integrating SEL - Culturally Responsive Classrooms [https://plp.mivu.org/Registration.aspx?section=3226]
  • Trauma Informed Support [https://plp.mivu.org/Registration.aspx?section=2960]
• Mindful Moments – MCPS Be Well 365 - Student Activity Videos
• Mindful Movement for Young Learners - YouTube
• Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening http://www.mindfulschools.org/resources/explore-mindful-resources/
• Mindful Schools http://www.mindfulschools.org/resources/explore-mindful-resources
• Mindful Teachers Site - NIDA CDC What Does Respect Mean To You https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence
• Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
• Noticing Walk and Reflection https://healthpoweredkids.org/lessons/noticingwalk/
• Open Up Magazine, Minnesota Association for Children’s Mental Health - It’s All in Your Viewpoint
• PBS - Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/
• PBS - It's My Life http://pbskids.org/itsmylife/index.html
• PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides http://www.pbs.org/inthemix/educators/lessons/
• PE Central lessons
  • Emotions in Motion http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho
  • Sounds of Music (Stress Management) http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVFh0
  • What is Stress http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9659
• ProCon.org - Social Networking http://socialnetworking.procon.org/
• Purdue Healthy Body Image Middle School Lessons https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf
• Reach Out - Asking students if they are okay https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day
• Responsibility Knocks, But It Costs, Too! (6th)
• Rossier USC - Creating Safe Spaces - Social Emotional Lessons https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/
• Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening
• SCDA Girls Only Toolkit http://www.sdcda.org/office/girlsonlytoolkit/
• Scholastic 6-8 Social Emotional Lessons https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/
• Scholastic Mind Up Curriculum - brain centered teaching strategies http://teacher.scholastic.com/products/mindup/
• Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine http://headsup.scholastic.com/teachers/teens-and-decision-making-
  lesson
• Screening for Mental Health - depression, suicide, and self-injury https://mentalhealthscreening.org/programs/sos-signs-of-suicide
• Shifting Boundaries - Lessons on Relationships for Students in Middle School https://preventipv.org/materials/shifting-boundaries
• Signs of Suicide and ACT https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum
• So Much to Do, So little time: How Do I tie all of the loose ends together Lesson 2
• Social Networking http://socialnetworking.procon.org/
• Stress, Trauma and the Brain - Insights for Educators https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/
• A Student’s Guide to Using Social Media
• Substance Abuse and Mental Health Services Administration www.SAMHSA.gov
• Suicide Prevention Resource Center www.sprc.org
• Supporting Students’ Personal and Social Competencies https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html
• TED ED Resources:
  The psychology of PTSD
  How to stay calm under pressure
• UNICEF Kid Power Videos for Children and Families
• Virginia Department of Behavioral Health Services http://www.dbhds.virginia.gov/
• “Walk in Our Shoes” Lesson Plan http://walkinourshoes.org/content/Classroom_Lesson_Plans.pdf
• We Are Teachers: Resources for Social and Emotional Learning http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources
• What is important to me?
• What’s normal anxiety? https://www.youtube.com/watch?v=xsEJ6GeAGb0
Violence Prevention

- Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Anti-Bullying Animated Short Film https://youtu.be/YyDJafzuUK4
- Anti-Bullying Resources for Teachers https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/
- Anti-Bullying Video https://youtu.be/0gpMP-qiAGI
- Blueprints for Healthy Youth Development site http://www.blueprintsprograms.com
- Building Community and Combating Hate - Middle School Lesson http://www.partnersagainsthate.org/educators/middle_school_lesson_plans.pdf
- Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#/fullWidth/3697
- Committee for Children - Bullying Prevention Unit
- 10 Conflict Resolution Lessons, Fairfax County Schools http://creducation.net/resources/CR_Guidelines_and_10_CR_lessons_FCPS.pdf
- Coaching Boys into Men Toolkits http://www.coachescorner.org
- Five Ways to Stop Bullying https://youtu.be/vGV5jzPYvm0
- Healthy Relationships, Online THATSNOTCOOL https://thatsnoteool.com
- In the Mix - Thinking it Through https://www.youtube.com/watch?v=xDoQIpe5TxA
- Kids Health Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
- Love is Respect https://www.loveisrespect.org
- National Gang Center https://www.nationalgangcenter.gov,
- Ophelia Project - It Has a Name: Relational Aggression http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf
- Olweus Schoolwide Bullying Prevention Program http://olweus.sites.clemson.edu
- PACER Classroom Resources (Bullying) https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd
- PACER Middle/High School Activities (Bullying) https://www.pacer.org/bullying/classroom/middle-highschool/
- PACER Middle/High School Education Curriculum (Bullying) https://www.pacer.org/bullying/classroom/mid-high-cur/
- PACER Middle and High School - Engaging Students in Anti-Bullying Leadership https://www.pacer.org/bullying/we Willgen/
- Pacer National Bullying Prevention Center http://www.pacer.org/bullying/
- Pacer Teens Against Bullying http://www.pacerteensagainstbullying.org
- Positive Behavior Interventions and Supports (PBIS) https://www.pbis.org
- Respect Others Respect Yourself http://headsup.scholastic.com/teachers/respect-others-respect-yourself
- SDCDA Girls Only Toolkit http://www.sdcda.org/office/girlsonlytoolkit/
- Shifting Boundaries - Lessons on Relationships for Students in Middle School https://preventipv.org/materials/shifting-boundaries
- Stop Bullying.gov Youth Engagement Kit https://www.stopbullying.gov/what-you-can-do/teens/index.html
- Stop Bullying Video Clips https://www.cartoonnetwork.com/stop-bullying
- Teaching Tolerance at http://www.tolerance.org/school_climate_resources
- Teaching Health and Happiness - Communication https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf
- Teaching Tolerance - What’s a Clique https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique
- Virginia Rules https://virginiarules.org/varules_topics/gangs/
Grade 7 Resource Links

These resource lists are intended to jumpstart the research and development of K-10 Health Instruction.
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Body Systems

- Health Smart Virginia 7th Grade Page https://healthsmartva.org/7th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- American Heart Association http://www.heart.org
- Asthma 101 https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/
- Body Composition https://healthpoweredkids.org/lessons/body-composition/
- Centers for Disease Control and Prevention https://www.cdc.gov/heartdisease/prevention.htm
- Human Body Facts and Worksheets
- KidsHealth.org http://kidshealth.org
- KidsHealth-human body series http://classroom.kidshealth.org/index.jsp?Grade=68&Section=body
- Mayo Clinic http://www.mayoclinic.org/
- Scholastic Study Jams! http://studyjams.scholastic.com
- TED ED Resources
  What happens during a heart attack?
  What causes migraines?
  Can you be awake and asleep at the same time?
  What are the floaters in your eye?
  How do lungs work?
  How your muscular system works
  How oxygen circulates through your body
  How does the thyroid manage your metabolism?
  How do your kidneys work?
  How do your hormones work?
  How the heart actually pumps blood
  Why does your voice change?
  How does the liver work?
  How does your digestive system work?
  How blood pressure works
  What does the pancreas do?
  Your skin!
  How does the immune system work?
- Your Happy Heart https://healthpoweredkids.org/lessons/your-happy-heart/
Community/Environmental Health

- Health Smart Virginia 7th Grade Page https://healthsmartva.org/7th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- EPA Games and Quizzes https://www.epa.gov/students/games-quizzes-and-more
- EPA Learning and Teaching about the Environment https://www.epa.gov/students
- EPA Student Environmental Health Resources https://www.epa.gov/students
- Green Schools - Earth Day Activities and Ideas http://www.greenschools.net/article.php?id=160.html
- How can chemicals influence your hormones? https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/
- How is asthma related to the neighborhood you live in? https://www.sciencejournalforkids.org/articles/how-is-asthma-related-to-the-neighborhood-you-live-in/
- How can we get the most from our waste? https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/
- KidsHealth Ozone, Air Quality, and Asthma http://kidshealth.org/en/teens/ozone-asthma.html?ref=search#
- NEA Environmental Activities and Resources http://www.nea.org/tools/EnvironmentalEducationActivitiesAndResources.html
- NIEHS- Kids Environment- Kids Health http://kids.niehs.nih.gov/topics/reduce/
- Project Learning Tree - Earth Day Activities https://www.plt.org/educator-tips/earth-day-activities/
- We are Teachers - Earth Day Activities https://www.weareteachers.com/meaningful-earth-day-activities/
- Social Determinants of Health https://www.youtube.com/watch?v=8PH4JYff4Ns
Nutrition

- Health Smart Virginia 7th Grade Page https://healthsmartva.org/7th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- The 5 Fabulous Food Groups - You Tube
- 5-2-1-0 Let’s Go Middle and High School Toolkit https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools
- Body Works Program - Office of Women’s Health, DHHS www.womenshealth.gov
- Check Out What’s Chilling - Nutrition https://ymiclassroom.com/lesson-plans/nfra/
- Health Start Foundation – Nutrients
- How the food you eat affects your brain https://www.youtube.com/watch?v=xyQY8a-ng6g
- How the food you eat affects your gut https://www.youtube.com/watch?v=IsSguPDlhY
- Media Smarts Canada
  - Looking at food advertising lesson http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson
- Food Span - Johns Hopkins Center for a Livable Future http://foodspanlearning.org/
- Food Day Curriculum https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267
- Healthy Eating – 5 Food Groups – You Tube
- Healthy Eating – What is Healthy Eating? - You Tube
- Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube
- Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube
- Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube
- Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube
- Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise
- Kids Health Teacher Guides – Grades 6-8
  - Breakfast https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf
  - School Lunch https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school_lunch.pdf
  - Food Labels https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf
  - Food Safety https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf
  - Healthy Snacking https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf
- Goodheart Wilcox Middle School Health Skills
  https://www.g-wlearning.com/health/3085/index.htm
  https://www.g-wlearning.com/health/2958/index.htm
- Nutrition – High School Lesson Plans
- Nutrition Activities in Any Classroom – Junior and Senior High
- PBS Frontline - obesity, eating habits, and weight loss http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html
- PE Central - Food Pyramid Game http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645
- TED Ed Resources:
  Which type of milk is best for you?
  Fruit and Veggies for Kids
  The five fabulous food groups
  How does your body know you’re full?
  What is a calorie?
  How do vitamins work?
  How the food you eat affects your brain
- U of Missouri - Health: Eating Disorders http://ethemes.missouri.edu/themes/277?locale=en
- USDA Choose My Plate Teacher Resources https://www.choosemyplate.gov/teachers
- USDA Choose My Plate Parents & Educators Resources https://www.choosemyplate.gov/kids-parents-educators
- USDA-Serving Up My Plate. A Yummy Curriculum for grades 5 and 6
- UC Davis Youth Nutrition Education Materials http://fsnep.ucdavis.edu/curriculum/youth-materials
  Eat Fit https://uccalfresh.ucdavis.edu/curriculum/youth/EF
- Vegetable Database https://fruitsandveggies.org/stories/vegetables/
Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia 7th Grade Page https://healthsmartva.org/7th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 10 ways to stop eating sugar https://www.youtube.com/watch?v=eeAMIkJQqlw
- American Heart Association (AHA) Middle School Lesson Plans http://www.heart.org/HEARTORG/Educator/ForTheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp?appName=MobileApp
  - AHA We Jump We Shoot We Save Teachers Guide 2012-13 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467922.pdf
  - AHA We Jump We Shoot We Save Teachers Guide 2013-14 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467933.pdf
  - AHA – NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/ForTheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans_UCM_453013_Article.jsp#.V_K0AvArLic
- Asthma 101 https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/
- Body Works Program - Office of Women’s Health, DHHS www.womenshealth.gov
- Chain of Infection https://www.youtube.com/watch?v=-0kK0bpIeyQ
- Decreasing Screen Time https://healthpoweredkids.org/lessons/decreasing-screen-time/
- Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/fae9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
- Hitting Cancer Below the Belt Colon Cancer Education http://hcb2.org
- Kaiser Family Foundation – Health Insurance Explained https://www.youtube.com/watch?v=-58VD3z7ZiQ
  - Go Noodle – Physical Activity and Mindfulness Breaks https://www.gonoodle.com
- Power Chargers - Quick Activity Breaks http://healthpoweredkids.org/power-chargers/
- Sample Physical Activity Log - Michigan State University http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html
- Scholastic - Choices - Magazines to "empower students to make positive, real world decisions https://choices.scholastic.com
- SENTARA Stroke Education Toolkit https://sentarastrokeawareness.com/toolkit/
- **Sleep Well** [https://ymiclassroom.com/lesson-plans/sleep/](https://ymiclassroom.com/lesson-plans/sleep/)
- **SuperTracker Nutrition Lesson Plans for High School Students**
- **Teaching Fast Food Nation 7-12** [http://www.bookrags.com/lessonplan/fast-food-nation/#gsc.tab=0](http://www.bookrags.com/lessonplan/fast-food-nation/#gsc.tab=0)
- **TED ED and other Resources**
  - How do we know if we have a virus?
  - How playing sports benefits your body and brain
  - Yoga does for body and brain
  - What is obesity?
  - How playing an instrument benefits your brain
  - Why do germs make us sick?
  - Why our muscles get tired
- **Family Doctor.Org (American Association of Family Physicians) – Finding Reliable Health Information on the Web** [https://familydoctor.org/health-information-on-the-web-finding-reliable-information/?adfree=true](https://familydoctor.org/health-information-on-the-web-finding-reliable-information/?adfree=true)
- **How the food you eat affects your gut** [https://www.youtube.com/watch?v=1sISguPDlhY](https://www.youtube.com/watch?v=1sISguPDlhY)
- **Insulin Resistance** [https://www.youtube.com/watch?v=OvpID91fTo](https://www.youtube.com/watch?v=OvpID91fTo)
- **Iowa Children’s Hospital - Online Health Information What Can You Trust** [https://uichildrens.org/online-health-information-what-can-you-trust](https://uichildrens.org/online-health-information-what-can-you-trust)
- **Keeping Clean when You’re a Preteen** [https://healthpoweredkids.org/lessons/keeping-clean-when-youre-a-preteen/](https://healthpoweredkids.org/lessons/keeping-clean-when-youre-a-preteen/)
- **Kids Health Grade 6-8 Media Literacy and Health Teacher’s Guide** [https://classroom.kidshealth.org/classroom/6to8/personal/growing/media_literacy_health.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/growing/media_literacy_health.pdf)
- **Medline Plus - Evaluating Health Information** [https://medlineplus.gov/evaluatinghealthinformation.html](https://medlineplus.gov/evaluatinghealthinformation.html)
- **Move your way** [https://youtu.be/dAaB8XDUi4I](https://youtu.be/dAaB8XDUi4I)
- **NIH Office of Dietary Supplements** [https://ods.od.nih.gov/HealthInformation/consumerprotection.sec.aspx](https://ods.od.nih.gov/HealthInformation/consumerprotection.sec.aspx)
- **Social Determinants of Health** [https://www.youtube.com/watch?v=8PH4JYfF4Ns](https://www.youtube.com/watch?v=8PH4JYfF4Ns)
- **Super Sleep** [https://healthpoweredkids.org/lessons/super-sleep/](https://healthpoweredkids.org/lessons/super-sleep/)
- **Top Giving Foundations in the Commonwealth of Virginia - Grantsmanship Center** [https://www.tgci.com/funding-sources/VA/top](https://www.tgci.com/funding-sources/VA/top)
- **US Department of Health and Human Services** [https://www.hhs.gov/about/index.html#](https://www.hhs.gov/about/index.html#)
- **Virginia Department of Health** [www.vdh.virginia.gov](http://www.vdh.virginia.gov)
- **Virginia Department of Social Services** [www.dss.virginia.gov](http://www.dss.virginia.gov)
- **Virginia Department of Behavioral Health and Developmental Services** [www.dbhds.virginia.gov](http://www.dbhds.virginia.gov)
- **Virginia FAMIS Children’s Health Insurance Brochure** [https://www.coverva.org/materials/famis_brochure_english.pdf](https://www.coverva.org/materials/famis_brochure_english.pdf)
- Virginia FAMIS - Cover Virginia [http://coverva.org](http://coverva.org)
- 211 Virginia [http://www.211virginia.org](http://www.211virginia.org)
Substance Abuse Prevention

- Health Smart Virginia 7th Grade Page https://healthsmartva.org/7th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 14 Drug Education Activities, Scholastic Printable Skills Pages
- Addiction and the Brain - for kids! https://youtu.be/s0bqT_hxMwl
- CATCH My Breath E-cigarette/JUUL youth prevention program for Middle and High School students. https://catchinfo.org/enroll/
- Catch My Breath – A Nicotine Vaping Prevention Program
- (Chippewa Valley Coalition) Marijuana Prevention - Middle School
- Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy
- Discovery Education - Deadly Highs – Grades 6-8 http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm
- Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1b82ba8ced/dental-care-quiz/
- E-Cigarettes and Vaping – Lesson 1: Why Should I care? and Lesson 2: Don’t get (e-)Hooked!
- Everfi Marijuana Lesson Plans https://everfik12hc.wpengine.com/marijuana-lesson-plans/
- Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
- Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
- FDA Anti-Juuling Video for Teens https://youtu.be/zYuyS1Oq8gY
- FDA Medicines in My Home https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicinesSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm
- Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
- Girls Health Website https://www.girlshealth.gov/substance/
- Handling stress / Dealing with pressures - Teaching guide for 5-9 peer pressure; activities and great discussion questions http://www.goodcharacter.com/BCBC/Pressures.html
- Harding University Alcohol, Family, Community Lesson Plan alcohol-family-community
- Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.)
  https://med.stanford.edu/tobacco-prevention-toolkit/curriculum-decision-maker/HealthyFutures.html
- How your brain responds to the reward circuit
  https://www.youtube.com/watch?v=s27f7Jzy2k0
- How Opioids Change the Brain: Lesson Plan
- How to say no to drugs
  https://youtu.be/6Y6gn_dd54Q
- Habits and Addiction
  https://youtu.be/oV38woahNs0
- Internet4Kids Drug Lesson Plans K-12
- Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals
  http://poisoncontrol.utah.edu/publiced/pdfs/InhalantLesson_6thgr.pdf
- Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals and Poison Prevention (Grade 6-above)
  http://poisoncontrol.utah.edu/publiced/pdfs/InhalantComboLesson.pdf
- Johnny’s Ambassadors Online Marijuana Curriculum
- Keeping it Real –Middle, High School DARE Curriculum
  https://dare.org/education/
- Kids meet a teen in recovery
  https://youtu.be/yl_7qSgrf3Y
- KidsHealth.org
  https://kidshealth.org/en/teens
- KidsHealth – Methamphetamine – Teen Tip Sheet
- KidsHealth.org – Teachers Guide: Dealing with Peer Pressure -Grades 6-8
  https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer_pressure.pdf
- KidsHealth.Org Teachers Guides - Alcohol, Smoking, Drugs
  www.KidsHealth.org/classroom
- Know VAPE The dangers of Youth Vaping
  https://vpm.pbslearningmedia.org/collection/know-vape/
- LA Health - E-cig & vaping Informational video (Loudoun schools)
- Lessons for Responsible Medicine Use
  https://ymiclassroom.com/otcmedsafety/
- Lesson: The Mysterious Vaping Illness that’s Becoming and Epidemic
- Little Lungs in a Great Big World
  https://www.youtube.com/watch?v=fmKply2PfmI
- Lung Health
  https://vpm.pbslearningmedia.org/collection/lung-health/
- Marijuana – Download the Facts – Printables and Lessons
- Marijuana and Teens – American Academy of Child and Adolescent Psychiatry
- Medicine for Kids: Prescription and Non Prescription
  https://youtu.be/0Zs4EbWBdSc
- Meth Mouse – Interactive Lesson on Effects of Methamphetamines
- Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)
- (NIDA) Stressed Out? How to Cope (grades 6-12)
- National Education Association’s Rx for Understanding: Prescription Drug Abuse Prevention Program - Grades 5-8 Lesson Plans
• NIDA Easy-to-Read/ESL Drug Facts and videos https://easyread.drugabuse.gov/
• NIDA - Mind Matters – The Body’s Response to Marijuana
• NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
• NIDA Teacher’s Edition Resources on Methamphetamine
• Nicotine Addiction – Toolkit for Schools
• NIH – Meth Mouse Game https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse
• NIH Video on synthetic cannabinoids - bath salts https://youtu.be/cRA54zeGAnM
• Online game/ad FDA https://whatsinavape.com
• (Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)
• (Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
• PBS Frontline – The Meth Epidemic
  • Myth or Fact Lesson – Grades 6-12 https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/
  • Learning About Opioids – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/
  • Science of Addiction – Grades 6-12 https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/
  • Accessibility – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
  • Signs and Symptoms – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
  • The Cycle of Addiction - Grades 6-12 https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbf86/
  • Contemplating Nature vs Nurture Grades 6-12 https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/
  • Full Educators Guide https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/
  • Community and Family Guide https://www.pbslearningmedia.org/resource/b1e0862a-131f-4d55-4b343a65d366/community-and-family-guide/
• PE Central - The Pressure Is On! http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4134#.WEJDSmVNFho
• Physician Advocacy Network - Lesson Plan – Vaping and Juuling
• Positive Choices – Numerous Drug Education Resources for Teachers
• Reality Matters: Under the Influence - Lesson plan teaching about addiction and the effects on the brain and body http://school.discoveryeducation.com/lessonplans/programs/underTheInfluence/
• Resources to Reduce Methamphetamine Use
• Scholastic
  • Heads Up Series http://headsup.scholastic.com
- Youth Vaping Risks: http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109///FDA////&ET_CID=20190109_SNP_FDA_ACQ_24770&ET_RID=1708294776
- OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)
- Sleep Well: https://ymiclassroom.com/lesson-plans/sleep/
- Everything Tobacco
  - Unit 1: General Tobacco – Health Effects and Social Effects: https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html
  - Unit 2: What’s Menthol Got to Do With It? https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html
- E-Cigs/Vapes & Pod-Based
  - Unit 1 – Where did E Cigarettes and Vape Pens Come From? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html
- Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html](https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html)
- Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html](https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html)
- Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html](https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html)
- Unit 5 – What Can I Do About It? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html](https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html)
- Unit 6 – What are JUULS & Other Pod-Based Systems? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html](https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html)

- Hookah
- Smokeless Tobacco
- Nicotine Addiction
  - Unit 2 – Addiction 101 [https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html](https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html)
- Positive Youth Development
  - Refusal Skills Activities [https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html](https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html)

- (Stanford Medicine) Cannabis/Marijuana - The Basics
- (Stanford Medicine) Cannabis/Marijuana – Health Effects
- (Stanford Medicine) THC & The Brain
- (Stanford Medicine) Refusal Skills and Social Norms
- Substance Use and Abuse [https://youtu.be/wQl_4kcE5nw](https://youtu.be/wQl_4kcE5nw)
- Taking Down Tobacco [https://ymiclassroom.com/lesson-plans/takingdowntobacco/](https://ymiclassroom.com/lesson-plans/takingdowntobacco/)
- The real cost: anti-vaping commercial (Hacked) [https://www.youtube.com/watch?v=EzU4ihBbf3g](https://www.youtube.com/watch?v=EzU4ihBbf3g)
- The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
- Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos
- TED Ed Resources:
  - How do drugs affect the brain?
  - Is Marijuana bad for your brain?
  - How do steroids affect your muscles
  - What you should know about vaping
- Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
- Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth
- Treating Marijuana Addiction [https://www.youtube.com/watch?v=md4lRQsLJnE](https://www.youtube.com/watch?v=md4lRQsLJnE)
- Why Are Drugs so Hard to Quit? [https://www.youtube.com/watch?v=Xbk35VFpUPl](https://www.youtube.com/watch?v=Xbk35VFpUPl)
• Why Is Meth so Addictive? Hazelden Betty Ford Foundation – You Tube
• Understanding the Opioid Epidemic https://vpm PBSlearningmedia.org/collection/understanding-the-opioid-epidemic/
• Understanding the Opioid Epidemic: Family and Community Discussion Guide https://vpm PBSlearningmedia.org/resource/b83250e7-72a4-40c2-8bce-c613cd4ad08/understanding-the-opioid-epidemic-family-and-community-discussion-guide/

Videos:
• Prevention of Youth Marijuana Use (SAMHSA) https://youtu.be/CrA9lDd9ALo
• Let’s Talk About Cannabis and Teens (Prevention Connection, Kern County) https://youtu.be/k1QStvIzOpA
• How Marijuana Affects Your Developing Brain (Discovery Education) https://youtu.be/6Yp_NIVx-QA
• Youth Marijuana Prevention, Future Self (Michigan HHS) PSA https://youtu.be/QlffXfu8IIA
• Marijuana is Legal in Massachusetts (City of Somerville Prevention Services) https://youtu.be/7m67nOvV_U
• Impact of Marijuana Industry Five Years after Legalization in Colorado (CBS News) https://youtu.be/zv5M5uxK_6O
• Marijuana Risks: Virtual Assistant: 60 (SAMHSA) https://youtu.be/-nDGVFujQ9A
• Middle School Drug Trends 2020: Marijuana (Marshfield Clinic Health System). https://youtu.be/YcWpd__obE8
• The Human Brain: Major Structures and Functions (NIDA) https://youtu.be/0-8PvNOdByc
• The Reward Circuit: How the Brain Responds to Natural Rewards and Drugs (NIDA) https://youtu.be/DMcmrPBWGk
• Anyone Can Become Addicted to Drugs (NIDA) https://youtu.be/wCMkW2ji20E
• Addiction: A Disease that Impairs Free Will (NIDA) https://youtu.be/X1AEvkWxbLE
• Why are drugs so hard to quit? (NIDA) https://youtu.be/Xbk35VFMpUPI
• Mind Matters: How does Marijuana Affect Your Brain and Body (NIDA) https://youtu.be/JB01nJwBveM
• Mind Matters: How do Drugs Affect Your Life? (NIDA) https://youtu.be/Fp4bdXYZmR4
• Mind Matters: How do Drugs Work on the Brain? (NIDA) https://youtu.be/ivzGOK2nQ0
• Mind Matters: What if Someone I know Needs Help (NIDA) https://youtu.be/Avi9PHwTw-k
• Mind Matters: Teen Brain Development (NIDA) https://youtu.be/EfpnDijz2d8
• Nic Sick: The Dangers of Youth Vaping https://video.idahoptv.org/video/nic-sick-uesfxt/
Safety/Injury Prevention

- Health Smart Virginia 7th Grade Page [https://healthsmartva.org/7th-grade](https://healthsmartva.org/7th-grade)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Bike Safety [https://youtu.be/Pc5e8Un05aA](https://youtu.be/Pc5e8Un05aA)
- CDC Injury Center [www.cdc.gov/injury](http://www.cdc.gov/injury)
- National Safety Council [www.nsc.org](http://www.nsc.org)
- National Injury Prevention Foundation [www.ThinkFirst.org](http://www.ThinkFirst.org)
- Safe Routes to School [http://www.walkbiketoschool.org](http://www.walkbiketoschool.org)
- Fire Safety [https://www.teachervision.com/emergency/teacher-resources/47554.html](https://www.teachervision.com/emergency/teacher-resources/47554.html)
- National Education Association - School Safety Resources for Educators [http://www.nea.org/home/44693.htm](http://www.nea.org/home/44693.htm)
- Protect Skin from the Sun [https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)
Mental Wellness/Social Emotional Skills

- Health Smart Virginia 7th Grade Page [https://healthsmartva.org/7th-grade](https://healthsmartva.org/7th-grade)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- What is SEL
- WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
- Teaching Activities to Support Core SEL Competencies
- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 3 Committee for Children (CFC) Free SEL Classroom Activities
- 4 Inventive Games that Teach Students Social Skills
- 5 Activities to Support Students Through the Holidays
- 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
- 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
- 7 Fun Communication Games that Increase Understanding
- 7 SEL Activities for Students to Do at Home
- 8 Social Emotional Learning Activities for a Classroom
- 8 Downloadable SEL Activities for Home and School
- 9 mental health activities to do with your children - BelievePerform
- 10 Activities to Help Children Explore Emotions
- 10 Activities to Integrate Social Emotional Learning into the Classroom
- 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
- 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
- 10 Tips to Help Your Child with Anger, Aha! Parenting
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 12 Games to Teach Social-Emotional Learning - Playworks
- 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
- 12 Ways Teachers Can Build Their Own Resilience
- 13 Powerful SEL Activities | Edutopia
- 15 Activities for Teaching CASEL Core Competencies | Waterford.org
- 16 Anger Management Activities, School Counseling Files
- 16 Social and Emotional Learning Activities - Aperture Education
- 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
- 25 Ways to Integrate Social Emotional Learning into Your Classroom
- 25 At Home SEL Activities - Choice Board
- 28 Mental Health Activities, Worksheets & Books for Adults & Students
- 30 Character-Building Ideas and Activities for School, Sign Up Genius
- 30 + Free Choice SEL Activities
73 Social Emotional Learning Activity Sheets
97 SEL Skills Activities – InspiredStudents.org
100 Kid Activities to Build Character, Moments a Day
101 Ways to Teach Children Social Skills
132 SEL Apps, Games, Activities for Building Character in the Classroom
An Adolescent Mental Health Curriculum = A Starter Kit for Schools http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools
Breathing Activity for Elementary Students
Butterfly Breathing Video – YouTube
CA Media Smarts – Avatars and Body Image http://mediasmarts.ca/teacher-resources/avatars-body-image
Calming Exercises for Kids: Breathing and Stretching - YouTube
Classroom Activities - MACMH | MACMH
Classroom Physical Activity Helps Students with Mental Health and Anxiety
Color Your Community
Color Your Destiny
Committee for Children (CFC) Free Classroom Activities https://www.cfcchildren.org/resources/free-classroom-activities/
The Compassion Project consists of 15 online lessons and 3 digital activities. Each lesson and activity takes less than 45 minutes to complete http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12_compassion_course_outline.pdf
Decreasing Screen Time https://healthpoweredkids.org/lessons/decreasing-screen-time/
Discovery – Self Esteem http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm
EMOTIONAL ABC Classroom
EVERFI - Social Emotional Learning Resources https://everfi.com/offering/social-emotional-learning/
Everyday mindfulness - YouTube
Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
Getting Caught in the Web Lesson 1
Guided Imagery https://healthpoweredkids.org/lessons/guided-imagery-create-the-state-you-want/
• Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
• Interactive Games in Support of Mental Health | Mental Health Delta Division
• KidsHealth.org Teacher’s Guides for Grades 6-8:
  • Conflict Resolution https://classroom.kidshealth.org/6to8/personal/growing/conflict_resolution.pdf
  • Depression https://classroom.kidshealth.org/classroom/6to8/problems/emotions/depression.pdf
  • Empathy https://classroom.kidshealth.org/6to8/personal/growing/empathy.pdf
  • Eating Disorders https://classroom.kidshealth.org/6to8/problems/conditions/eating_disorders.pdf
  • Getting Along http://classroom.kidshealth.org/6to8/personal/growing/getting_along.pdf
  • Healthy Relationships http://classroom.kidshealth.org/6to8/personal/growing/healthy_relationships.pdf
  • Peer Pressure http://classroom.kidshealth.org/6to8/personal/growing/peer_pressure.pdf
  • Self Esteem http://classroom.kidshealth.org/6to8/personal/growing/self_esteem.pdf
  • Stress https://classroom.kidshealth.org/6to8/problems/emotions/stress.pdf
  • Suicide Prevention http://classroom.kidshealth.org/6to8/problems/emotions/suicide.pdf
• Know the Odds - Underage Gambling https://ymiclassroom.com/lesson-plans/know-the-odds/
• Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
• Love is Respect https://www.loveisrespect.org
• Learning to calm fear lesson plan https://healthpoweredkids.org/learning-to-calm-fear/
• Mental Health Activities for High School Students - The Truthful Tutor
• Mental Health Awareness: Free Resources & More | Share My Lesson
• Mental Health First Aid https://www.thenationalcouncil.org
• Michigan Education - Online Professional Development for Social Emotional Learning
  • Introduction to SEL https://plp.mivu.org/Registration.aspx?section=3195
  • Embedding SEL Schoolwide https://plp.mivu.org/Registration.aspx?course=542
  • Creating a Professional Culture Based on SEL https://plp.mivu.org/Registration.aspx?section=3224
  • Integrating SEL -Culturally Responsive Classrooms https://plp.mivu.org/Registration.aspx?section=3226
  • Trauma Informed Support https://plp.mivu.org/Registration.aspx?section=2960
• Mindful Moments – MCPS Be Well 365 - Student Activity Videos
• Mindful Movement for Young Learners - YouTube
• Mindful Schools – Lesson - Introduction to Mindful Bodies and Listening http://www.mindfulschools.org/resources/explore-mindful-resources/
• Mindful Schools http://www.mindfulschools.org/resources/explore-mindful-resources
• Mindful Teachers Site http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html
• Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
• NIDA CDC What Does Respect Mean To You https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence
• Noticing Walk and Reflection https://healthpoweredkids.org/lessons/noticingwalk/
• Self-Esteem and Body Image [https://healthpoweredkids.org/lessons/self-esteem-and-body-image/]
• Open Up Magazine, Minnesota Association for Children’s Mental Health – It’s All in Your Viewpoint [http://www.macmh.org/open-up-magazine/classroom-activities/]
• PBS - Overview of Mindfulness [http://www.pbs.org/thebuddha/teachers-guide/]
• PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides [http://www.pbs.org/inthemix/educators/lessons/]
• PE Central lessons
  - Emotions in Motion [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WmVNFho]
  - Sounds of Music (Stress Management) [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CTWVN]
  - What is Stress [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9659]
• ProCon.org - Social Networking: [http://socialnetworking.procon.org/]
• Purdue Healthy Body Image Middle School Lessons [https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf]
• Putting on Armor (7th)
• Reach Out - Asking students if they are okay [https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day]
• Respect for Self and Others—Giving and Getting the Big R (7th)
• Relationship skills/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/]
• Responsible Decision Making/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/responsible-decision-making-social-emotional/social-emotional-learning-video/]
• Rossier USC - Creating Safe Spaces – Social Emotional Lessons [https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/]
• Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources [http://www.samaritans.org/your-community/supporting-schools/deal-teaching-resources]
• SCDA Girls Only Toolkit [http://www.sdca.org/office/girlsonlytoolkit/]
• Scholastic 6-8 Social Emotional Lessons [https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/]
• Scholastic Mind Up Curriculum – brain centered teaching strategies [http://teacher.scholastic.com/products/mindup/]
• Screening for Mental Health - depression, suicide, and self-injury [https://mentalhealthscreening.org/programs/sos-signs-of-suicide]
• Shifting Boundaries - Lessons on Relationships for Students in Middle School [https://preventipv.org/materials/shifting-boundaries]
• Signs of Suicide and ACT [https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum]
• So Much to Do, So little time: How Do I tie all of the loose ends together Lesson 2
• Social Awareness/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/]
- Social Networking http://socialnetworking.procon.org/
- Stress, Trauma and the Brain - Insights for Educators https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/
- A Student’s Guide to Using Social Media
- Substance Abuse and Mental Health Services Administration www.SAMHSA.gov
- Suicide Prevention Resource Center www.sprc.org
- TED ED Resources:
  - The psychology of PTSD
  - How to stay calm under pressure
- To Give In or Not to Give In-That is the Question! (7th)
- UNICEF Kid Power Videos for Children and Families
- Virginia Department of Behavioral Health Services http://www.dbhds.virginia.gov/
- “Walk in Our Shoes” Lesson Plan http://walkinourshoes.org/content/Classroom_Lesson_Plans.pdf
- We Are Teachers: Resources for Social and Emotional Learning http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources
- What is important to me?
- What’s normal anxiety? https://www.youtube.com/watch?v=xSEJ6GeAGb0
Violence Prevention

- Health Smart Virginia 7th Grade Page https://healthsmartva.org/7th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 10 Conflict Resolution Lessons, Fairfax County Schools http://creducation.net/resources/CR_Guidelines_and_10_CR_lessons_FCPS.pdf
- Anti-Bullying Animated Short Film https://youtu.be/YyDJafzuUK4
- Anti-Bullying Resources for Teachers https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/
- Anti-Bullying Video https://youtu.be/0gpMP-qiAGI
- BluePrints for Healthy Youth Development site http://www.blueprintsprograms.com
- Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
- Building Community and Combating Hate - Middle School Lesson http://www.partnersagainsthate.org/educators/middle_school_lesson_plans.pdf
- Committee for Children - Bullying Prevention Unit
- Coaching Boys into Men Toolkits http://www.coachescorner.org
- Five Ways to Stop Bullying https://youtu.be/vGV5jzPYvm0
- Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
- In the Mix - Thinking it Through https://www.youtube.com/watch?v=xDoQIpe5TxA
- Kids Health Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
- Love is Respect https://www.loveisrespect.org
- National Gang Center https://www.nationalgangcenter.gov
- Ophelia Project - It Has a Name: Relational Aggression http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf
- Olweus Schoolwide Bullying Prevention Program http://olweus.sites.clemson.edu
- PACER Classroom Resources (Bullying) https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd
- PACER Middle/High School Education Curriculum (Bullying) https://www.pacer.org/bullying/classroom/mid-high-curriculum
- PACER Middle/High School Activities (Bullying) https://www.pacer.org/bullying/classroom/middle-highschool
- PACER Middle and High School - Engaging Students in Anti-Bullying Leadership https://www.pacer.org/bullying/wewillgen/
- Pacer National Bullying Prevention Center [http://www.pacer.org/bullying/]
- Pacer Teens Against Bullying [http://www.pacerteensagainstbullying.org]
- Positive Behavior Interventions and Supports (PBIS) [https://www.pbis.org]
- Shifting Boundaries - Lessons on Relationships for Students in Middle School [https://preventipv.org/materials/shifting-boundaries]
- SDCDA Girls Only Toolkit [http://www.sdcda.org/office/girlsonlytoolkit/]
- Stop Bullying.gov Youth Engagement Kit [https://www.stopbullying.gov/what-you-can-do/teens/index.html]
- Stop Bullying Video Clips [https://www.cartoonnetwork.com/stop-bullying]
- Teaching Health and Happiness – Communication [https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf]
- Teaching Tolerance at [http://www.tolerance.org/school_climate_resources]
- Teaching Tolerance - What’s a Clique [https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique]
- Cliques in School [https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools]
- Virginia Rules [https://virginiarules.org/varules_topics/gangs/]

**Healthy Relationships/Dating Violence**

- Kate Brown Education Program Healthy Relationship Quiz [https://kbep.org/healthy-relationship-quiz/]
- Kids Health Healthy Relationship Handout [https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf]
- You Tube clips on Dating Violence, e.g., [https://youtu.be/ODntqYIYx7E]
Grade 8 Resource Links

These resource lists are intended to jumpstart the research and development of K-10 Health Instruction. This 2023 Update was funded by the Office of Behavioral Health Wellness, Virginia Department of Behavioral Health and Developmental Services

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Community/Environmental Health
Nutrition
Physical Health/Disease Prevention/Health Promotion
Substance Abuse Prevention
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Body Systems

- Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel

**Interactive Websites**
- *BBC Science: Human Body & Mind* includes the Nervous System Game that has students wire up the nervous system and senses. This challenge requires Flash 5 and takes 5-10 minutes. [http://www.bbc.co.uk/science/humanbody/body/index_interactivebody.shtml](http://www.bbc.co.uk/science/humanbody/body/index_interactivebody.shtml)
- Interactive Body Activities [http://interactivesites.weebly.com/body-systems.html](http://interactivesites.weebly.com/body-systems.html)

**Resource Websites**
- Human Body Facts and Worksheets
- National Institute on Drug Abuse [https://www.drugabuse.gov](https://www.drugabuse.gov)
- Teacher Vision - students learn about stroke signs [https://www.teachervision.com/stroke/printable/64689.html](https://www.teachervision.com/stroke/printable/64689.html)
- TED ED Resources
  - What happens during a heart attack?
  - What causes migraines?
  - Can you be awake and asleep at the same time?
  - What are the floaters in your eye?
  - How do lungs work?
  - How your muscular system works
  - How oxygen circulates through your body
  - How does the thyroid manage your metabolism?
  - How do your kidneys work?
  - How do your hormones work?
  - How the heart actually pumps blood
  - Why does your voice change?
  - How does the liver work?
How does your digestive system work?

How blood pressure works

What does the pancreas do?

Your skin!

How does the immune system work?

- Education.com - Brain anatomy worksheets:

- American Public Health Association https://www.apha.org/topics-and-issues/communicable-disease
- Alameda County Public Health Department http://www.acphd.org/communicable-disease.aspx
- Virginia Department of Health www.vdh.virginia.gov
- Centers for Disease Control and Prevention (CDC) www.cdc.gov
  - https://www.cdc.gov/foodsafety/foodborne-germs.html
  - https://www.cdc.gov/diseasesconditions/
  - https://www.cdc.gov/flu/protect/habits.htm

Lesson Plans

- American Heart Association Middle School Lessons http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp#
- Asthma 101 https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/
- Body Composition https://healthpoweredkids.org/lessons/body-composition/
- Communicable Disease Lesson Plan www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health_lp_showcase.docx
- CDC- BAM! Body and Mind - Infectious Disease Epidemiology - Teacher’s Corner - Activities http://www.cdc.gov/bam/teachers/epi.html
- Neuro Concepts Lesson and Activities/ Brain U - Regents of University of Minnesota http://brainu.org/neuroscience-concepts-activities-grade-level-middle-school-grades-7-8
- Neuroscience for Kids - Brain Awareness Week Lessons https://faculty.washington.edu/chudler/baw1.html
- NIH - How Your Brain Understands What Your Ears Hear https://science.education.nih.gov/MiddleSchool/BrainUnderstandsEarsHear
- NIH - The Brain: Our Sense of Self https://science.education.nih.gov/MiddleSchool/OurSenseOfSelf
• PE Central Communicable or Non Communicable Disease Lesson
  Plan http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=934#.WIaBuWVNfhom
• PE Central AIDS Fact Quilt http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3410#.WIaCZmVNfho
• Preventing Communicable and Non Communicable Diseases https://sharemylesson.com/teaching-resource/communicable-and-non-communicable-diseases-254318
• Your Happy Heart https://healthpoweredkids.org/lessons/your-happy-heart/
• My Body the Inside Story: Unit Content and Tasks http://www.henry.k12.ga.us/cur/mybody/content.htm#nervous
• Videos
  • The Human Brain https://www.youtube.com/watch?v=0-8PvNOdByc
  • Is it Communicable or Non-Communicable? https://www.youtube.com/watch?v=vpEAos0blyw
  • Preventing Communicable Disease https://www.youtube.com/watch?v=EqJcfIR_Dic,
  • Preventing Non-Communicable Diseases https://www.youtube.com/watch?v=IrYVSGcxHs
Community/Environmental Health

- Health Smart Virginia 8th Grade Page [https://healthsmartva.org/8th-grade](https://healthsmartva.org/8th-grade)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Allergy and Asthma Foundation [http://fightthecauseofallergy.org](http://fightthecauseofallergy.org)
- CDC Healthy Community Design [https://www.cdc.gov/features/healthycommunities/](https://www.cdc.gov/features/healthycommunities/)
- CDC Healthy Community Design [https://www.youtube.com/watch?v=lI7Yv6L9wE](https://www.youtube.com/watch?v=lI7Yv6L9wE)
- EPA Student Environmental Health Resources [https://www.epa.gov/students](https://www.epa.gov/students)
- EPA Environmental Topics [https://www.epa.gov/environmental-topics](https://www.epa.gov/environmental-topics)
- EPA Learning and Teaching about the Environment [https://www.epa.gov/learning](https://www.epa.gov/learning)
- How can chemicals influence your hormones? [https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/](https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/)
- How is asthma related to the neighborhood you live in? [https://www.sciencejournalforkids.org/articles/how-is-asthma-related-to-the-neighborhood-you-live-in/](https://www.sciencejournalforkids.org/articles/how-is-asthma-related-to-the-neighborhood-you-live-in/)
- How can we get the most from our waste? [https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/](https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/)
- Maryland - Grade 8 EH Lesson [https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD_EH_Lssn.pd](https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD_EH_Lssn.pd)
- NEA Environmental Lessons [http://www.nea.org/tools/EnvironmentalEducationActivitiesAndResources.html](http://www.nea.org/tools/EnvironmentalEducationActivitiesAndResources.html)
- WHO Environmental Health [http://www.who.int/topics/environmental_health/en/](http://www.who.int/topics/environmental_health/en/)
- Project Learning Tree - Earth Day Activities [https://www.plt.org/educator-tips/earth-day-activities/](https://www.plt.org/educator-tips/earth-day-activities/)
- Recycle Plastic More Sustainably [https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/](https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/)
- Social Determinants of Health [https://www.youtube.com/watch?v=8PH4JYff4Ns](https://www.youtube.com/watch?v=8PH4JYff4Ns)
- TED ED and other Video Resources
  - Human Impacts on the Environment [https://www.youtube.com/watch?v=YXT-RTjTjew](https://www.youtube.com/watch?v=YXT-RTjTjew)
  - Pollution (Land, Air, Water) [https://www.youtube.com/watch?v=vP3pbh_-pu8](https://www.youtube.com/watch?v=vP3pbh_-pu8)
What is in the air you breathe?
Microbial Jungles- How Microbes form communities
Conserving our Coral Reefs
Why do we wear sunscreen?
Do we really need pesticides?
Meet the Blue Fin Tuna
How to Create Cleaner Coal
How much land does it take to power the world?
How much electricity does it take to power the world?
How do wind turbines work?
What if there were 1 million more trees?
Beauty of Pollination

- We are Teachers - Earth Day Activities
  https://www.weareteachers.com/meaningful-earth-day-activities/
- Virginia Department of Environmental Quality (DEQ) http://www.deq.virginia.gov
Nutrition

- Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Check Out What’s Chilling - Nutrition https://ymiclassroom.com/lesson-plans/nfra/
- The 5 Fabulous Food Groups - You Tube
- 5-2-1-0 Let’s Go Middle and High School Toolkit https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools
- Discovery – When Food Becomes an Enemy https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/
- Food Day Curriculum https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267
- Food Span - Johns Hopkins Center for a Livable Future: http://foodspanlearning.org/
- Healthy Eating – 5 Food Groups – You Tube
- Healthy Eating – What is Healthy Eating? - You Tube
- Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube
- Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube
- Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube
- Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube
- Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise
- Health Start Foundation – Nutrients
- How the food you eat affects your brain https://www.youtube.com/watch?v=xyQY8a-ng6g
- How the food you eat affects your gut https://www.youtube.com/watch?v=1sI5guPD1hY
- Kids Health Teacher’s Guides Grades 6-8
  - Breakfast https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf
  - School Lunch https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school_lunch.pdf
  - Food Labels https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf
  - Healthy Snacking https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf
  - Fitness http://kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf
  - Sleep https://classroom.kidshealth.org/classroom/6to8/body/functions/sleep.pdf
  - Screen Time http://kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf
  - NBA Fit Classroom http://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- National Eating Disorders Association (NEDA) Page for Educators and Coaches https://www.nationaleatingdisorders.org/learn
• NEDA Educator’s Toolkit  https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf
• PE Central Body Image and Eating Disorders Lesson http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNfh0
• PE Central - Food Pyramid Game http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645
• Sports and Energy Drinks https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/
• TED Ed and other Video Resources
  Which type of milk is best for you?
  Fruit and Veggies for Kids
  The five fabulous food groups
  How does your body know you’re full?
  What is a calorie?
  How do vitamins work?
  How the food you eat affects your brain
• Teaching Fast Food Nation 7-12 http://www.bookrags.com/lessonplan/fast-food-nation/#gsc.tab=0
• USDA Choose My Plate Teacher Resources https://www.choosemyplate.gov/teachers
• USDA Choose My Plate Parents & Educators Resources https://www.choosemyplate.gov/kids-parents-educators
• UC Davis Youth Nutrition Education Materials http://fseandnutrition.ucdavis.edu/curriculum/youth-materials
  • Eat Fit https://uccalfresh.ucdavis.edu/curriculum/youth/EF
• Vegetable Database https://fruitsandveggies.org/stories/vegetables/
Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- The 5 Fabulous Food Groups - YouTube
- 5-2-1-0 Let's Go Middle and High School Toolkit https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools
- 10 ways to stop eating sugar https://www.youtube.com/watch?v=eeAMkjQqlw
- American Heart Association (AHA) Middle School Lesson Plans
  - AHA – Don’t Fumble With This Jumble https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306494.pdf
  - AHA – NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans_UCM_453013_Article.jsp#.V_K0AvArLic
  - AHA - We Jump We Shoot We Save Teachers Guide 2012-13 http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467922.pdf
  - AHA - We Jump We Shoot We Save Teachers Guide 2013-14 http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467933.pdf
- Alliance for a Healthier Generation https://www.healthiergeneration.org/our-work/schools
- Asthma 101 https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/
- Body Works Program - Office of Women’s Health, DHHS www.womenshealth.gov
- CDC Chronic Disease Prevention Program https://www.cdc.gov/chronicdisease/
- CDC Lesson – If These Dolls Were Real People https://www.cdc.gov/bam/teachers/documents/body_image_dolls.pdf
- Chain of Infection https://www.youtube.com/watch?v=03mK0bpIeyQ
- Communicable Disease Lesson Plan - Danny Clark https://www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health_lp_showcase.docx
- Communicable and Non Communicable Diseases Lesson Plan https://www.bcpss.org/webapps/cmsmain/webui/institution/CURRICULUM/Health
- Communicable and Non Communicable Diseases PPT Presentation https://sharemylesson.com
- Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
- Decreasing Screen Time https://healthpoweredkids.org/lessons/decreasing-screen-time/
- Discovery – When Food Becomes an Enemy https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/
- Go Noodle – Physical Activity and Mindfulness Breaks https://www.gonoodle.com
- HealthBeat - Breathe and Believe https://vpm.pbslearningmedia.org/resource/37582e97-c667-4e08-91a8-34b4d686241a/healthbeat-stanley-stress/
- HealthBeat - Sleep is Your Friend https://vpm.pbslearningmedia.org/resource/2093c204-5f12-4dc8-b00c-2158f39b1224/healthbeat-sleep-is-your-friend/
- Healthy Eating – 5 Food Groups – You Tube
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- Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube
- Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube
- Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube
- Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise
- Hitting Cancer Below the Belt Colon Cancer Education http://hcb2.org
- How the food you eat affects your gut https://www.youtube.com/watch?v=1sISguPDlhY
- Insulin Resistance https://www.youtube.com/watch?v=OvopID91fTo
- Keeping Clean when You’re a Preteen https://healthpoweredkids.org/lessons/keeping-clean-when-youre-a-preteen/
- Kids Health Fast Breaks -NBA Fit Classroom Lesson https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
  - Fitness http://kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf
  - Sleep https://classroom.kidshealth.org/classroom/6to8/body/functions/sleep.pdf
  - Screen Time http://kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf
  - NBA Fit Classroom http://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- Let’s Get Moving Unit – Michigan State University http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html
- Move your way https://youtu.be/dAaB8XDUi4I
- National Eating Disorders Association (NEDA) Page for Educators and Coaches https://www.nationaleatingdisorders.org/learn
- NIH Healthy Behaviors: Lesson 2 – Influences on Behavior https://science.education.nih.gov/MiddleSchool/HealthyBehaviors
- Nutrition – High School Lesson Plans
- Nutrition Activities in Any Classroom – Junior and Senior High
- PBS In the Mix - Hearing Between the Lines*: http://www.pbs.org/inthemix/educators/lessons/selfimage2/
- PE Central Physical Activity Lesson Ideas and Resources: http://www.pecentral.org
- PE Central - Non-Communicable Diseases Research Lesson Ideas: www.pecentral.org
- Power Chargers – Quick Activity Breaks: http://healthpoweredkids.org/power-chargers/
- Place Matters Lesson: http://www.unnaturalcauses.org/assets/uploads/file/Place_Matters_Lessons.pdf
- Read Write Think Grocery Store Scavenger Hunt: http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html
- Sample Physical Activity Log - Michigan State University: http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html
- Safe Routes: http://www.walkbiketoschool.org
- Scholastic – Choices – Magazines to “empower students to make positive, real world decisions” https://choices.scholastic.com
- SENTARA Stroke Education Toolkit: https://sentarastrokeawareness.com/toolkit/
- Sleep- NIH Curriculum Supplement: https://science.education.nih.gov/HighSchool/SleepDisorders
- Stress Lessons - Grade 7-9 - Psychology Foundation of Canada: https://peitscfa.files.wordpress.com/2012/09/khst_grades7-9manual1.pdf
- Sleep Well: https://ymiclassroom.com/lesson-plans/sleep/
- Social Determinants of Health: https://www.youtube.com/watch?v=8PH4JYf4Ns
- Super Sleep: https://healthpoweredkids.org/lessons/super-sleep/
- TED ED and other Resources
  - How do we know if we have a virus?
  - How playing sports benefits your body and brain
  - Yoga does for body and brain
  - What is obesity?
  - How playing an instrument benefits your brain
  - Why do germs make us sick?
  - Why our muscles get tired
- USA Today - Obesity: www.usatoday.com/educate/casestudies/obesity.pdf
Substance Abuse Prevention

- Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 14 Drug Education Activities, Scholastic Printable Skills Pages
- Alcohol’s Effects on the Brain https://pubs.niaaa.nih.gov/publications/aa63/aa63.htm
- Above the Influence http://abovetheinfluence.com/drugs/alcohol/
- Addiction and the Brain - for kids! https://youtu.be/s0bqT_hxMwI
- CATCH My Breath E-cigarette/JUUL youth prevention program for Middle and High School students. https://catchinfo.org/enroll/
- Catch My Breath – A Nicotine Vaping Prevention Program
- (Chippewa Valley Coalition) Marijuana Prevention - Middle School
- Common Sense – How to Use the Vaping Trend to Teach Media Literacy
- Discovery Education - Deadly Highs – Grades 6-8 http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm
- E-Cigarettes and Vaping – Lesson 1: Why Should I care? and Lesson 2: Don’t get (e-)Hooked!
- Everfi Marijuana Lesson Plans https://everfik12hc.wpengine.com/marijuana-lesson-plans/
- Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
- Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
- FDA Anti-Juuling Video for Teens https://youtu.be/zYuyS1Qq8gY
- Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
- Habits and Addiction https://youtu.be/oV38woahNso
- Harding University Alcohol, Family, Community Lesson Plan alcohol-family-community
- Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html

How your brain responds to the reward circuit https://www.youtube.com/watch?v=s27f7Jzy2k0

How to say no to drugs https://youtu.be/6Y6gn_dd54Q


Keeping it Real – Middle, High School DARE Curriculum https://dare.org/education/


KidsHealth in the Classroom https://classroom.kidshealth.org/classroom/6to8/problems/drugs/drugs.pdf

KidsHealth – Methamphetamine – Teen Tip Sheet

Kids meet a teen in recovery https://youtu.be/yl_7qSgrf3Y

Know VAPE The dangers of Youth Vaping https://vpm.pbslearningmedia.org/collection/know-vape/


Lessons for Responsible Medicine Use https://ymiclassroom.com/otemedsafety/

Lesson: The Mysterious Vaping Illness that’s Becoming and Epidemic

Little Lungs in a great Big World https://www.youtube.com/watch?v=fnKply2PfmI

Lung Health https://vpm.pbslearningmedia.org/collection/lung-health/

Marijuana Education Initiative


Marijuana – Download the Facts – Printables and Lessons

Medicines in My Home Grades 6-8 https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm


Meth Mouse – Interactive Lesson on Effects of Methamphetamines

Mind Matters - The Body's Response to Marijuana (NIDA) (grades 5-9)

c613cd4add08/understanding-the-opioid-epidemic-family-and-community-discussion-guide/

NIDA - Mind Matters – The Body’s Response to Marijuana

NIDA) Stressed Out? How to Cope (grades 6-12)

(NIDA) Weeding Out The Grass – Lesson on long and short term consequences, adverse effects (grades 9-12)

(NIDA) National Drug and Alcohol Use IQ Challenge Kahoot

NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube

NIDA Teacher’s Edition Resources on Methamphetamine

NIDA Mind Over Matter Series https://drugpubs.drugabuse.gov/promotions/mind-over-matter

- NIDA Brain Power - Grades 6-9 [https://www.drugabuse.gov/publications/brain-power/grades-6-9]
- NIH – Meth Mouse Game [https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse]
- NIH Video on synthetic cannabinoids (bath salts) [https://youtu.be/cRA54zeGAnM]
- Nicotine Addiction – Toolkit for Schools
- Nic Sick: The Dangers of Youth Vaping [https://video.idahoptv.org/video/nic-sick-uesfxt/]
- Online game/ad FDA [https://whatsinavape.com]
- (Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)
- (Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
- (Partnership to End Addiction) Advocacy Toolkit (8-12 grade)
- PBS Frontline – The Meth Epidemic
  - Myth or Fact Lesson – Grades 6-12 [https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/]
  - Learning About Opioids – Grades 6-12 [https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/]
  - Science of Addiction – Grades 6-12 [https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/]
  - Accessibility – Grades 6-12 [https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/]
  - Signs and Symptoms – Grades 6-12 [https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/]
  - The Cycle of Addiction - Grades 6-12 [https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297dbcfef86/]
  - Contemplating Nature vs Nurture - Grades 6-12 [https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/]
  - Full Educators Guide [https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/]
  - Community and Family Guide [https://www.pbslearningmedia.org/resource/b1e0862a-131f-4df2-ae55-4b343a65d366/community-and-family-guide/]
- PBS video on juuling epidemic [https://youtu.be/lNs19kGAnLU]
- Physician Advocacy Network - Lesson Plan – Vaping and Juuling
- Positive Choices – Numerous Drug Education Resources for Teachers
- (Positive Choices) Effects of Cannabis – Class Activity (grades 8-12)
- Project Alert – Substance Abuse Prevention – Grades 7-8 [https://www.projectalert.com]
- The real cost anti-vaping commercial (Hacked) [https://www.youtube.com/watch?v=EzU4ihBbf3g]
- Resources to Reduce Methamphetamine Use
- (Scholastic)Teacher’s Edition: The Science of Marijuana – How THC Affects the Brain (Grades 7-12)
- Scholastic
• Get Smart About Tobacco Lesson Plan (grades 6-7) https://opi.mt.gov
• Youth Vaping Risks http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109////////FDA////////&ET_CID=20190109_SNAPSHOT_ACQ_24770&ET_RID=1708294776
• The Real Cost of Vaping https://www.scholastic.com/youthvapingrisks/
• Alcohol and Your Body alcohol and your body - scholastic gr 6-8
• OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)
• (Stanford Medicine) Cannabis/Marijuana - The Basics
• (Stanford Medicine) Cannabis/Marijuana – Health Effects
• (Stanford Medicine) THC & The Brain
• (Stanford Medicine) Refusal Skills and Social Norms
• Everything Tobacco
  • Unit 1 - General Tobacco – Health Effects and Social Effects https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html
  • Unit 2 - What’s Menthol Got to Do With It? https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html
• E-Cigs/Vapes & Pod-Based
  • Unit 1 – Where did E Cigarettes and Vape Pens Come From? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html
  • Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html
- Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html
- Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html
- Unit 5 – What Can I Do About It? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html
- Unit 6 – What are JUULS & Other Pod-Based Systems? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html
- Hookah
- Smokeless Tobacco
- Nicotine Addiction
  - Unit 1 – The Brain https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html
  - Unit 2 - Addiction 101 https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html
- Positive Youth Development
  - Refusal Skills Activities https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html
- Stop Underage Drinking https://www.stopalcoholabuse.gov
- Substance Use and Abuse https://youtu.be/wQl_4kcE5nw
- Understanding the Opioid Epidemic https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/
- Taking Down Tobacco https://ymiclassroom.com/lesson-plans/takingdowntobacco/
- The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
- Teachers Guide: Prescription Drug Misuse: Choose Your Path Interactive Videos
- TED Ed Resources:
  - How do drugs affect the brain?
  - Is Marijuana bad for your brain?
  - How do steroids affect your muscles
  - What you should know about vaping
- Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
- Teen Use of Edibles: A Focus Group Study of An Emerging Issue
- Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth
- Treating Marijuana Addiction https://www.youtube.com/watch?v=md4lRQsLInE
- Understanding the Big Deal – How Marijuana Affects Youth
- Virginia ABC Education Publications https://www.abc.virginia.gov/education/publications
- Why are Drugs so Hard to Quit? https://www.youtube.com/watch?v=Xbk35VFpUPI
- Why Is Meth so Addictive? Hazelden Betty Ford Foundation – You Tube
- Why is vaping so popular https://www.pbs.org/video/why-is-vaping-so-popular-hzpjjx8/Johnny’s Ambassadors Online Marijuana Curriculum

Videos:
- Prevention of Youth Marijuana Use (SAMHSA) https://youtu.be/CrA9lDd9ALo
- Let’s Talk About Cannabis and Teens (Prevention Connection, Kern County) https://youtu.be/k1QStvIzOpA
- How Marijuana Affects Your Developing Brain (Discovery Education) https://youtu.be/6Yp_NIVx-QA
- Youth Marijuana Prevention, Future Self (Michigan HHS) PSA https://youtu.be/QLFxFu8IIA
- Marijuana is Legal in Massachusetts (City of Somerville Prevention Services) https://youtu.be/7m67nOvYV_U
- Impact of Marijuana Industry Five Years after Legalization in Colorado (CBS News) https://youtu.be/zv5M5uxK_6o
- Marijuana Risks: Virtual Assistant: 60 (SAMHSA) https://youtu.be/-nDGVFujQ9A
- Anyone Can Become Addicted to Drugs (NIDA) https://youtu.be/wCMkWj2OE
- Addiction: A Disease that Impairs Free Will (NIDA) https://youtu.be/X1AEvkw9xLE
- Why are drugs so hard to quit? (NIDA) https://youtu.be/Xbk35VFpUPl
Safety/Injury Prevention

- Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Bike Safety https://youtu.be/Pc5e8Un05aA
- Concussion Conundrum https://healthpoweredkids.org/lessons/concussion-conundrum/
- Fire Safety Resources https://www.teachervision.com/emergency/teacher-resources/47554.html
- Fire Safety Resources – Vermont https://firesafety.vermont.gov/pubed/programs
- Injury Prevention Resources http://www.parachutecanada.org
- Lessons for Responsible Medicine Use https://ymiclassroom.com/otcmedsafety/
- National Education Association - School Safety Resources for Educators http://www.nea.org/home/44693.htm
- Protect Skin from the Sun https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
- Safe Routes to School http://www.saferoutesinfo.org/
- Teen Drivers - NHTSA http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Driver---Parents--&-Teens
- Videos:
  - ThinkFirst Teen Video Clip https://www.youtube.com/watch?v=RJWcOYftedk
  - One Decision https://www.youtube.com/watch?v=WWptgB_1bco
  - Underage Drinking - Is It Worth It? https://www.youtube.com/watch?v=WGQ8F05C5gk
  - Texting and Driving Crash - It Can Wait https://www.youtube.com/watch?v=ApnyKv1GuNI
  - Seat Belt May Have Saved Teen Crash Victims Life https://www.youtube.com/watch?v=m4SaoXTF9NQ
  - Caught on Tape - Teen Drivers Moments Before a Crash https://www.youtube.com/watch?v=r3MIUA0qkiQ
Mental Wellness/Social Emotional Skills

- Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- What is SEL
- WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
- Teaching Activities to Support Core SEL Competencies
- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 3 Committee for Children (CFC) Free SEL Classroom Activities
- 4 Inventive Games that Teach Students Social Skills
- 5 Activities to Support Students Through the Holidays
- 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
- 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
- 6 Mental Health Lessons that Changed My Life https://youtu.be/BryGqImYBEM
- 7 Fun Communication Games that Increase Understanding
- 7 SEL Activities for Students to Do at Home
- 8 Social Emotional Learning Activities for a Classroom
- 8 Downloadable SEL Activities for Home and School
- 9 mental health activities to do with your children - BelievePerform
- 10 Activities to Help Children Explore Emotions
- 10 Activities to Integrate Social Emotional Learning into the Classroom
- 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
- 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
- 10 Tips to Help Your Child with Anger, Aha! Parenting
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 12 Games to Teach Social-Emotional Learning - Playworks
- 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
- 12 Ways Teachers Can Build Their Own Resilience
- 13 Powerful SEL Activities | Edutopia
- 15 Activities for Teaching CASEL Core Competencies | Waterford.org
- 16 Anger Management Activities, School Counseling Files
- 16 Social and Emotional Learning Activities - Aperture Education
- 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
- 25 Ways to Integrate Social Emotional Learning into Your Classroom
- 25 At Home SEL Activities - Choice Board
- 28 Mental Health Activities, Worksheets & Books for Adults & Students
- 30 Character-Building Ideas and Activities for School, Sign Up Genius
1. 30 + Free Choice SEL Activities
2. 73 Social Emotional Learning Activity Sheets
3. 97 SEL Skills Activities – InspiredStudents.org
4. 100 Kid Activities to Build Character, Moments a Day
5. 101 Ways to Teach Children Social Skills
6. 132 SEL Apps, Games, Activities for Building Character in the Classroom
9. Breathing Activity for Elementary Students
10. Butterfly Breathing Video – YouTube
11. CA Media Smarts - Avatars and Body Image [http://mediasmarts.ca/teacher-resources/avatars-body-image](http://mediasmarts.ca/teacher-resources/avatars-body-image)
13. Calming Exercises for Kids: Breathing and Stretching - YouTube
17. Classroom Activities - MACMH | MACMH
18. Classroom Physical Activity Helps Students with Mental Health and Anxiety
19. Color Your Community
20. Color Your Destiny
26. EMOTIONAL ABC Classroom
27. EVERFI - Social Emotional Learning Resources [https://everfi.com/offering/social-emotional-learning/](https://everfi.com/offering/social-emotional-learning/)
28. Everyday mindfulness - YouTube
29. Exercise and your brain [https://healthpoweredkids.org/lessons/exerciseandbrain/](https://healthpoweredkids.org/lessons/exerciseandbrain/)
30. Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
32. Getting Caught in the Web Lesson 1
33. Good Mental Health [https://youtu.be/beTd4UFLT0U](https://youtu.be/beTd4UFLT0U)
- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education
- Guided Imagery https://healthpoweredkids.org/lessons/guided-imagery-create-the-state-you-want/
- Healthy Relationships, Online THATSNOTCOOL https://thatsonnotcool.com
- I know what you did this summer (8th)
- If it’s to Be, It’s up to me (8th)
- Interactive Games in Support of Mental Health | Mental Health Delta Division
- KidsHealth.org Teacher’s Guides for Grades 6-8:
  - Conflict Resolution https://classroom.kidshealth.org/6to8/personal/growing/conflict_resolution.pdf
  - Depression https://classroom.kidshealth.org/classroom/6to8/problems/emotions/depression.pdf
  - Empathy https://classroom.kidshealth.org/6to8/personal/growing/empathy.pdf
  - Eating Disorders https://classroom.kidshealth.org/6to8/problems/conditions/eating_disorders.pdf
  - Getting Along http://classroom.kidshealth.org/6to8/personal/growing/getting_along.pdf
  - Healthy Relationships http://classroom.kidshealth.org/6to8/personal/growing/healthy_relationships.pdf
  - Peer Pressure http://classroom.kidshealth.org/6to8/personal/growing/peer_pressure.pdf
  - Self Esteem http://classroom.kidshealth.org/6to8/personal/growing/selfesteem.pdf
  - Suicide Prevention http://classroom.kidshealth.org/6to8/problems/emotions/suicide.pdf
- Know the Odds - Underage Gambling https://ymiclassroom.com/lesson-plans/know-the-odds/
- Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
- Learning to calm fear lesson plan https://healthpoweredkids.org/learning-to-calm-fear/
- Mental Health Activities for High School Students - The Truthful Tutor
- Mental Health Awareness: Free Resources & More | Share My Lesson
- Mental Health First Aid https://www.thenationalcouncil.org
- Michigan Education - Online Professional Development for Social Emotional Learning
  Introduction to SEL https://plp.mivu.org/Registration.aspx?section=3195
  Embedding SEL Schoolwide https://plp.mivu.org/Registration.aspx?course=542
  Creating a Professional Culture Based on SEL https://plp.mivu.org/Registration.aspx?section=3224
  Integrating SEL - Culturally Responsive Classrooms https://plp.mivu.org/Registration.aspx?section=3226
  Trauma Informed Support https://plp.mivu.org/Registration.aspx?section=2960
- Lesson - Introduction to Mindful Bodies and Listening http://www.mindfulschools.org/resources/explore-mindful-resources/
- Love is Respect https://www.loveisrespect.org
- Mindful Moments – MCPS Be Well 365 - Student Activity Videos
- Mindful Movement for Young Learners - YouTube
- Mindful Schools [http://www.mindfulschools.org/resources/explore-mindful-resources](http://www.mindfulschools.org/resources/explore-mindful-resources)
- Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
- Noticing Walk and Reflection [https://healthpoweredkids.org/lessons/noticingwalk/](https://healthpoweredkids.org/lessons/noticingwalk/)
- Open Up Magazine, Minnesota Association for Children’s Mental Health – It’s All in Your Viewpoint [http://www.macmh.org/open-up-magazine/classroom-activities/](http://www.macmh.org/open-up-magazine/classroom-activities/)
- PE Central lessons
  - Emotions in Motion [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho)
- Purdue Healthy Body Image Middle School Lessons [https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf](https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf)
- Reach Out - Asking students if they are okay [https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day](https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day)
- Ready to Remain Safe (8th)
- Relationships...Quality Control (8th)
- Relationships...Going Up while Growing Up (8th)
- Rossier USC - Creating Safe Spaces - Social Emotional Lessons [https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/](https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/)
- Scholastic 6-8 Social Emotional Lessons [https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/](https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/)
<table>
<thead>
<tr>
<th>Topic</th>
<th>Resource</th>
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<tr>
<td>Shifting Boundaries - Lessons on Relationships for Students in Middle School</td>
<td><a href="https://preventipv.org/materials/shifting-boundaries">https://preventipv.org/materials/shifting-boundaries</a></td>
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<td>So Much to Do, So little time: How Do I tie all of the loose ends together Lesson 2</td>
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<td>A Student’s Guide to Using Social Media</td>
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<td>Substance Abuse and Mental Health Services Administration</td>
<td><a href="http://www.SAMHSA.gov">www.SAMHSA.gov</a></td>
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<td>Suicide Prevention Resource Center</td>
<td><a href="http://www.sprc.org">www.sprc.org</a></td>
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<td>TED ED Resources:</td>
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<td>The psychology of PTSD</td>
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<td>How to stay calm under pressure</td>
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<td>Toxic Positivity</td>
<td><a href="https://youtu.be/AxSzW8TcO1g">https://youtu.be/AxSzW8TcO1g</a></td>
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<td>UNICEF Kid Power Videos for Children and Families</td>
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<td>“Walk in Our Shoes” Lesson Plan</td>
<td><a href="http://walkinourshoes.org/content/Classroom_Lesson_Plan.pdf">http://walkinourshoes.org/content/Classroom_Lesson_Plan.pdf</a></td>
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<tr>
<td>What is important to me?</td>
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<tr>
<td>What’s normal anxiety?</td>
<td><a href="https://www.youtube.com/watch?v=x9EJ6GeAGb0">https://www.youtube.com/watch?v=x9EJ6GeAGb0</a></td>
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<tr>
<td>When Food Becomes an Enemy</td>
<td><a href="https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/">https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/</a></td>
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<tr>
<td>Youth Mental Health</td>
<td><a href="https://vpm.pbslearningmedia.org/collection/youth-mental-health/">https://vpm.pbslearningmedia.org/collection/youth-mental-health/</a></td>
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</tbody>
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Violence Prevention

- Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 10 Conflict Resolution Lessons, Fairfax County Schools http://creducation.net/resources/CR_Guidelines_and_10_CR_lessons_FCPS.pdf
- Anti-Bullying Animated Short Film https://youtu.be/YYDJafzuUK4
- Anti-Bullying Resources for Teachers https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/
- Anti-Bullying Video https://youtu.be/0gpMPqiAGI
- Blueprints for Healthy Youth Development site http://www.blueprintsprograms.com
- Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
- Building Community and Combating Hate – Middle School Lesson http://www.partnersagainsthate.org/educators/middle_school_lesson_plans.pdf
- Committee for Children - Bullying Prevention Unit
- Coaching Boys into Men Toolkits http://www.coachescorner.org
- Five Ways to Stop Bullying https://youtu.be/vGV5jzPYvm0
- Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
- Hernando County Anger Management Lesson Hernando County Anger Management Lesson(1).pdf
- In the Mix - Thinking it Through https://www.youtube.com/watch?v=xDoQIpe5TxA
- KidsHealth Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
- Love is Respect https://www.loveisrespect.org
- National Gang Center https://www.nationalgangcenter.gov,
- Olweus School-wide Bullying Prevention Program http://olweus.sites.clemson.edu
- Ophelia Project - It Has a Name: Relational Aggression http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf
- PACER Classroom Resources (Bullying) https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zd
- PACER Middle/High School Education Curriculum (Bullying) https://www.pacer.org/bullying/classroom/mid-high-curr/
- PACER Middle/High School Activities (Bullying) https://www.pacer.org/bullying/classroom/middle-high-school/
- PACER Middle and High School - Engaging Students in Anti-Bullying Leadership https://www.pacer.org/bullying/wewillgen/
- Pacer National Bullying Prevention Center [http://www.pacer.org/bullying/]
- Pacer Teens Against Bullying [http://www.pacerteensagainstbullying.org]
- Positive Behavior Interventions and Supports (PBIS) [https://www.pbis.org]
- SDCDA Girls Only Toolkit [http://www.sdcda.org/office/girlsonlytoolkit/]
- Shifting Boundaries - Lessons on Relationships for Students in Middle School [https://preventipv.org/materials/shifting-boundaries]
- Stop Bullying.gov Youth Engagement Kit [https://www.stopbullying.gov/what-you-can-do/teens/index.html]
- Stop Bullying Video Clips [https://www.cartoonnetwork.com/stop-bullying]
- Teaching Health and Happiness - Communication [https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf]
- Teaching Tolerance at [http://www.tolerance.org/school_climate_resources]
- Teaching Tolerance - Cliques [https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools]
- Virginia Rules [https://virginiarules.org/varules_topics/gangs/]

**Healthy Relationships/Dating Violence**

- Kate Brown Healthy Relationship Quiz [https://kbep.org/healthy-relationship-quiz/]
- Kids Health Healthy Relationship Handout [https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf]
- YouTube clips on Dating Violence, e.g., [https://youtu.be/ODntqYIYx7E]

**Suicide/Self Injury**

- Suicide Prevention Lifeline: 1-800-273-TALK (8255) [http://www.sprc.org/settings/schools]
- Suicide Hotline (LGBT Youth): 1-866-4-U-TREVOR [http://www.thetrevorproject.org]
- Virginia Department of Behavioral Health Services [http://www.dbhds.virginia.gov]
Grade 9 Resource Links

These resource lists are intended to jumpstart the research and development of K-10 Health Instruction.
This 2023 Update was funded by the Office of Behavioral Health Wellness, Virginia Department of Behavioral Health and Developmental Services

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Body Systems

- Health Smart Virginia 9th Grade Page https://healthsmartva.org/9th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Alameda County Public Health Department http://www.acphd.org/communicable-disease.aspx
- American Public Health Association https://www.apha.org/topics-and-issues/communicable-disease
- Body System Challenge Worksheet https://sciencespot.net/Media/hlthhumdbychall.pdf
- Biology Dictionary – Body Systems https://biologydictionary.net/body-systems/
- Centers for Disease Control
  - www.cdc.gov
  - https://www.cdc.gov/foodsafety/foodborne-germs.html
  - https://www.cdc.gov/diseasesconditions/
  - https://www.cdc.gov/flu/protect/habits.htm
- National Cancer Institute https://training.seer.cancer.gov/anatomy/endocrine/
- TED Ed Resources:
  - What happens during a heart attack?
  - What causes migraines?
  - What are the floaters in your eye?
  - How your muscular system works
  - How oxygen circulates through your body
  - How does the thyroid manage your metabolism?
  - How do your kidneys work?
  - How do your hormones work?
  - How the heart actually pumps blood
  - Why does your voice change?
  - How does your digestive system work?
  - How blood pressure works
  - What does the pancreas do?
  - Your skin!
  - How does the immune system work?

- Virginia Department of Health www.vdh.virginia.gov
- Articles:
- **Fight or Flight**: [http://psychcentral.com/lib/fight-or-flight/](http://psychcentral.com/lib/fight-or-flight/)
- **YouTube Videos:**
  - KidsHealth.org *How the Endocrine System Works*: [https://www.youtube.com/watch?v=HXPCQBD_WGI&index=17&list=PLRmb5AxUJXgajvrrcozhkhMeSWa0XI0Z](https://www.youtube.com/watch?v=HXPCQBD_WGI&index=17&list=PLRmb5AxUJXgajvrrcozhkhMeSWa0XI0Z)
  - Khan Academy’s *Introduction to the Endocrine System*: [https://www.youtube.com/watch?v=f_Z1zsR9lFM](https://www.youtube.com/watch?v=f_Z1zsR9lFM)
  - *Is it Communicable or Non-Communicable?*: [https://www.youtube.com/watch?v=vpEAs0blyw](https://www.youtube.com/watch?v=vpEAs0blyw)
  - *Preventing Communicable Disease*: [https://www.youtube.com/watch?v=EgJcflR_Dic](https://www.youtube.com/watch?v=EgJcflR_Dic)
Community/Environmental Health

- Health Smart Virginia 9th Grade Page [https://healthsmartva.org/9th-grade](https://healthsmartva.org/9th-grade)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Allergy and Asthma Foundation [http://fightthecauseofallergy.org](http://fightthecauseofallergy.org)
- CDC Emergency Preparedness [https://emergency.cdc.gov/preparedness/](https://emergency.cdc.gov/preparedness/)
- EPA Student Environmental Health Resources [https://www.epa.gov/students](https://www.epa.gov/students)
- EPA Games and Quizzes [https://www.epa.gov/students/games-quizzes-and-more](https://www.epa.gov/students/games-quizzes-and-more)
- EPA Learning and Teaching about the Environment [https://www.epa.gov/students](https://www.epa.gov/students)
- FEMA - Youth Emergency Preparedness Guide (9-12) [https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284dddb3feda4797/FEMA_HS_TG_082613_508.pdf](https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284dddb3feda4797/FEMA_HS_TG_082613_508.pdf)
- How can chemicals influence your hormones? [https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/](https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/)
- How can we get the most from our waste? [https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/](https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/)
- OSU Hydrowille Curriculum Project - Problem-based environmental health curricula, resources, and events [http://blogs.oregonstate.edu/hydroville/](http://blogs.oregonstate.edu/hydroville/)
- PBS Global Health Lesson 9-12th Grade [http://www.pbs.org/now/classroom/globalhealth.html](http://www.pbs.org/now/classroom/globalhealth.html)
- Project Learning Tree - Earth Day Activities [https://www.plt.org/educator-tips/earth-day-activities/](https://www.plt.org/educator-tips/earth-day-activities/)
- Public Health Advocacy Curriculum [https://drive.google.com/file/d/1a2eW3KYiXDLZFoBNuBUD_9k91BLt-wz/view](https://drive.google.com/file/d/1a2eW3KYiXDLZFoBNuBUD_9k91BLt-wz/view)
- Recycle Plastic More Sustainably [https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/](https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/)
- TED Ed Resources:
  - What is in the air you breathe?
  - Microbial Jungles- How Microbes form communities
  - Conserving our Coral Reefs
  - Why do we wear sunscreen?
Do we really need pesticides?
Meet the Blue Fin Tuna
How to Create Cleaner Coal
How much land does it take to power the world? What happened to acid rain?
How do wind turbines work?
What happened to acid rain?
What if there were 1 million more trees?
Beauty of Pollination

- **We are Teachers - Earth Day Activities**
  https://www.weareteachers.com/meaningful-earth-day-activities/
- **What happens to plastic in the soil?** https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/
- **WHO Environmental Health** http://www.who.int/topics/environmental_health/en/
- **Articles and Videos**
  - “Environmental Issues Involving Global Warming” - 8th Grader TED Talk https://www.youtube.com/watch?v=PRJvuA5bW9s
  - “This is Environmental Health” https://www.youtube.com/watch?v=zmnEtCGDXMg
Nutrition

- Health Smart Virginia 9th Grade Page https://healthsmartva.org/9th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Health Start Foundation – Nutrients
- Dental Health for Teens and Tweens https://www.youtube.com/watch?v=SND1o6GKnE8
- Discovery Education - Eating Disorders https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/
- Nutrition – High School Lesson Plans
- Nutrition Activities in Any Classroom – Junior and Senior High
- NYT - The Learning Network - Vitamin Deficiencies http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?_r=0
- Purdue University - Healthy Body Image - A Lesson Plan for High School Students https://www.extension.purdue.edu/extmedia/cfs/cfs-737-w.pdf
- Read, Write, Think: Grocery Store Lesson Plan: research project about food and media marketing http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html?tab=1
- SuperTracker Nutrition Lesson Plans for High School Students
  - Healthy Eating – 5 Food Groups – You Tube
  - Healthy Eating – What is Healthy Eating? - You Tube
  - Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube
  - Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube
  - Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube
  - Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube
  - Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise
- Vegetable Database https://fruitsandveggies.org/stories/vegetables/
- 10 ways to stop eating sugar https://www.youtube.com/watch?v=eeAMIkjOqlw
Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia 9th Grade Page https://healthsmartva.org/9th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- American Public Health Association - Topics & Issues https://www.apha.org/topics-and-issues
- American Speech Language Hearing Association (ASHA) Resources for Educators http://www.asha.org/Buds/Information-for-Educators/
- ASHA Protect Your Hearing PowerPoint Presentation http://www.asha.org/uploadedFiles/Protect-Your-Hearing-Presentation.pdf
- CDC Cancer Prevention Program https://www.cdc.gov/cancer/
- CDC Cancer Videos and Resources to Share https://www.cdc.gov/cancer/dcpc/resources/index.htm
- CDC Community Health Programs https://www.cdc.gov/nccdphp/dch/
- Communicable Diseases https://www.youtube.com/watch?v=BTH4DqOMp94
- Chain of Infection https://www.youtube.com/watch?v=03mK0bpIeyQ
- Community Toolbox http://ctb.ku.edu/en
- Dental Care Quizzes https://vpm.pblearningmedia.org/resource/face9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
- FAMIS, Virginia’s Health Insurance Program for Children https://www.coverva.org/programs_famis.cfm
- FEMA - Youth Emergency Preparedness (9-12) https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284dd3f3ea4797/FEMA_HS_TG_082613_508.pdf
- Food Allergy Awareness https://healthpoweredkids.org/lessons/food-allergy-awareness/
- Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
- Great American Smoke Out Anti-Smoking Lesson Plans http://www.educationworld.com/a_lesson/lesson/lesson034.shtml
- HealthBeat - Breathe and Believe https://vpm.pblearningmedia.org/resource/37582e97-c667-4e08-91a8-34b4d686241a/healthbeat-stanley-stress/
HealthBeat - Sleep is Your Friend https://vpm.pbslearningmedia.org/resource/2093c204-5ff2-4dc8-b00c-2158f39b1224/healthbeat-sleep-is-your-friend/
Hitting Below the Belt Colon Cancer Education http://hcb2.org
Infectious Diseases https://www.youtube.com/watch?v=9axOfIPqS0c
Insulin Resistance https://www.youtube.com/watch?v=OvopID91fTo
Intel - Creative Kids Go Pro - learn about community business and service organizations and choose one to help producing informational brochures https://engage.intel.com/docs/DOC-51241?wapkw=creative+kids+go+pro
National Eye Institute (NEI) - Ask a Scientist: Perfect Vision and Glasses https://youtu.be/_sjrU_9emwM
National Institutes on Deafness and Communications Disorders (NIDCD) https://www.nidcd.nih.gov/health/hearing-ear-infections-deafness
National Quitline https://smokefree.gov/talk-to-an-expert
NEI for Kids - All About Vision https://nei.nih.gov/kids
NEI Healthy Vision Tips https://nei.nih.gov/kids/healthy_vision_tips
NYT - The Learning Network - Vitamin Deficiencies http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?_r=0
PBS Global Health Lesson 9-12th Grade http://www.pbs.org/now/classroom/globalhealth.html
PE Central - AIDS Fact Quilt http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3410#.V_LcX_ArLic
PE Central - Non-communicable/Communicable Diseases http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=934#.V_LcJvArLic
Place Matters - community health series http://unnaturalcauses.org/
Power Chargers - Quick Activity Breaks http://healthpoweredkids.org/power-chargers/
Purdue University - Healthy Body Image - A Lesson Plan for High School Students https://www.extension.purdue.edu/extmedia/cfs/cfs-737-w.pdf
Read, Write, Think: Grocery Store Lesson Plan: research project about food and media marketing http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html?tab=1
SENTARA Stroke Education Toolkit https://sentarastrokeawareness.com/toolkit/
Sleep Well https://ymiclassroom.com/lesson-plans/sleep/
Social Determinants of Health https://www.youtube.com/watch?v=8PH4JYfF4Ns
SunWise Toolkit https://www.neefusa.org/resource/sunwise-tool-kit
Sun Smart Resources for Educators http://melanomafoundation.com/?option=com_com_content&view=article&id=1&Itemid=3
Tips to Protect Your Hearing https://focus.masseyeandear.org/how-to-wear-ear-plugs/
Videos

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- How Your Eyes Work - NIH [https://www.youtube.com/watch?v=i3_n3lbf1c](https://www.youtube.com/watch?v=i3_n3lbf1c)
- What are Cavities [https://www.youtube.com/watch?v=PkgMEnuM54&index=68&list=PLgW4hDBH0pe1XHzmcjwssyORJfkldp2C](https://www.youtube.com/watch?v=PkgMEnuM54&index=68&list=PLgW4hDBH0pe1XHzmcjwssyORJfkldp2C)
- Protecting Your Ears [https://www.youtube.com/watch?v=MjdVP9hlaa4](https://www.youtube.com/watch?v=MjdVP9hlaa4)
- Hearing and Balance - Crash Course [https://www.youtube.com/watch?v=Ie2j7GpC4JU](https://www.youtube.com/watch?v=Ie2j7GpC4JU)
- Vision - Crash Course [https://www.youtube.com/watch?v=o0DYp-u1rNM](https://www.youtube.com/watch?v=o0DYp-u1rNM)
- Virginia Foundation for Healthy Youth [www.VFHY.org](http://www.vfh.org)
- What is TB [https://www.youtube.com/watch?v=wV1pllyOaj8](https://www.youtube.com/watch?v=wV1pllyOaj8)
Substance Abuse Prevention

- Health Smart Virginia 9th Grade Page https://healthsmartva.org/9th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 14 Drug Education Activities, Scholastic Printable Skills Pages
- Biological Sciences Curriculum Study (BSCS) Drug Abuse, Addiction, and the Adolescent Brain https://bscs.org/drugabuse
- Catch My Breath – A Nicotine Vaping Prevention Program
- CATCH My Breath E-cigarette/JUUL youth prevention program for Middle and High School students. https://catchinfo.org/enroll/
- Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy
- Discovery Education - Deadly Highs – Grades 6-8 http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm
- Discovery Education - Safe Driving http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm
- Drug Addiction in the Brain https://youtu.be/NxHNxmJv2bQ
- E-Cigarettes and Vaping – Lesson 1: Why Should I care? and Lesson 2: Don’t get (e-)Hooked!
- EverFi Marijuana Lesson Plans https://everfik12hc.wpengine.com/marijuana-lesson-plans/
- EverFi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
- EverFi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
- Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
- FDA Anti-Juuling Video for Teens https://youtu.be/zYuyS1Oq8gY
- Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html
- How your brain responds to the reward circuit https://www.youtube.com/watch?v=s27f7Jzy2k0

Interactive sites:
- http://bloodalcoholcalculator.org/#LinkURL
- http://www.nhtsa.gov/links/sid/ABCsBACWeb/
- http://abovetheinfluence.com/how-are-you-doing/
- Internet4Kids Drug Lesson Plans K-12
- Keeping it Real – Middle, High School DARE Curriculum https://dare.org/education/
- KidsHealth - human body series http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body
- KidsHealth – Methamphetamine – Teen Tip Sheet
- KidsHealth.Org Teachers Guides
  - Smoking 7-KidsHealth Smoking Teacher’s Guide 9-12
  - Drugs 6-KidsHealth Drugs Teacher’s Guide 9-12
  - Alcohol 5-KidsHealth Alcohol Teacher’s Guide 9-12
- KidsHealth Teen Health - Peer Pressure http://kidshealth.org/teen/your_mind/friends/peer_pressure.html
- KidsHealth Teens Health - Drugs and Alcohol http://kidshealth.org/en/teens/drug-alcohol/#catalcohol
- KidsHealth - human body series http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body
- Know VAPE The dangers of Youth VAPING https://vpm.pbslearningmedia.org/collection/know-vape/
- Lessons for Responsible Medicine Use https://ymiclassroom.com/otcmedsafety/
- Lesson: The Mysterious Vaping Illness That’s Becoming and Epidemic
- Little Lungs in a great Big World https://www.youtube.com/watch?v=fnKply2PfmI
- Marijuana – Download the Facts – Printables and Lessons
- Meth Mouse – Interactive Lesson on Effects of Methamphetamine
- Nicotine Addiction – Toolkit for Schools
- Nic Sick: The Dangers of Youth Vaping https://video.idahoptv.org/video/nic-sick-uesfxt/
- NIDA Brain Power-Grades 6-9 https://www.drugabuse.gov/publications/brain-power/grades-6-9
- NIDA Teacher’s Edition Resources on Methamphetamine
- NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
- NIH – Meth Mouse Game https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse
- NIH Video on synthetic cannabinoids (bath salts) https://youtu.be/cRA54zeGAoM
- Online game/ad FDA https://whatsinavape.com
  - Myth or Fact Lesson – Grades 6-12 https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/
  - Learning About Opioids – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/
  - Science of Addiction – Grades 6-12 https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/
  - Accessibility – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
  - Signs and Symptoms – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
  - The Cycle of Addiction - Grades 6-12 https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbfef86/
  - Contemplating Nature vs Nurture Grades 6-12 https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/
  - Prescription Drug Abuse Awareness Campaign - Grades 9-12 https://www.pbslearningmedia.org/resource/af8177f-a776-4c50-86b9-c5d8b1296474/the-brain-on-autopilot-lesson-plan/
  - The Brain on Autopilot – Grades 9-12 https://www.pbslearningmedia.org/resource/2fd45378-8fc0-4c03-9607-8a347db92dc/decisions-and-consequences/
  - Commitment to Recovery – Grades 9-12 https://www.pbslearningmedia.org/resource/065d551e-fd92-44d4-b13b-bf7ae4ce9d58/commitment-to-recovery-lesson-plan/
  - Full Educators Guide https://www.pbslearningmedia.org/resource/512a7376-bf0a-4e1d-9a9b-98f706a9e11e/full-educators-guide/
  - Community and Family Guide https://www.pbslearningmedia.org/resource/b1e0862a-4df2-ae55-4b343a65d366/community-and-family-guide/
- PBS video on juuling epidemic https://youtu.be/LNs19kGANLU
- Positive Choices – Numerous Drug Education Resources for Teachers
- Physician Advocacy Network - Lesson Plan – Vaping and Juuling
- The real cost anti-vaping commercial (Hacked) https://www.youtube.com/watch?v=EzU4ihBbf3g
- Resources to Reduce Methamphetamine Use
- Scholastic
  - Heads Up Series http://headsup.scholastic.com
  - Youth Vaping Risks https://www.scholastic.com/youthvapingrisks/
  - Everything Tobacco
- Unit 1 - General Tobacco – Health Effects and Social Effects [https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html](https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html)
- Unit 2 - What’s Menthol Got to Do With It? [https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html](https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html)

**E-Cigs/Vapes & Pod-Based**
- Unit 1 – Where did E Cigarettes and Vape Pens Come From? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html](https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html)
- Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html](https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html)
- Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html](https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html)
- Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html](https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html)
- Unit 5 - What Can I Do About It? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html](https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html)
- Unit 6 - What are JUULS & Other Pod-Based Systems? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html](https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html)

- Hookah

- Smokeless Tobacco

- Nicotine Addiction
  - Unit 2 - Addiction 101 [https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html](https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html)

- Positive Youth Development
  - Refusal Skills Activities [https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html](https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html)

- Stop Underage Drinking [https://www.stopalcoholabuse.gov](https://www.stopalcoholabuse.gov)
- Teachers Guide: Prescription Drug Misuse: Choose Your Path Interactive Videos
- The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
- Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
- TED Ed Resources:
  - What causes opioid addiction?
  - How do drugs affect the brain?
  - Is Marijuana bad for your brain?
  - How do steroids affect your muscles
  - What you should know about vaping

- Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth
Marijuana Specific Resources

- (Chippewa Valley Coalition) Marijuana Prevention - High School
- (Stanford Medicine) Cannabis/Marijuana - The Basics
- (Stanford Medicine) Cannabis/Marijuana – Health Effects
- (Stanford Medicine) THC & The Brain
- (Stanford Medicine) Refusal Skills and Social Norms
- (Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)
- (Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
- Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)
- Marijuana Education Initiative
- NIDA - Mind Matters – The Body’s Response to Marijuana
- Teen Use of Edibles: A Focus Group Study of An Emerging Issue
- (Scholastic)Teacher’s Edition: The Science of Marijuana – How THC Affects the Brain (Grades 7-12)
- Understand the Big Deal – How Marijuana Affects Youth
- NIDA) Stressed Out? How to Cope (grades 6-12)
- Johnny’s Ambassadors Online Marijuana Curriculum
- (Partnership to End Addiction) Advocacy Toolkit (8-12 grade)
- (Positive Choices) Effects of Cannabis – Class Activity (grades 8-12)
- (NIDA) Weeding Out The Grass – Lesson on long and short term consequences, adverse effects (grades 9-12)
- (NIDA) National Drug and Alcohol Use IQ Challenge Kahoot
- Is this Legit? Accessing Reliable and Valuable Health Information (NIDA) (grades 9-12)

Videos:

- Prevention of Youth Marijuana Use (SAMHSA) https://youtu.be/CrA9iDd9ALo
- Let’s Talk About Cannabis and Teens (Prevention Connection, Kern County) https://youtu.be/k1QStvIzOpA
- How Marijuana Affects Your Developing Brain (Discovery Education) https://youtu.be/6Yp_NIVx-QA
- Youth Marijuana Prevention, Future Self (Michigan HHS) PSA https://youtu.be/QLffxfu8IIA
- Marijuana is Legal in Massachusetts (City of Somerville Prevention Services) https://youtu.be/7m67nOvYV_U
- Impact of Marijuana Industry Five Years after Legalization in Colorado (CBS News)https://youtu.be/zv5M5uxK_6o

- Treating Marijuana Addiction https://www.youtube.com/watch?v=md4lRQsLlnE
- Understanding the Opioid Epidemic https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/
- Virginia Underage Drinking Prevention http://www.vahperd.org/?PUDC
- Why Are Drugs so Hard to Quit? https://www.youtube.com/watch?v=Xbk35VFpUPI
- Why is Meth So Addictive? Hazelden Betty Ford Foundation – YouTube
- Why is vaping so popular https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/
- Marijuana Risks: Virtual Assistant: 60 (SAMHSA) https://youtu.be/-nDGVFujQ9A
- Middle School Drug Trends 2020: Marijuana (Marshfield Clinic Health System) https://youtu.be/YcWpd_obE8
- The Human Brain: Major Structures and Functions (NIDA) https://youtu.be/0-8PvN0dByc
- The Reward Circuit: How the Brain Responds to Natural Rewards and Drugs (NIDA) https://youtu.be/DMc9rP-BWGk
- Anyone Can Become Addicted to Drugs (NIDA) https://youtu.be/wCMkW2ji2OE
- Addiction: A Disease that Impairs Free Will (NIDA) https://youtu.be/X1AEVkwWxbLE
- Why are drugs so hard to quit? (NIDA) https://youtu.be/Xbk35VFpUPI
Safety/Injury Prevention

- Health Smart Virginia 9th Grade Page https://healthsmartva.org/9th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- American Heart Association
  - Learn Hands - Only CPR https://www.youtube.com/watch?v=pk53b_eweyk
  - Staying Alive - CPR https://youtube.be/0HGpp6mStY
- American Red Cross Student Training https://www.redcross.org/take-a-class/cpr/cpr-training/cpr-programs-for-schools
- E-Learning Module http://www.anyonecansavealife.org/e-learning-module/index.htm
- British Red Cross - First Aid Learning for Young People http://firstaidlearningforyoungpeople.redcross.org.uk/
- CPR In Action - a 3D Look Inside the Body
- Discovery Education - Safe Driving http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm
- Fire Safety Resources - Vermont https://firesafety.vermont.gov/pubed/programs
- Injury Prevention Resources http://www.parachutecanada.org
- International CPR Institute
  - CPR Instructional Video 2016 https://www.youtube.com/watch?v=u55OoE2p2c0
  - AED Instructional Video 2016 https://www.youtube.com/watch?v=NxNIXSLrZF0
- Internet Safety Lesson Plan http://www.safesurfingkids.com/lesson_plans_grades_3_12.htm
- Ophelia Project Cyberbullying - CyberCool High School http://www.opheliaproject.org/cyber.html
- Stop the Texts, Stop the Wrecks https://ymiclassroom.com/lesson-plans/stopthetexts/
- VA legislature about weapons possession and gang activity https://www.nationalgangcenter.gov/Legislation/Virginia

Videos:
- Think First Teen Video https://www.youtube.com/watch?v=eRJWcOYftedk
- Think First Foundation Teen Program http://thinkfirst.org/teens
- Jacqui’s story https://www.youtube.com/watch?v=GtXo_usX7Tw
- Jacqui and Reggie Today https://www.youtube.com/watch?v=VOobI7Xi-Xs
• One Decision https://www.youtube.com/watch?v=WWptgB_1bco

• Virginia Rules
  • Student Responsibilities https://virginiarules.org/varules_topics/student-responsibilities/
  • Gangs https://virginiarules.org/varules_topics/gangs/
Mental Wellness/Social Emotional Skills

- Health Smart Virginia 9th Grade Page [https://healthsmartva.org/9th-grade](https://healthsmartva.org/9th-grade)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- What is SEL
- WHAT Is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
- Teaching Activities to Support Core SEL Competencies
- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 6 Mental Health Lessons that Changed My Life [https://youtu.be/BryGqImYBEM](https://youtu.be/BryGqImYBEM)
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 10 things depression makes us do [https://www.youtube.com/watch?v=pcmoQinDhJ4](https://www.youtube.com/watch?v=pcmoQinDhJ4)
- 97 SEL Skills Activities – InspiredStudents.org
- The Clique
- Committee for Children (CFC) Free Classroom Activities [https://www.cfchildren.org/resources/free-classroom-activities/](https://www.cfchildren.org/resources/free-classroom-activities/)
- Conflict Resolution: Find the Best Route to Your Destination
- Emotional Regulation: “How hot or cold does your emotional ‘engine’ run?”
- Everyday mindfulness - YouTube
- Go Noodle - Physical Activity and Mindfulness Breaks [https://www.gonoodle.com](https://www.gonoodle.com)
- Good Mental Health [https://youtu.be/beTd4UFLtOU](https://youtu.be/beTd4UFLtOU)
- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education

- Healing trauma https://www.youtube.com/watch?v=ZoZT8-HqI64
- Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
- Interactive Games in Support of Mental Health | Mental Health Delta Division
- Juggling New Opportunities
- KidsHealth.org Teacher’s Guides for Grades 9-12:
  - Depression https://classroom.kidshealth.org/classroom/9to12/problems/emotions/depression.pdf
  - Getting Along http://classroom.kidshealth.org/9to12/personal/growing/getting_along.pdf
  - Peer Pressure http://classroom.kidshealth.org/9to12/personal/growing/peer_pressure.pdf
- Know the Odds - Underage Gambling https://ymiclassroom.com/lesson-plans/know-the-odds/
- Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
- Love is Respect https://www.loveisrespect.org
- Managing Conflicts
- Mental Health Activities for High School Students - The Truthful Tutor
- Mental Health First Aid https://www.thenationalcouncil.org
  Embedding SEL Schoolwide https://plp.mivu.org/Registration.aspx?course=542
  Creating a Professional Culture Based on SEL https://plp.mivu.org/Registration.aspx?section=3224
  Integrating SEL into Culturally Responsive Classrooms https://plp.mivu.org/Registration.aspx?section=3226
- Trauma Informed Support https://plp.mivu.org/Registration.aspx?section=2960
- Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
- Mindful Schools - Lesson- Introduction to Mindful Bodies and Listening http://www.mindfulschools.org/resources/explore-mindful-resources/
- Mindful Schools http://www.mindfulschools.org/resources/explore-mindful-resources
• Mindful Teachers Site http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html
• NIDA CDC What Does Respect Mean To You https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence
• Open Up Magazine, Minnesota Association for Children’s Mental Health – It’s All in Your Viewpoint http://www.macmh.org/open-up-magazine/classroom-activities/
• PBS - Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/
• PBS - In the Mix: "Dealing with Death" http://www.pbs.org/inthemix/shows/show_death.html
• PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides http://www.pbs.org/inthemix/educators/lessons/
• PE Central lessons
  • Emotions in Motion http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho
  • Sounds of Music (Stress Management) http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho
• Positive Self Talk
• ProCon.org- Social Networking http://socialnetworking.procon.org/
• Reach Out - Asking students if they are okay https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day
• Reframing feelings before acting on them: “Slow down and look around you”
  • Student Activity 1
  • Student Activity 2
  • Student Reading
• Rossier USC - Creating Safe Spaces – Social Emotional Lessons https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/
• Safe and Healthy Life Choices-Part 1 (9th)
• Safe and Healthy Life Choices-Part 2 (9th)
• Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening
• Scholastic Mind Up Curriculum - brain centered teaching strategies http://teacher.scholastic.com/products/mindup/
• Screening for Mental Health - depression, suicide, and self-injury https://mentalhealthscreening.org/programs/sos-signs-of-suicide
• Self-calming methods: “Downshift to a lower gear with help from your body”
- Shifting Boundaries - Lessons on Relationships for Students in Middle School: https://preventipv.org/materials/shifting-boundaries
- Signs of Suicide and ACT: https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum
- Social Networking: http://socialnetworking.procon.org/
- A Student’s Guide to Using Social Media
- Stress, Trauma and the Brain - Insights for Educators: https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/kenburnsclassroom/
- Substance Abuse and Mental Health Services Administration: www.SAMHSA.gov
- Suicide Prevention Resource Center: www.sprc.org
- Suicidal Ideations: hiding-in-plain-sight-youth-mental-illness
- TED Ed Resources
  - The psychology of PTSD
  - How to stay calm under pressure
- Toxic Positivity: https://youtu.be/AxSzW8THO1g
- Virginia Department of Behavioral Health Services: http://www.dbhds.virginia.gov/
- “Walk in Our Shoes” Lesson Plan: http://walkinourshoes.org/content/Classroom_Lesson_Plans.pdf
- What’s normal anxiety? https://www.youtube.com/watch?v=xsEJ6GeAGb0
- What is trauma? https://www.youtube.com/watch?v=BJfmfkDQb14
- Youth Mental Health: https://vpm.pbslearningmedia.org/collection/youth-mental-health/
Violence Prevention

- Health Smart Virginia 9th Grade Page https://healthsmartva.org/9th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 10 Conflict Resolution Lessons, Fairfax County Schools http://creducation.net/resources/CR_Guidelines_and_10_CR_lessons.FCPS.pdf
- Anti-Bullying Resources for Teachers https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/
- Anti-Bullying Animated Short Film https://youtu.be/YyDJafzuUK4
- BluePrints for Healthy Youth Development site http://www.blueprintsprograms.com
- Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
- Olweus School-wide Bullying Prevention Program http://olweus.sites.clemson.edu
- Positive Behavior Interventions and Supports (PBIS) https://www.pbis.org
- Teaching Tolerance at http://www.tolerance.org/school_climate_resources
- Kids Health Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
- In the Mix - Thinking it Through https://www.youtube.com/watch?v=xDoQIpe5TxA
- National Gang Center https://www.nationalgangcenter.gov
- Ophelia Project - It Has a Name: Relational Aggression http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf
- PACER Classroom Resources (Bullying) https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zd
- PACER Middle/High School Education Curriculum (Bullying) https://www.pacer.org/bullying/classroom/mid-high-curr/
- PACER Middle/High School Activities (Bullying) https://www.pacer.org/bullying/classroom/middle-highschool/
- PACER Middle and High School - Engaging Students in Anti-Bullying Leadership https://www.pacer.org/bullying/wewillgen/
- Pacer National Bullying Prevention Center http://www.pacer.org/bullying/
- Pacer Teens Against Bullying http://www.pacerteensagainstbullying.org
- Respect Others Respect Yourself http://headsup.scholastic.com/teachers/respect-others-respect-yourself
- SDCDA Girls Only Toolkit http://www.sdcda.org/office/girlsonlytoolkit/
• Stop Bullying.gov Youth Engagement Kit https://www.stopbullying.gov/what-you-can-do/teens/index.html
• Stop Bullying Video Clips https://www.cartoonnetwork.com/stop-bullying
• Teaching Health and Happiness – Communication https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf
• Teaching Tolerance – Cliques - What’s a Clique https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique
• Teen Health https://youtu.be/8iXNuGRX7YY
• Cliques in School https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools
• Virginia Rules https://virginiarules.org/varules_topics/gangs/Healthy%20Relationships/Dating%20Violence
• Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
• Love is Respect https://www.loveisrespect.org
• CDC Healthy Relationship Talking Points http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf
• Kate Brown Healthy Relationship Quiz https://kbep.org/healthy-relationship-quiz/
• Kids Health Healthy Relationship Handout https://classroom.kidhealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
• Respect Others Respect Yourself (CDC &NIDA). http://headsup.scholastic.com/teachers/respect-others-respect-yourself
• Teen Dating Violence Awareness https://youtu.be/s2WE2J1nkYA
• Teen Dating Violence Prevention https://youtu.be/ZFpmB571fqE
• Suicide Prevention Lifeline: 1-800-273-TALK (8255) http://www.sprc.org/settings/schools
• Suicide Hotline (LGBT Youth): 1-866-4-U-TREVOR http://www.thetrevorproject.org
• Virginia Department of Behavioral Health Services http://www.dbhds.virginia.gov
• Virginia Department of Health http://www.vdh.virginia.gov/suicide-prevention/
Grade 10 Resource Links

These resource lists are intended to jumpstart the research and development of K-10 Health Instruction.
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- Body Systems
- Community/Environmental Health
- Nutrition
- Physical Health/Disease Prevention/Health Promotion
- Substance Abuse Prevention
- Safety/Injury Prevention
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- Violence Prevention
Body Systems

- Health Smart Virginia 10 Grade Page https://healthsmartva.org/10th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Body System Challenge Worksheet https://sciencespot.net/Media/hlthhummbdychall.pdf
- Biology Dictionary – Body Systems https://biologydictionary.net/body-systems/
- TED Ed Resources:
  - What happens during a heart attack?
  - What causes migraines?
  - What are the floaters in your eye?
  - How your muscular system works
  - How oxygen circulates through your body
  - How does the thyroid manage your metabolism?
  - How do your kidneys work?
  - How do your hormones work?
  - How the heart actually pumps blood
  - Why does your voice change?
  - How does your digestive system work?
  - How blood pressure works
  - What does the pancreas do?
  - Your skin!
  - How does the immune system work?
Community/Environmental Health

- Health Smart Virginia 10 Grade Page [https://healthsmartva.org/10th-grade](https://healthsmartva.org/10th-grade)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Communicable Diseases [https://www.youtube.com/watch?v=BT4H4qOMp94](https://www.youtube.com/watch?v=BT4H4qOMp94)
- Chain of Infection [https://www.youtube.com/watch?v=0mK0bpIeyQ](https://www.youtube.com/watch?v=0mK0bpIeyQ)
- CDC Emergency Preparedness [https://emergency.cdc.gov/preparedness/](https://emergency.cdc.gov/preparedness/)
- EPA Student Environmental Health Resources [https://www.epa.gov/students](https://www.epa.gov/students)
- EPA Games and Quizzes [https://www.epa.gov/students/games-quizzes-and-more](https://www.epa.gov/students/games-quizzes-and-more)
- EPA Learning and Teaching about the Environment [https://www.epa.gov/students](https://www.epa.gov/students)
- How can chemicals influence your hormones? [https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/](https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/)
- How can we get the most from our waste? [https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/](https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/)
- Infectious Diseases [https://www.youtube.com/watch?v=9axOFtpqS0c](https://www.youtube.com/watch?v=9axOFtpqS0c)
- Insulin Resistance [https://www.youtube.com/watch?v=OvopID91fTo](https://www.youtube.com/watch?v=OvopID91fTo)
- OSU Hydroville Curriculum Project - Problem-based environmental health curricula, resources, and events http://blogs.oregonstate.edu/hydroville/
- Project Learning Tree - Earth Day Activities https://www.plt.org/educator-tips/earth-day-activities/
- Public Health Advocacy Curriculum https://drive.google.com/file/d/1a2eW3KYiXDLZFLoBNuBU9k91BLt-wz/view
- Social Determinants of Health https://www.youtube.com/watch?v=8PH4JYfF4Ns
- TED Ed Resources:
  - What is in the air you breathe?
  - Microbial Jungles- How Microbes form communities
  - Conserving our Coral Reefs
  - Why do we wear sunscreen?
  - Do we really need pesticides?
  - Meet the Blue Fin Tuna
  - How to Create Cleaner Coal
  - How much land does it take to power the world? What happened to acid rain?
  - How do wind turbines work?
  - What happened to acid rain?
  - What if there were 1 million more trees?
  - Beauty of Pollination
- We are Teachers - Earth Day Activities
  https://www.weareteachers.com/meaningful-earth-day-activities/
- What is TB https://www.youtube.com/watch?v=wV1pllyOaj8
- WHO Environmental Health http://www.who.int/topics/environmental_health/en/
- Lesson Plan
- Articles and Videos
  - “Environmental Issues Involving Global Warming” - 8th Grader TED Talk https://www.youtube.com/watch?v=PRJvuA5bW9s
  - “This is Environmental Health” https://www.youtube.com/watch?v=zmniEtCGDXMg
Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia 10 Grade Page [https://healthsmartva.org/10th-grade](https://healthsmartva.org/10th-grade)
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- American Public Health Association - Topics & Issues [https://www.apha.org/topics-and-issues](https://www.apha.org/topics-and-issues)
- CDC Community Health Programs [https://www.cdc.gov/nccdphp/dch/](https://www.cdc.gov/nccdphp/dch/)
- Community Toolbox [http://ctb.ku.edu/en](http://ctb.ku.edu/en)
- Discovery Education - Eating Disorders [https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/](https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/)
- Federal Government Department of Health and Human Services [https://www.hhs.gov/about/index.html#](https://www.hhs.gov/about/index.html#)
- Giving Nation - six week youth social action challenge [http://www.g-nation.org.uk/](http://www.g-nation.org.uk/)
- Go Noodle – Physical Activity and Mindfulness Breaks [https://www.gonoodle.com](https://www.gonoodle.com)
- Goodheart Wilcox - Essential Health Resources [http://www.g-wlearning.com/health/0428/index.htm](http://www.g-wlearning.com/health/0428/index.htm)
- Health Insurance Explained [https://www.youtube.com/watch?v=-58VD3z7ZiQ&feature=youtu.be](https://www.youtube.com/watch?v=-58VD3z7ZiQ&feature=youtu.be)
- Health Insurance Quiz [http://kff.org/quiz/health-insurance-quiz/](http://kff.org/quiz/health-insurance-quiz/)
- HealthBeat - Breathe and Believe [https://vpm.pblearningmedia.org/resource/37582e97-c667-4e08-91a8-34b4d686241a/healthbeat-stanley-stress/](https://vpm.pblearningmedia.org/resource/37582e97-c667-4e08-91a8-34b4d686241a/healthbeat-stanley-stress/)
- HealthBeat - Sleep is Your Friend [https://vpm.pblearningmedia.org/resource/2093c204-5f1f-4d8b-b00c-2158f39b1224/healthbeat-sleep-is-your-friend/](https://vpm.pblearningmedia.org/resource/2093c204-5f1f-4d8b-b00c-2158f39b1224/healthbeat-sleep-is-your-friend/)
- Hitting Cancer Below the Belt Colon Cancer Education [http://hcb2.org](http://hcb2.org)
- Intel - Creative Kids Go Pro - learn about community business and service organizations and choose one to help producing informational brochures [https://engage.intel.com/docs/DOC58VD3z7ZiQ](https://engage.intel.com/docs/DOC58VD3z7ZiQ)
- Kaiser Family Foundation - Health Insurance Explained [https://www.youtube.com/watch?v=-58VD3z7ZiQ](https://www.youtube.com/watch?v=-58VD3z7ZiQ)
• NYT - The Learning Network - Vitamin Deficiencies http://learningblogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?_r=0
• NIH Sleep, Sleep Disorders, and Biological Rhythms https://science.education.nih.gov/supplements/webversions/SleepDisorders/guide/guide_lessons_toc.html
• Obesity http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf
• Place Matters - community health series http://unnaturalcauses.org/
• Power Chargers - Quick Activity Breaks http://healthpoweredkids.org/power-chargers/
• Purdue University - Healthy Body Image - A Lesson Plan for High School Students https://www.extension.purdue.edu/extmedia/cfs/cfs-737-w.pdf
• Read, Write, Think: Grocery Store Lesson Plan: research project about food and media marketing http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html?tab=1
• SENTARA Stroke Education Toolkit https://sentarastrokeawareness.com/toolkit/
• Sleep Well https://ymiclassroom.com/lesson-plans/sleep/
• Sleep Education for School by the Academy of Sleep Medicine http://school.sleepeducation.com/9-12.aspx
• SuperTracker Nutrition Lesson Plans for High School Students
• Volunteer Virginia http://virginiaservice.virginia.gov/volunteering/
• Virginia FAMIS – Cover Virginia http://coverva.org
• 211 Virginia http://www.211virginia.org
• Virginia Department of Health www.vdh.virginia.gov
• Virginia Department of Social Services www.dss.virginia.gov
• Virginia Department of Behavioral Health and Developmental Services wwwdbhds.virginia.gov
• Virginia FAMIS Children’s Health Insurance Brochure https://www.coverva.org/materials/famis_brochure_english.pdf
Substance Abuse Prevention

- Health Smart Virginia 10 Grade Page https://healthsmartva.org/10th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 14 Drug Education Activities, Scholastic Printable Skills Pages
- Catch My Breath – A Nicotine Vaping Prevention Program
- CATCH My Breath E-cigarette/JUUL youth prevention program for Middle and High School students. https://catchinfo.org/enroll/
- Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy
- Discovery Education - Deadly Highs – Grades 6-8 http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm
- Drug Addiction in the Brain https://youtu.be/NxHNxmJv2bQ
- E-Cigarettes and Vaping – Lesson 1: Why Should I care? and Lesson 2: Don’t get (e-)Hooked!
- Everyk – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
- Everyk – Teen Prevention – Prescription Drug Safety & Vaping Webinar
- FDA Anti-Juuling Video for Teens https://youtu.be/zYuS1Oq8gY
- Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
- Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) https://med.stanford.edu/tobaccoeducation/toolkit/curriculum-decision-maker/HealthyFutures.html
- How your brain responds to the reward circuit https://www.youtube.com/watch?v=s27f7Jzy2k0
• Keeping it Real – Middle, High School DARE Curriculum https://dare.org/education/
• KidsHealth.Org Teachers Guides
  • Smoking 7-KidsHealth Smoking Teacher’s Guide 9-12
  • Drugs6-KidsHealth Drugs Teacher’s Guide 9-12
  • Alcohol 5-KidsHealth Alcohol Teacher’s Guide 9-12
• KidsHealth - human body series http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body
• KidsHealth – Methamphetamine – Teen Tip Sheet
• KidsHealth Teen Peer Pressure http://kidshealth.org/teen/your_mind/friends/peer_pressure.html
• KidsHealth Teens Drugs and Alcohol http://kidshealth.org/en/teens/drug-alcohol/#catalcohol
• Know VAPE The dangers of Youth VAPING https://vpm.pbslearningmedia.org/collection/know-vape/
• Lesson: The Mysterious Vaping Illness That’s Becoming an Epidemic
• Lessons for Responsible Medicine Use https://ymiclassroom.com/otcmedsafety/
• Little Lungs in a Great Big World https://www.youtube.com/watch?v=fmKply2PfmI
• Lung Health https://vpm.pbslearningmedia.org/collection/lung-health/
• Meth Mouse – Interactive Lesson on Effects of Methamphetamines
• National Institute on Drug Abuse (NIDA)
  • https://www.drugabuse.gov
  • https://teens.drugabuse.gov
  • https://www.drugabuse.gov/related-topics/trends-statistics/monitoring-future
  • https://www.drugabuse.gov/sites/default/files/preventingdruguse_2.pdf
  • http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids
• Nicotine Addiction – Toolkit for Schools
• NIDA - Mind Matters – The Body’s Response to Marijuana
• NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube Why is Meth So Addictive? Hazelden Betty Ford Foundation – You Tube
• NIDA Teacher’s Edition Resources on Methamphetamine
• NIH – Meth Mouse Game https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse
• Online game/ad FDA https://whatsinavape.com
• PBS Frontline – The Meth Epidemic
• Myth or Fact Lesson – Grades 6-12 https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/
• Learning About Opioids – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/
• Science of Addiction – Grades 6-12 https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cflf76a7fa7/
• Accessibility – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
• Signs and Symptoms – Grades 6-12 https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbfc86/
• Contemplating Nature vs Nurture Grades 6-12 https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cflf76a7fa7/
• Prescription Drug Abuse Awareness Campaign- Grades 9-12 https://www.pbslearningmedia.org/resource/54a03afc-8e26-4636-a46c-154f68e8aaab/precription-drug-abuse-awareness-campaign-lesson-plan/
• The Brain on Autopilot – Grades 9-12 https://www.pbslearningmedia.org/resource/afe8177f-a776-4c50-86b9-c5d8b1296474/the-brain-on-autopilot-lesson-plan/
• Decisions and Consequence – Grades 9-12 https://www.pbslearningmedia.org/resource/29d45378-8fc0-4c03-9607-8a347db92dc/decisions-and-consequences/
• Commitment to Recovery – Grades 9-12 https://www.pbslearningmedia.org/resource/065d551e-fd92-44d4-b13b-bf7ae4ce9d58/commitment-to-recovery-lesson-plan/
• Full Educators Guide https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/
• Community and Family Guide https://www.pbslearningmedia.org/resource/b1e0862a-131f-4df2-ae55-4b343a65d366/community-and-family-guide/

• PBS video on juuling epidemic https://youtu.be/lNs19kGAnLU
• Physician Advocacy Network - Lesson Plan – Vaping and Juuling
• Positive Choices – Numerous Drug Education Resources for Teachers
• RCMP Impaired Driving Plan http://www.rcmp-grc.gc.ca/cycp-cpcj/id-cfa/lp-pl/index-eng.htm#act1
• The real cost anti-vaping commercial (Hacked) https://www.youtube.com/watch?v=EzU4ihBbf3g
• Resources to Reduce Methamphetamine Use
• Safe Driving http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm
• Scholastic Heads Up Series http://headsup.scholastic.com
  • Youth Vaping Risks https://www.scholastic.com/youthvapingrisks/
• Everything Tobacco
  • Unit 1 - General Tobacco - Health Effects and Social Effects https://med.stanford.edu/tobacco preventiontoolkit/TobaccoUnit1/TobUnit1.html
• Unit 2 - What’s Menthol Got to Do With It? https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html

• **E-Cigs/Vapes & Pod-Based**
  • Unit 1 - Where did E Cigarettes and Vape Pens Come From? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html
  • Unit 2 - So What’s Really in These E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html
  • Unit 3 - What’s So Bad About E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html
  • Unit 4 - Why Do E-Cigarettes and Vape Pens Matter to Young People? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html
  • Unit 5 - What Can I Do About It? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html
  • Unit 6 - What are JUULS & Other Pod-Based Systems? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html

• **Hookah**
  • Lesson - Understanding Hookah and Its Risks https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html

• **Smokeless Tobacco**

• **Nicotine Addiction**
  • Unit 1 - The Brain https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html
  • Unit 2 - Addiction 101 https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html
  • Unit 3 - Nicotine Addiction https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html

• **Positive Youth Development**
  • Refusal Skills Activities https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html

• Stop Underage Drinking https://www.stopalcoholabuse.gov
• Substance Abuse and Mental Health Services Administration www.samhsa.gov
• Teachers Guide: Prescription Drug Misuse: Choose Your Path Interactive Videos
• TED Ed Resources:
  - What causes opioid addiction?
  - How do drugs affect the brain?
  - Is Marijuana bad for your brain?
  - How do steroids affect your muscles
  - What you should know about vaping

• The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
• Tobacco and E Cigarettes https://healthpoweredkids.org/lessons/tobacco-and-e-cigarettes/
• The Opioid Crisis: Help Teens Make Informed Decisions https://ymiclassroom.com/lesson-plans/opioids/
• Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
• Teen vaping https://www.pbs.org/video/teen-vaping-1531870790/
• TeenHealth.org – Drugs and Alcohol http://teenhealth.org/en/teens/drug-alcohol
• Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth
• Treating Marijuana Addiction https://www.youtube.com/watch?v=md4lRQsL1nE
• Understanding the Opioid Epidemic https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/
• Understanding the Opioid Epidemic: Family and Community Discussion Guide understanding-the-opioid-epidemic-family-and-community-discussion-guide
• US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide
http://nahimgood.org/Docs/JustThinkTwice.pdf
• VAABC High School Guide https://www.abc.virginia.gov/education/publications
• VDOE Grades 9-10 Alcohol Units http://www.doe.virginia.gov/instruction/health/
• Ways a Teen Can Say Not to Alcohol or Drugs https://www.treatmentsolutions.com/blog/15-ways-a-teen-can-say-no-to-alcohol-and-drugs/
• Why are Drugs so Hard to Quit? https://www.youtube.com/watch?v=Xbk35VFpUPI
• Why is vaping so popular https://www.pbs.org/video/why-is-vaping-so-popular-hzpjax8/
• YouTube: Alcohol and Your Brain https://www.youtube.com/watch?v=zxJANz9r5F0

Marijuana Specific Resources
• (Chippewa Valley Coalition) Marijuana Prevention - High School
• (Stanford Medicine) Cannabis/Marijuana - The Basics
• (Stanford Medicine) Cannabis/Marijuana – Health Effects
• (Stanford Medicine) THC & The Brain
• (Stanford Medicine) Refusal Skills and Social Norms
• (Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)
• (Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
• Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)
• Marijuana Education Initiative
• Marijuana and Teens – American Academy of Child and Adolescent Psychiatry
• Marijuana – Download the Facts – Printables and Lessons
• Teen Use of Edibles: A Focus Group Study of An Emerging Issue
• (Scholastic)Teacher’s Edition: The Science of Marijuana – How THC Affects the Brain (Grades 7-12)
• Understand the Big Deal – How Marijuana Affects Youth
• NIDA) Stressed Out? How to Cope (grades 6-12)
• Johnny's Ambassadors Online Marijuana Curriculum
• (Partnership to End Addiction) Advocacy Toolkit (8-12 grade)
• (Positive Choices) Effects of Cannabis – Class Activity (grades 8-12)
• (NIDA) Weeding Out The Grass – Lesson on long and short term consequences, adverse effects (grades 9-12)
• (NIDA) National Drug and Alcohol Use IQ Challenge Kahoot
• Is this Legit? Accessing Reliable and Valuable Health Information (NIDA) (grades 9-12)
Videos:

- Prevention of Youth Marijuana Use (SAMHSA) https://youtu.be/CrA9lDd9ALo
- Let’s Talk About Cannabis and Teens (Prevention Connection, Kern County) https://youtu.be/k1QStvIzOpA
- How Marijuana Affects Your Developing Brain (Discovery Education) https://youtu.be/6Yp_NIVx-QA
- Youth Marijuana Prevention, Future Self (Michigan HHS) PSA https://youtu.be/QLfFxru8IIA
- Marijuana is Legal in Massachusetts (City of Somerville Prevention Services) https://youtu.be/7m67nOvYV_U
- Impact of Marijuana Industry Five Years after Legalization in Colorado (CBS News) https://youtu.be/zyv5M5uxK_6o
- Marijuana Risks: Virtual Assistant: 60 (SAMHSA) https://youtu.be/-nDGVfujQ9A
- Middle School Drug Trends 2020: Marijuana (Marshfield Clinic Health System) https://youtu.be/YcWpd__obE8
- The Reward Circuit: How the Brain Responds to Natural Rewards and Drugs (NIDA) https://youtu.be/DMcmrP-BWGk
- Anyone Can Become Addicted to Drugs (NIDA) https://youtu.be/wCMkW2ji2OE
- Addiction: A Disease that Impairs Free Will (NIDA) https://youtu.be/X1AEvkWxbLE
- Why are drugs so hard to quit? (NIDA) https://youtu.be/Xbk35VFpUPI
- Nic Sick: The Dangers of Youth Vaping https://video.idahoptv.org/video/nic-sick-uesfxt/
Safety/Injury Prevention

- Health Smart Virginia 10 Grade Page https://healthsmartva.org/10th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- American Heart Association Videos
  - Learn Hands-Only CPR https://www.youtube.com/watch?v=pk53b_eweyk
  - Student Developed Staying Alive - CPR Video https://www.youtube.com/watch?v=2g9K-t_ZUxs
- American Red Cross Student Training https://www.redcross.org/take-a-class/cpr/cpr-training/cpr-programs-for-schools
- British Red Cross - First Aid learning for Young People http://firstaidlearningforyoungpeople.redcross.org.uk/
- CPR In Action - a 3D Look Inside the Body
- Cure Violence http://cureviolence.org
- Discovery Education - Safe Driving http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm
- End Distracted Driving Lesson plan https://enddistracteddriving.files.wordpress.com/2010/03/no-phone-zone-lesson-plan.pdf
- Fire Safety Resources – Vermont https://firesafety.vermont.gov/pubed/programs
- Fire Risks and Safety https://www.safekids.org/safetytips/field_age/teens-15%E2%80%9319-years/field_risks/fire
- Injury Prevention Resources http://www.parachutecanada.org
- International CPR Institute Videos: CPR Instructional Video 2016 https://www.youtube.com/watch?v=u55OoE2p2c0 and AED Instructional Video 2016 https://www.youtube.com/watch?v=NxNIXSLrZF0
- National Center for Injury Prevention and Control www.cdc.gov/injury
- National Injuy and Violence Data Site http://www.cdc.gov/injury/wisqars/
- No Phone Zone Lesson Plan https://www.scribd.com/document/27913353/No-Phone-Zone-Lesson-Plan
- ProCon.org- Social Networking http://socialnetworking.procon.org/
- Partners for Safe Teen Driving https://safeteedriving.org
- Safe Driving Lesson http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm
- Stop the Texts, Stop the Wrecks https://ymiclassroom.com/lesson-plans/stopthetexts/
- Suicide Prevention Resource Center www.Sprc.org
- YouTube Videos
  - Underage Drinking What a Waste [https://www.youtube.com/watch?v=4Gi3x5a-qxE](https://www.youtube.com/watch?v=4Gi3x5a-qxE)
  - One Decision [https://www.youtube.com/watch?v=WWptgB_1bco](https://www.youtube.com/watch?v=WWptgB_1bco)
  - Underage Drinking - Is It Worth It [https://www.youtube.com/watch?v=WGQ8F05C5gk](https://www.youtube.com/watch?v=WGQ8F05C5gk)
  - Prom-Drunk Driving [https://www.youtube.com/watch?v=LigPLJP6x3U](https://www.youtube.com/watch?v=LigPLJP6x3U)
  - Texting and Driving Crash - It Can Wait [https://www.youtube.com/watch?v=ApnyKv1GuNI](https://www.youtube.com/watch?v=ApnyKv1GuNI)
  - Fletcher’s Drive - It Can Wait [https://www.youtube.com/watch?v=4kBaLbubNd4](https://www.youtube.com/watch?v=4kBaLbubNd4)
Mental Wellness/Social Emotional Skills

- Health Smart Virginia 10 Grade Page https://healthsmartva.org/10th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- What is SEL
- WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
- Teaching Activities to Support Core SEL Competencies
- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 6 Mental Health Lessons that Changed My Life https://youtu.be/BryGqImYBEM
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 10 things depression makes us do https://www.youtube.com/watch?v=pcmoQinDhJ4
- Body Image and Eating Disorders body-image-and-eating-disorder-hiding-inPlainSight
- Committee for Children (CFC) Free Classroom Activities https://www.cfchildren.org/resources/free-classroom-activities/
- Conflict Resolution: Find the Best Route to Your Destination
- Discovery - Depression Lesson Plan http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm
- Emotional Regulation: “How hot or cold does your emotional ‘engine’ run?”
- EVERFI - Social Emotional Learning Resources https://everfi.com/offering/social-emotional-learning/
- Everyday mindfulness - YouTube
- Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
- Good Mental Health https://youtu.be/beTd4UFLtOU
- Guided Imagery https://healthpoweredkids.org/lessons/guided-imagery-create-the-state-you-want/
- Healing trauma https://www.youtube.com/watch?v=ZoZT8-Hql64
- Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
- Interactive Games in Support of Mental Health | Mental Health Delta Division
- Know the Odds - Underage Gambling [https://ymiclassroom.com/lesson-plans/know-the-odds/]
- KidsHealth.org Teacher’s Guides for Grades 9-12:
  - Conflict Resolution [https://classroom.kidshealth.org/9to12/personal/growing/conflict_resolution.pdf]
  - Depression [https://classroom.kidshealth.org/9to12/problems/emotions/depression.pdf]
  - Empathy [https://classroom.kidshealth.org/9to12/personal/growing/empathy.pdf]
  - Eating Disorders [https://classroom.kidshealth.org/9to12/problems/conditions/eating_disorders.pdf]
  - Peer Pressure [http://classroom.kidshealth.org/9to12/personal/growing/peer_pressure.pdf]
- Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
- Love is Respect [https://www.loveisrespect.org]
- Managing Conflicts
- Mental Health Activities for High School Students - The Truthful Tutor
- Mental Health First Aid [https://www.thenationalcouncil.org]
- Michigan Education - Online Professional Development for Social Emotional Learning
  - Introduction to SEL [https://plp.mivu.org/Registration.aspx?section=3195]
  - Embedding SEL Schoolwide [https://plp.mivu.org/Registration.aspx?course=542]
  - Creating a Professional Culture Based on SEL [https://plp.mivu.org/Registration.aspx?section=3224]
  - Integrating SEL into Culturally Responsive Classrooms [https://plp.mivu.org/Registration.aspx?section=3226]
  - Trauma Informed Support [https://plp.mivu.org/Registration.aspx?section=2960]
- Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
  - Identify responses to stress and coping
  - Methods to deal with anxiety
  - Identify Causes and Symptoms
  - Design Help Seeking Strategies
- Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening- [http://www.mindfulschools.org/resources/explore-mindful-resources/]
- Mindful Schools [http://www.mindfulschools.org/resources/explore-mindful-resources]

- Open Up Magazine, Minnesota Association for Children’s Mental Health - It’s All In Your Viewpoint [http://www.macmh.org/open-up-magazine/classroom-activities/](http://www.macmh.org/open-up-magazine/classroom-activities/)
- PE Central lessons
  - Emotions in Motion [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho)
- Positive Self Talk
- Reach Out - Asking students if they are okay [https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day](https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day)
- Reframing feelings before acting on them: “Slow down and look around you”
  - Student Activity 1
  - Student Activity 2
  - Student Reading
- Rossier USC - Creating Safe Spaces - Social Emotional Lessons [https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/](https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/)
- Self-calming methods: “Downshift to a lower gear with help from your body”
- Shifting Boundaries - Lessons on Relationships for Students in Middle School [https://preventipv.org/materials/shifting-boundaries](https://preventipv.org/materials/shifting-boundaries)

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**Signs of Suicide and ACT**

- Self-learning
- Self-screening for Mental Health
- Emotional/social
- Scholastic Mind Up Curriculum
- Education/deal
- Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources
- Responsible Decision Making/Social Emotional Learning
- Relationship skills/Social Emotional learning
- Positive Self Talk
- PE Central lessons
- Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine
- Open Up Magazine, Minnesota Association for Children’s Mental Health - It’s All In Your Viewpoint
- Parent Discussion Guide on Youth Healthy Relationships
- PBS - Overview of Mindfulness
- PBS - Its My Life
- PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides
- PE Central lessons
  - Emotions in Motion
  - Sounds of Music (Stress Management)
- Positive Self Talk
- Reach Out - Asking students if they are okay
- Reframing feelings before acting on them: “Slow down and look around you”
  - Student Activity 1
  - Student Activity 2
  - Student Reading
- Relationship skills/Social Emotional learning
- Responsible Decision Making/Social Emotional Learning
- Resiliency: One Step at A Time
- Rossier USC - Creating Safe Spaces - Social Emotional Lessons
- Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources
- Scholastic Mind Up Curriculum - brain centered management and teaching strategies
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success
- Screening for Mental Health - depression, suicide, and self-injury
- Self-calming methods: “Downshift to a lower gear with help from your body”
- Self-Awareness/Social Emotional Learning
- Self-Management/Social Emotional Learning
- Shifting Boundaries - Lessons on Relationships for Students in Middle School
- Signs of Suicide and ACT
- A Student’s Guide to Using Social Media
- Substance Abuse and Mental Health Services Administration [www.SAMHSA.gov](http://www.samhsa.gov)
- Suicide Prevention Resource Center [www.sprc.org](http://www.sprc.org)
- TED Ed Resources
  - [How to stay calm under pressure](http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12_compassion_course_outline.pdf)
  - [Toxic Positivity](https://youtu.be/AxSzW8TcO1g)
  - [Virginia Department of Behavioral Health Services](http://www.dbhds.virginia.gov/)
  - [“Walk in Our Shoes” Lesson Plan](http://walkinourshoes.org/content/Classroom_Lesson_Plans.pdf)
  - [Wall Street Journal - Overview of Mindfulness](https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647)
  - [We Are Teachers: Resources for Social and Emotional Learning](http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources)
  - [What’s normal anxiety?](https://www.youtube.com/watch?v=x5EJ6GeAGb0)
  - [What is trauma?](https://www.youtube.com/watch?v=BJfmfDQb14)
- Youth Mental Health [https://vpm.pbslearningmedia.org/collection/youth-mental-health/](https://vpm.pbslearningmedia.org/collection/youth-mental-health/)
Violence Prevention

- Health Smart Virginia 10 Grade Page https://healthsmartva.org/10th-grade
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 10 Conflict Resolution Lessons, Fairfax County Schools http://creducation.net/resources/CR_Guidelines_and_10_CR_lessons_FCPS.pdf
- Anti-Bullying Resources for Teachers https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/
- Anti-Bullying Animated Short Film https://youtu.be/YyDJafzuUK4
- Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
- Blueprints for Healthy Youth Development site http://www.blueprintsprograms.com
- KidsHealth Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
- In the Mix - Thinking It Through https://www.youtube.com/watch?v=xDoQIpe5TxA
- National Gang Center https://www.nationalgangcenter.gov
- Olweus School-wide Bullying Prevention Program http://olweus.sites.clemson.edu
- Ophelia Project - It Has a Name: Relational Aggression http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf
- PACER Classroom Resources (Bullying) https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd
- PACER Middle/High School Education Curriculum (Bullying) https://www.pacer.org/bullying/classroom/mid-high-curr/
- PACER Middle/High School Activities (Bullying) https://www.pacer.org/bullying/classroom/middle-highschool/
- PACER Middle and High School - Engaging Students in Anti-Bullying Leadership https://www.pacer.org/bullying/wewillgen/
- Pacer National Bullying Prevention Center http://www.pacer.org/bullying/
- Pacer Teens Against Bullying http://www.pacerteensagainstbullying.org
- Positive Behavior Interventions and Supports (PBIS) https://www.pbis.org

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- SDCDA Girls Only Toolkit [http://www.sdcda.org/office/girlsonlytoolkit/]
- Stop Bullying.gov Youth Engagement Kit [https://www.stopbullying.gov/what-you-can-do/teens/index.html]
- Stop Bullying Video Clips [https://www.cartoonnetwork.com/stop-bullying]
- Teaching Health and Happiness - Communication [https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf]
- Teaching Tolerance at [http://www.tolerance.org/school_climate_resources]
- Teaching Tolerance - What’s a Clique [https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique]
- Cliques in School [https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools]
- Teen Health [https://youtu.be/8ixNgRnX7YY]
- Virginia Rules [https://virginiarules.org/varules_topics/gangs/]

**Healthy Relationships/Dating Violence**
- Kate Brown Healthy Relationship Quiz [https://kbep.org/healthy-relationship-quiz/]
- Kids Health Healthy Relationship Handout [https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf]
- Healthy Relationships, Online THATSNOTCOOL [https://thatsnotcool.com]
- Love is Respect [https://www.loveisrespect.org]
- Respect Others Respect Yourself (CDC & NIDA) [http://headsup.scholastic.com/teachers/respect-others-respect-yourself]
- Teen Dating Violence Awareness [https://youtu.be/x2WE2I1nkYA]
- Teen Dating Violence Prevention [https://youtu.be/ZFpM571fkE]
- You Tube clips on Dating Violence, e.g., [https://youtu.be/O4ntqYIyx7E]

**Suicide Prevention**
- Suicide Prevention Lifeline: 1-800-273-TALK (8255) [http://www.sprc.org/settings/schools]
- Suicide Hotline (LGBT Youth): 1-866-4-U-TREVOR [http://www.thetrelishproject.org]
• Virginia Department of Behavioral Health Services http://www.dbhds.virginia.gov
• Virginia Department of Health http://www.vdh.virginia.gov/suicide-prevention/