



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

<u>Table of Contents</u>	<u>Pages</u>
Kindergarten	3-19
Grade 1	19-34
Grade 2	35-49
Grade 3	50-66
Grade 4	67-83
Grade 5	84-100
Grade 6	101-122
Grade 7	123-144
Grade 8	145-169
Grade 9	170-192
Grade 10	193-214



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*

Table of Contents

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

Body Systems

- Health Smart Virginia Kindergarten Page <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>
- Al's Pals: Kids Making Healthy Choices <http://wingspanworks.com>
- BAM! Body and Mind_Unit 4: Health Conditions and Disease <https://www.cdc.gov/healthyschools/bam/diseases.htm>
- Body Worksheets and Printables <http://www.education.com/worksheets/body/>
- Body Systems <http://interactivesites.weebly.com/body-systems.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/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
- The Five Senses <https://www.teachervision.com/body-parts/curriculum-planning/6209.html?page=2#activities>
- Health Conscious Activities for Young Children - Anatomy <http://www.dshs.texas.gov/kids/lessonplans/kanatomy.shtm>
- Human Body Printables - K-2 <https://www.teachervision.com/body-parts/teacher-resources/6632.html>
- Human Body <https://www.brainpop.com/health/bodysystems/bodysystems/>
- How the Body Works <http://kidshealth.org/en/kids/center/htbw-main-page.html>
- Human Body for Kids <http://www.sciencekids.co.nz/humanbody.html>
- Human Body - Science for Kids - You Tube
- Human Body Systems for Kids Video Lesson and Activity Plan
- KidsHealth - human body series <http://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body>
- Magic School Bus Explores the Human Body Part 1 (Kids Global) <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>
- 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
- My 5 Senses Learning About My World http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/1119/K_MyFiveSensesLearningAboutMyWorld.pdf
- Making Sense of Our Senses <http://www.scholastic.com/teachers/lesson-plan/making-sense-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-a56e3f962bbc/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
- What happens to plastic in the soil? <https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/>

Nutrition

- Health Smart Virginia Kindergarten Page <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
- 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/>
- 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>
- Health Start Foundation – Brain Foods <https://www.healthstartfoundation.org/snackscience-360028-489536-881576-358809-315160-753867-895845.html>
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- KidsHealth Teacher’s Guides:
 - *Breakfast* <https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/breakfast.pdf>
 - *Food and Cooking Safety* https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food_safety.pdf
 - *Healthy Snacking* https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf
 - *School Lunch* https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school_lunch.pdf
- Learning to Give - What Is a Balanced Menu? <http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu>
- Learning to Give - What Is My Plate? <http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate>
- Learning to Give - World Hunger <http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger>
- My Plate Kids Place <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kid>
- NIH - We Can! Eat Play Grow <http://www.nhlbi.nih.gov/health/educational/wecan/>
- NIH - Eat Play Grow Curriculum <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/eatplaygrow.pdf>
- 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/fizzys-lunch-lab/>
- PE Central Lessons <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/>
- The Water Song <https://vpm.pbslearningmedia.org/resource/97e04eaa-4af0-4371-8764-f86965c9cfc/the-water-song/>
- Together Counts K-2 Nutrition curriculum <http://www.togethercounts.com>
 - *Food for Thought* http://togethercounts.com/wp-content/uploads/2017/11/Lesson_2.3_FoodforThought.pdf
 - *Healthy Eating Patterns* http://togethercounts.com/wp-content/uploads/2017/11/K-2_2.1_Healthy_Eating_Patterns.pdf
 - *Job of a Nutrient* http://togethercounts.com/wp-content/uploads/2017/11/K-2_2.2_Job_of_a_Nutrient.pdf

- USDA - Serving Up My Plate - A Yummy Curriculum Grades 1-2 <https://www.choosemyplate.gov/kids-parents-educators> https://fns-prod.azureedge.net/sites/default/files/tn/sump_level1.pdf<http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
- Zach Lunch: Funky Fruit <https://vpm.pbslearningmedia.org/resource/zach-lunch-funky-fruit-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Veggies <https://vpm.pbslearningmedia.org/resource/veggies-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Grain <https://vpm.pbslearningmedia.org/resource/grain-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Daring Dairy <https://vpm.pbslearningmedia.org/resource/zach-lunch-daring-dairy-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Protein <https://vpm.pbslearningmedia.org/resource/zach-lunch-protein-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Lunchtime <https://vpm.pbslearningmedia.org/resource/zach-lunch-lunchtime-video/rise-and-shine-health-and-wellness-time/>

Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia Kindergarten Page <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=AI25GY5-U68>
- Health Tips – Mocomi Kids 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/>
- Hello Body/ The Healthy Kids Project <https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/>
- 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/>

Physical Activity

- Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- American Heart Association - 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
- East Carolina University - Energizers for Grades K-2 https://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf
- 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/>
- Fuel Up to Play 60 https://www.fueluptoplay60.com/tools#tab_why-physical-activity
- KidsHealth Teacher's Guides:
 - *Fitness* <https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/fitness.pdf>
 - *Sportsmanship* <https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/sportsmanship.pdf>
- National Institutes of Health (NIH) - We Can! Eat Play Grow <http://www.nhlbi.nih.gov/health/educational/wecan/>
- National Institutes of Health (NIH) - Eat Play Grow Curriculum <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/eatplaygrow.pdf>
- PE Central Lessons Site <http://www.pecentral.org/lessonideas/pelessonplans.html>
- Power Chargers - Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Safe Routes to School <http://www.walkbiketoschool.org>
- The Couch Potato Blues <https://vpm.pbslearningmedia.org/resource/c5f6efdb-b93f-49a5-9096-25418906b54c/the-couch-potato-blues/>
- 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/>

Sleep and Hygiene

- Al's Pals: Kids Making Healthy Choices <http://wingspanworks.com>

- 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=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>
- Henry the Hand - 4 Principles of Hand Awareness <http://www.henrythehand.com>
- 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>
- KidsHealth Teachers Guides:
 - *Germs* <https://classroom.kidshealth.org/classroom/prekto2/personal/hygiene/germs.pdf>
 - *Sleep* <https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf>
- Oral Health Education: Saving Smiles Series - "Healthy Mouth, Healthy Body" http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving_Smiles_K-5_Oral_Health_Education_Curriculum.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>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- BAM! Body and Mind_Unit 7: Injury Prevention and Safety Promotion <https://www.cdc.gov/healthyschools/bam/injury.htm>
- Bicycle Helmet Safety <https://youtu.be/sV9GjU7cA7o>
- Bicycle Safer Journey <https://youtu.be/dkoVxBnnGko>
- Caregiver Tips for Talking About Emergencies <https://vpm.pbslearningmedia.org/resource/caregiver-tips-for-talking-about-emergencies-video/meet-the-helpers/>
- Classroom Health Educator <http://poison.vcu.edu/public/>
- Fire Safety Activities <https://www.vafire.com/fire-safety-education/fire-life-safety-lessonsactivities-for-kids/>
- Fire Safety for Kids <https://www.youtube.com/watch?v=AWHGdWOI4kw>
- Kids Fire Safety Awareness <https://www.youtube.com/watch?v=Lc2aCmxG6II>
- Kids Fire Safety Activity Book https://www.vafire.com/content/uploads/2016/09/Kids_Activity_Book.pdf
- Maryland DOT Pedestrian Safety Lessons for Kindergarten <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf>
- Mr. Yuk <http://www.chp.edu/injury-prevention/teachers-and-parents/poison-center/mr-yuk>
- NHTSA Walkability Checklist <http://www.nhtsa.gov/Driving-Safety/Pedestrians/Walkability-Checklist>
- Pedestrian Safer Journey <https://youtu.be/E5BFdJu-pjE>
- Poison Center Poster Comparing Medicines and Candy <http://poison.vcu.edu/media/va-poison-center/img/materials/candy-medicine-20110626-192832.jpg>
- Road Safety <https://open.alberta.ca/dataset/d474215a-e90c-4bca-85ae-8ae1456d07be/resource/ce8ea229-cee5-41cd-8348-925d43d89ed1/download/4430231-2009-Street-Safe-Kindergarten-Teacher-Resource-Guide-TRG-2009-08.pdf>
- Safe Routes to School Pedestrian Safety Lessons <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf>
- Safety Adventures: Home Safety <https://youtu.be/QSWC75raMx4>
- Scholastic - Activities to Teach About Safety <http://www.scholastic.com/teachers/lesson-plan/activities-teach-safety>
- Sesame Street Get Ready Tool Kit <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>
- Spike Poison Prevention YouTube Lesson Illustration <https://www.youtube.com/watch?v=nKkAGH0bGnY>
- Stop! Ask First! (6 minute video) https://www.youtube.com/watch?v=YZO-drzD1_M
- Strangers and Trusted Adults <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-k-1.html>
- SunWise Tool Kit <https://www.neefusa.org/sunwise>
- Sun Safety: A Summer Safety Activity <http://www.scholastic.com/teachers/lesson-plan/sun-safety-summer-safety-activity>
- Summer Safety Activity: "Its an Emergency"<http://www.scholastic.com/teachers/lesson-plan/summer-safety-activity-its-emergency>
- Support Tree: Who's Safe to Ask for Help Activity <https://www.cfchildren.org/blog/2017/12/support-tree-activity/>
- Teaching Your Child About 9-1-1 <http://kidshealth.org/en/parents/911.html>
- Top 10 Bike Safety Rules <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-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/>

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/>
- Elementary School Counseling - Activity Ideas and Worksheets - Identifying and Expressing Feelings <http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html>
- 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
- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
- Help Each Other <https://vpm.pbslearningmedia.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:
 - Self Esteem https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf
 - Empathy <https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf>
 - Feelings <https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf>
 - Stress <http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf>
- Learn to Be Healthy <http://www.learntobehealthy.org/health-education/mental-health.aspx>
- Learning Mindfulness Through Movement <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>

- 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
- Mr. Steve, The Music Man Positive Mental Attitude <https://vpm.pbslearningmedia.org/resource/pma-mr-steve-the-music-man-video/rise-and-shine-health-and-wellness-time/>
- 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 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 <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>
- 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/>
- Scholastic - Mind Up Curriculum - brain centered management and teaching strategies <http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-e-commerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- 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/>
- 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.teach-nology.com>
- Tennessee Department of Mental Health - BASIC - A Collection of Social Emotional Lesson Plans & Activities (K-3rdgrade) <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- UNICEF Kid Power Videos for Children and Families
- Wall Street Journal - Overview of Mindfulness <https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647>
- When Grief Enters the Classroom

http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf

- Wellbeing Healthy Habits <https://www.youtube.com/watch?v=dhpCdqOtujo>

Violence Prevention

- Health Smart Virginia Kindergarten Page <https://healthsmartva.org/kindergarten>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- AI'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>
- Committee for Children - Bullying Prevention Unit
- Five Ways to Stop Bullying <https://youtu.be/vGV5jzPYvm0>
- Friends, Cooperative Games <https://www.learningtogive.org/units/unity-community/friends>
- Help Children Make a Friend <http://www.kindergarten-lessons.com/help-children-make-friends/>
- Help Each Other <https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/>
- Key to Making Good Friends Poster and Class Friendship Book Activity <http://www.elementaryschoolcounseling.org/making-and-keeping-friends.html>
- KidsHealth Classroom www.KidsHealth.org
- Olweus - Class Meetings That Matter: A Year's Worth of Resources for Grades K-5 http://www.hazelden.org/OA_HTML/ibeCCtpItmDspRte.jsp?item=13746&sitex=10020:22372:US
- 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 - 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*

Table of Contents

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

Body Systems

- 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://sciencenetlinks.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 Human Body PreK-2 <https://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body>
- KidsHealth How the Body Works <http://kidshealth.org/en/kids/center/htbw-main-page.html>
- KidsHealth How the Body Works YouTube Video Series <https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- [The Human Brain](#) <https://www.youtube.com/watch?v=1aCYsYSM1MA>
- PBS Arthur Family Health <http://www.pbslearningmedia.org/collection/arthur-family-health/#>
- **Lesson Plans**
 - [Amazing Body Systems](http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf) http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf
 - [Anatomy: A Fun Look at the Digestive System](http://mypages.iit.edu/~smile/bi9307.html) <http://mypages.iit.edu/~smile/bi9307.html>
 - [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/>
 - [Dental Care Quizzes](https://vpm.pbslearningmedia.org/resource/face9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/) <https://vpm.pbslearningmedia.org/resource/face9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
 - [Every Body Is Special](https://healthsmartva.org/uploads/rtditor/file/3-Every%20Body%20Is%20Special%20.pdf) <https://healthsmartva.org/uploads/rtditor/file/3-Every%20Body%20Is%20Special%20.pdf>
 - [Heart Power](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdnFho) <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdnFho>
 - [Hello Body/ The Healthy Kids Project](https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/) <https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/>
 - [Muscles - Science Trek](https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/) <https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/>
 - [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>
- 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
- My Senses Tell Me <http://sciencenetlinks.com/lessons/my-senses-tell-me/>
- No Bones About It! http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/558/No%20Bones%20About%20It.pdf
- Our Systematic Body http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/1167/1_OurSystematicBody.pdf
- 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 Circulatory System http://www.pbslearningmedia.org/resource/tdc02.sci.life.stru.lp_circula/the-circulatory-system/
- Top Five Body Shop
<https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body-five-senses/>
- 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>
- What Makes This Machine of Ours Work? <https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body/>

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/>
- Be a Green Kid <http://kidshealth.org/en/kids/go-green.html>
- 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
- Ways to Help the Environment <http://www.teachervision.fen.com/conservation/graphic-organizers/32557.html?detoured=1>
- Water on Planet Earth <http://www.teachervision.fen.com/earth/printable/29267.html>
- What happens to plastic in the soil? <https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/>
- We Are Teachers - Earth Day Activities <https://www.weareteachers.com/meaningful-earth-day-activities/>
- Why We Recycle? <http://www.instructorweb.com/lesson/recycling.asp>
- MedlinePlus: Evaluating Health Information [b] <http://www.nlm.nih.gov/medlineplus>
- [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/HEARTORG/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=YimuldeZSNY>
- 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.thegreatbodysop.net/curriculum/k-six/topics>
- Health Start Foundation – Brain Foods <https://www.healthstartfoundation.org/snackscience-360028-489536-881576-358809-315160-753867-895845.html>
- 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:
 - *Breakfast* <https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/breakfast.pdf>
 - *Food and Cooking Safety* https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food_safety.pdf
 - *Healthy Snacking* https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf
 - *School Lunch* https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school_lunch.pdf
- Learning to Give - What Is a Balanced Menu? <http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu>
- Learning to Give - What Is My Plate? <http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate>
- 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/>
- NIH Eat Play Grow Curriculum <https://www.nhlbi.nih.gov/health/educational/wecan/downloads//eatplaygrow.pdf>
- 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>
- Together Counts K-2 Nutrition curriculum <http://www.togethercounts.com>
 - *Food for Thought* http://togethercounts.com/wp-content/uploads/2017/11/Lesson_2.3_FoodforThought.pdf
 - *Healthy Eating Patterns* http://togethercounts.com/wp-content/uploads/2017/11/K-2_2.1_Healthy_Eating_Patterns.pdf

- *Job of a Nutrient* http://togethercounts.com/wp-content/uploads/2017/11/K-2_2.2_Job_of_a_Nutrient.pdf
- USDA - Serving Up My Plate – A Yummy Curriculum Grades 1-2 <https://www.choosemyplate.gov/kids-parents-educators> https://fns-prod.azureedge.net/sites/default/files/tn/sump_level1.pdf<http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
- Water Every Day <https://ymiclassroom.com/lesson-plans/water-every-day/>
- Zach Lunch: Funky Fruit <https://vpm.pbslearningmedia.org/resource/zach-lunch-funky-fruit-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Veggies <https://vpm.pbslearningmedia.org/resource/veggies-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Grain <https://vpm.pbslearningmedia.org/resource/grain-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Daring Dairy <https://vpm.pbslearningmedia.org/resource/zach-lunch-daring-dairy-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Protein <https://vpm.pbslearningmedia.org/resource/zach-lunch-protein-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Lunchtime <https://vpm.pbslearningmedia.org/resource/zach-lunch-lunchtime-video/rise-and-shine-health-and-wellness-time/>
- 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-f86965c9cfcb/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**
 - Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
 - 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
 - East Carolina University - Energizers for Grades K-2 https://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf
 - 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=AI25GY5-U68>
 - Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
 - Healthy Choices A to Z <https://vpm.pbslearningmedia.org/resource/7524fcd9-67d2-4ee7-8340-9d974d8f35ef/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-dac79bccd0f2/hello-body/>
 - Kids Health Teacher’s Guides:
 - *Fitness* <https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/fitness.pdf>
 - *Sportsmanship* <https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/sportsmanship.pdf>
 - National Institutes of Health (NIH) - We Can! Eat Play Grow <http://www.nhlbi.nih.gov/health/educational/wecan/>
 - National Institutes of Health (NIH) Eat Play Grow Curriculum <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/eatplaygrow.pdf>
 - PE Central Lessons <http://www.pecentral.org/lessonideas/pelessonplans.html>
 - Safe Routes to School <http://www.walkbiketoschool.org>
 - Season Fitness Lesson Plan <https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness-lesson-plan/>
 - SHAPE America - Space Jamming <http://www.shapeamerica.org/events/pesportweek/upload/Space-Jamming-2.pdf>
 - Wheel of Fitness Lesson Plan <https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecce3c50a9831/wheel-of-fitness-lesson-plan/>
- **Sleep and Hygiene**
 - Al's Pals: Kids Making Healthy Choices <http://wingspanworks.com>
 - CDC Cover Your Cough Poster http://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf
 - CDC Hand Washing Experiment https://www.cdc.gov/bam/teachers/documents/epi_4_hand_wash.pdf
 - Delta Dental Smart Smiles K-5 Program <https://deltadentalva.com/foundation/smart-smiles.html>
 - Dental Care Quizzes <https://vpm.pbslearningmedia.org/resource/face9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>

- 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>
- 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:
 - *Germs* <https://classroom.kidshealth.org/classroom/prekto2/personal/hygiene/germs.pdf>
 - *Sleep* <https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf>
- Oral Health Education: Saving Smiles Series - "Healthy Mouth, Healthy Body" http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving_Smiles_K-5_Oral_Health_Education_Curriculum.pdf
- PE Central - Rush to Brush - Grades K-2 http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7_RU8dNFho
- Power Chargers - Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Seuss Sleep Book Lesson Plan <https://www.brighthubeducation.com/lesson-plans-grades-1-2/20926-dr-seuss-sleep-book-lesson-plan/>
- 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-the-helpers/>
- 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
- BAM! Body and Mind_Unit 7: Injury Prevention and Safety Promotion <https://www.cdc.gov/healthyschools/bam/injury.htm>
- Bicycle Safer Journey <https://youtu.be/dkoVxBnnGko>
- Bicycle Helmet Safety <https://youtu.be/sV9GjU7cA7o>
- Bike Safety and Road Signs <http://archive.npc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-1-2.html>
- Caregiver Tips for Talking About Emergencies <https://vpm.pbslearningmedia.org/resource/caregiver-tips-for-talking-about-emergencies-video/meet-the-helpers/>
- Drugs and Medication Lessons for Pre-K-2 <https://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf>
- Education World Be a Sport for Sport Safety https://www.educationworld.com/a_lesson/lesson233.shtml
- Fire and Life Safety Lessons for Kids <https://www.vafire.com/fire-safety-education/fire-life-safety-lessonsactivities-for-kids/>
- Fire Safety http://alex.state.al.us/lesson_view.php?id=13307
- Fire Safety for Kids <https://www.youtube.com/watch?v=AWHGdWOI4kw>
- Kids Fire Safety Awareness <https://www.youtube.com/watch?v=Lc2aCmxG6II>
- Fire 911 Kids Activity Book https://www.vafire.com/content/uploads/2016/09/Kids_Activity_Book.pdf
- Fire Safety RAP 9-1-1 https://www.youtube.com/watch?v=s_5FqaWTj9c
- Gun Safety K-5 http://www.doe.virginia.gov/boe/guidance/safety/school_gun_safety_elementary.pdf
- Help Each Other <https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/>
- Home Safety K-2 <http://www.safekids.org/home-safety-educators>
- Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm
- Keeping it Real - Elementary School DARE Curriculum <https://dare.org/education/>
- KidsHealth.org Bike Safety Lesson Plan and Handouts https://classroom.kidshealth.org/classroom/prekto2/personal/safety/bike_safety.pdf
- KidsHealth.org Water Safety Lesson Plan https://classroom.kidshealth.org/classroom/prekto2/personal/safety/water_safety.pdf
- Maryland DOT Pedestrian Safety Lessons for First Grade <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf>
- 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/>
- National Program for Playground Safety Report Card <http://playgroundsafety.org/resources/safety-checklist>
- NHTSA Bicycle Safety Activity Kit <http://www.nhtsa.gov/people/injury/pedbimot/bike/bskitboth/3152bskit/index.htm>
- NHTSA Pedestrian Safety K-5 <https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum>
- NHTSA Walkability Checklist <http://www.nhtsa.gov/Driving-Safety/Pedestrians/Walkability-Checklist>

- Pedestrian Safer Journey <https://youtu.be/E5BFdJu-pjE>
- 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
- Safety Adventures: Home Safety <https://youtu.be/QSWC75raMx4>
- Safe Kids 4-H Pedestrian-Bike Safety Curriculum <https://mecklenburg.ces.ncsu.edu/wp-content/uploads/2015/06/FINAL-4-H-Safe-Kids-Pedestrian-Bike-Safety-Safety-1K-Curriculum.pdf? fwd=no>
- Sesame Street - Lets Get Ready <http://www.sesamestreet.org/toolkits/ready?language=en>
- Strangers and Trusted Adults <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-k-1.html>
- Sun Safety: A Summer Safety Activity <http://www.scholastic.com/teachers/lesson-plan/sun-safety-summer-safety-activity>
- 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-mDIVyaI>
- Traffic Signs and Rules <https://youtu.be/PpEWVxNj2xo>
- US Army Core of Engineers Safe Passages Water Safety Program https://www.usace.army.mil/Missions/Civil-Works/Recreation/Water-Safety/National-Water-Safety-Program/Education_Resources/
- USDOTFHWA Bicycle Safer Journey <https://www.youtube.com/watch?v=dkoVxBnnGko>
- USDOTFHWA Pedestrian Safer Journey <https://www.youtube.com/watch?v=PzghGxEqBMQ>
- 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>
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>
- An ARTHUR Social, Emotional, and Character Development Curriculum K-5 <https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNFho>
- 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
- BAM! Life <http://www.cdc.gov/bam/life/index.html>
- 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.cfchildren.org/resources/free-classroom-activities/>
- Daniel Tiger's Neighborhood - Activity Fast and Slow Then Stop <https://www.pbslearningmedia.org/resource/7db6cd68-1538-4961-aa11-66bcff9ec328/activity-fast-and-slow-then-stop-daniel-tigers-neighborhood/#.WRpK3WVNFho>
- Daniels Neighborhood - Katerina Sneaks in Front - Strategy Song/ Activity (Anger) <https://www.pbslearningmedia.org/resource/25bb2e63-2508-4926-a178-ed01518def6d/25bb2e63-2508-4926-a178-ed01518def6d/#.WRpKUmVNFho>
- 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/offerings/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>
- Feelings <http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html>
- Fit4TheClassroom - Mood Music Lesson <http://stage.fit4theclassroom.com/mood>

- [Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U](#)
- [Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education \[http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf\]\(http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf\)](#)
- [How to Help Children Manage Fears <https://childmind.org/article/help-children-manage-fears/>](https://childmind.org/article/help-children-manage-fears/)
- [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>](http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions)
- [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:](#)
 - [Self Esteem \[https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf\]\(https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf\)](https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf)
 - [Empathy <https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf>](https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf)
 - [Feelings <https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf>](https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf)
 - [Stress <http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf>](http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf)
 - [Sportsmanship <https://classroom.kidshealth.org/prekto2/personal/fitness/sportsmanship.pdf>](https://classroom.kidshealth.org/prekto2/personal/fitness/sportsmanship.pdf)
 - [Conflict Resolution \[https://classroom.kidshealth.org/prekto2/personal/growing/conflict_resolution.pdf\]\(https://classroom.kidshealth.org/prekto2/personal/growing/conflict_resolution.pdf\)](https://classroom.kidshealth.org/prekto2/personal/growing/conflict_resolution.pdf)
 - [Getting Along \[http://classroom.kidshealth.org/prekto2/personal/growing/getting_along.pdf\]\(http://classroom.kidshealth.org/prekto2/personal/growing/getting_along.pdf\)](http://classroom.kidshealth.org/prekto2/personal/growing/getting_along.pdf)
 - [Stress <http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf>](http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf)
- [Learn to Be Healthy <http://www.learntobehealthy.org/health-education/mental-health.aspx>](http://www.learntobehealthy.org/health-education/mental-health.aspx)
- [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/mindfulnesssthroughmovement/>](https://healthpoweredkids.org/lessons/mindfulnesssthroughmovement/)
- [Lesson - Responding to Teasing and Put Downs \[http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20\\(Grade%203\\).pdf\]\(http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20\(Grade%203\).pdf\)](http://counselorscabinet.pbworks.com/f/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](#)
 - 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/>](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](#)
- [Mr. Steve, The Music Man Positive Mental Attitude <https://vpm.pbslearningmedia.org/resource/pma-mr-steve-the-music-man-video/rise-and-shine-health-and-wellness-time/>](https://vpm.pbslearningmedia.org/resource/pma-mr-steve-the-music-man-video/rise-and-shine-health-and-wellness-time/)

- 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 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 Learning Media; Numerous K-12 Lessons Using Search Term: Social Skills <http://www.pbslearningmedia.orghttp://pbskids.org/daniel/videos/>
- 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>
 - 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>
- 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/>
- Scholastic - Mind Up Curriculum - brain centered teaching strategies <http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- 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/>
- Supporting Students' Personal and Social Competencies <https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html>
- Technology - Mental Health and Stress Reduction <http://www.teach-nology.com>
- Teacher Vision - Feelings Are Okay <http://www.teachervision.fen.com/mental-health/printable/44813.html>
- Tennessee Department of Mental Health - BASIC - A Collection of Social Emotional Lesson Plans & Activities (K-3rdgrade) <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- Together Counts - Smart From the Start - Every Body Is Special <https://healthsmartva.org/uploads/rteitor/file/3-Every%20Body%20Is%20Special%20.pdf>
- Together Counts - Energy Balance 1.2. Full Esteem Ahead <https://togethercounts.com/grades-k-5/>
- UNICEF Kid Power Videos for Children and Families
- Wall Street Journal - Overview of Mindfulness <https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647>
- Wellbeing Healthy Habits <https://www.youtube.com/watch?v=dhpCdqOtuj0>
- We Are Teachers: Resources for Social and Emotional Learning <http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>
- When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf
- Y Project Cornerstone - Teasing and Putdowns Lesson http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf

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
- Group Cooperation <http://atozteacherstuff.com/pages/220.shtml>
- Help Each Other <https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/>
- KidsHealth Classroom www.KidsHealth.org
- Looks Like Respect, Sounds Like Respect, Feels Like <http://www.learningtogive.org/lessons/unit156/lesson4.html>
- Olweus - Class Meetings That Matter: A Year's Worth of Resources for Grades K-5 http://www.hazelden.org/OA_HTML/ibeCCtpItmDspRte.jsp?item=13746&sitex=10020:22372:US
- 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*

Table of Contents

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

Body Systems

- Health Smart VA 2nd Grade Page: <https://healthsmartva.org/2nd-grade>
- 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 - 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>
- Kids Health Human Body PreK-2 <https://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body>
- Kids Health How the Body Works <http://kidshealth.org/en/kids/center/htbw-main-page.html>
- Kids Health How the Body Works YouTube Video Series <https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- My Senses Tell Me <http://sciencenetlinks.com/lessons/my-senses-tell-me/>
- PBS Arthur Family Health <http://www.pbslearningmedia.org/collection/arthur-family-health/#>
- **Lesson Plans**
 - Amazing Body Systems http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf
 - Anatomy: A Fun Look at the Digestive System <http://mypages.iit.edu/~smile/bi9307.html>
 - BAM! Body and Mind-Unit 4: Health Conditions and Disease <https://www.cdc.gov/healthyschools/bam/diseases.htm>
 - 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/face9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
 - Every Body Is Special <https://healthsmartva.org/uploads/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf>
 - Heart Power <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho>
 - Hello Body/ The Healthy Kids Project <https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/>
 - Human Body Systems – Science Queens <https://www.thesciencequeen.net/human-body-systems.htm>
 - Magic School Bus Explores the Human Body Part 1 (Kids Global) <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>
- 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
- No Bones About It! http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/558/No%20Bones%20About%20It.pdf
- Our Systematic Body http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/1167/1_OurSystematicBody.pdf
- 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 Circulatory System http://www.pbslearningmedia.org/resource/tdc02.sci.life.stru.lp_circula/the-circulatory-system/
- The Human Brain <https://www.youtube.com/watch?v=1aCYsYSM1MA>
- Top Five Body Shop <https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body-five-senses/>
- 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>
- What Makes This Machine of Ours Work? <https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body/>

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
- CT Environmental Health Curricula For Health Teachers http://www.ct.gov/dph/lib/dph/environmental_health/eoha/pdf/ieq_curriculum.pdf
- 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>
- Go Green <http://kidshealth.org/en/kids/go-green.html>
- 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/>
- What happens to plastic in the soil? <https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/>
- 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 - You Tube
- 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=YimuldeZSNY>
- 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 – You Tube
- Health Start Foundation – Brain Foods <https://www.healthstartfoundation.org/snackscience-360028-489536-881576-358809-315160-753867-895845.html>
- 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/prekto2/personal/nutrition/breakfast.pdf>
 - *Food and Cooking Safety* https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food_safety.pdf
 - *Healthy Snacking* https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf
 - *School Lunch* https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school_lunch.pdf
- Learning to Give - What Is a Balanced Menu? <http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu>
- Learning to Give - What Is My Plate? <http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate>
- 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/>
- NIH Eat Play Grow Curriculum <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/eatplaygrow.pdf>
- 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/fizzys-lunch-lab/>
- PE Central Lessons <http://www.pecentral.org/lessonideas/pelessonplans.html>
- Smart Snacking Action Plan <https://healthpoweredkids.org/lessons/smart-snacking/>

- 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-f86965c9cfcb/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](#)
- Together Counts K-2 Nutrition curriculum <http://www.togethercounts.com>
 - *Food for Thought* http://togethercounts.com/wp-content/uploads/2017/11/Lesson_2.3_FoodforThought.pdf
 - *Healthy Eating Patterns* http://togethercounts.com/wp-content/uploads/2017/11/K-2_2.1_Healthy_Eating_Patterns.pdf
 - *Job of a Nutrient* http://togethercounts.com/wp-content/uploads/2017/11/K-2_2.2_Job_of_a_Nutrient.pdf
- USDA - Serving Up My Plate - A Yummy Curriculum Grades 1-2 <https://www.choosemyplate.gov/kids-parents-educators> https://fns-prod.azureedge.net/sites/default/files/tn/sump_level1.pdf<http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
- Water Every Day <https://ymiclassroom.com/lesson-plans/water-every-day/>
- Zach Lunch: Funky Fruit <https://vpm.pbslearningmedia.org/resource/zach-lunch-funky-fruit-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Veggies <https://vpm.pbslearningmedia.org/resource/veggies-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Grain <https://vpm.pbslearningmedia.org/resource/grain-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Daring Dairy <https://vpm.pbslearningmedia.org/resource/zach-lunch-daring-dairy-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Protein <https://vpm.pbslearningmedia.org/resource/zach-lunch-protein-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Lunchtime <https://vpm.pbslearningmedia.org/resource/zach-lunch-lunchtime-video/rise-and-shine-health-and-wellness-time/>

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**
 - Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
 - 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
 - East Carolina University - Energizers for Grades K-2 https://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf
 - 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=AI25GY5-U68>
 - Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
 - Kids Health Teacher's Guides:
 - *Fitness* <https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/fitness.pdf>
 - *Sportsmanship* <https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/sportsmanship.pdf>
 - National Institutes of Health (NIH) - We Can! Eat Play Grow <http://www.nhlbi.nih.gov/health/educational/wecan/>
 - National Institutes of Health (NIH) Eat Play Grow Curriculum <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/eatplaygrow.pdf>
 - 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
 - *Space Jamming* <http://www.shapeamerica.org/events/pesportweek/upload/Space-Jamming-2.pdf>
 - *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>
 - CDC Cover Your Cough Poster http://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf
 - CDC Hand Washing Experiment https://www.cdc.gov/bam/teachers/documents/epi_4_hand_wash.pdf
 - CDC Healthy Habits to Help Prevent Flu Stop Germs Stop Germs https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fflu%2Fprotect%2Fhabits%2Findex.htm
 - 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/7524fed9-67d2-4ee7-8340-9d974d8f35ef/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-dac79bccd0f2/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:
 - *Germs* <https://classroom.kidshealth.org/classroom/prekto2/personal/hygiene/germs.pdf>
 - *Sleep* <https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf>
- Oral Health Education: Saving Smiles Series - "Healthy Mouth, Healthy Body" http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving_Smiles_K-5_Oral_Health_Education_Curriculum.pdf
- PE Central - Rush to Brush - Grades K-2 http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7_RU8dNFho
- Seuss Sleep Book Lesson Plan <https://www.brighthubeducation.com/lesson-plans-grades-1-2/20926-dr-seuss-sleep-book-lesson-plan/>
- 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-the-helpers/>
- We Have Bodies/The Healthy Kids Project <https://vpm.pbslearningmedia.org/resource/ddb402fe-71b8-444a-85ab-a56e3f962bbc/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
- Alcohol, Tobacco, Drugs <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-2-3.html>
- 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>
- Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm
- 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
 - <https://kidshealth.org/classroom/prekto2/problems/drugs/smoking.pdf>
 - <https://kidshealth.org/classroom/prekto2/problems/drugs/alcohol.pdf>
 - <https://kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf>
- 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](#)
- BAM! Body and Mind Unit 7: Injury Prevention and Safety Promotion <https://www.cdc.gov/healthyschools/bam/injury.htm>
- Bicycle Safer Journey <https://youtu.be/dkoVxBnnGko>
- Bike Safety and Road Signs <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-1-2.html>
- Bicycle Helmet Safety <https://youtu.be/sV9GjU7cA7o>
- Caregiver Tips for Talking About Emergencies <https://vpm.pbslearningmedia.org/resource/caregiver-tips-for-talking-about-emergencies-video/meet-the-helpers/>
- Drugs and Medication Lessons for Pre-K-2 <https://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf>
- 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=AWHGdW0I4kw>
- Fire Safety Printables <https://www.teachervision.com/emergency/teacher-resources/47554.html>
- Help Each Other <https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/>
- Home Alone <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-2-3.html>
- 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/>
- Pedestrian Safer Journey <https://youtu.be/E5BFdJu-pjE>
- Safety Adventures: Home Safety <https://youtu.be/QSWC75raMx4>
- Strangers <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-2-3.html>
- 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>
- Traffic Signs and Rules <https://youtu.be/PpEWWxNj2xo>

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
- An ARTHUR Social, Emotional, and Character Development Curriculum K-5 <https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNFho>
- Attitude of Gratitude <https://healthpoweredkids.org/lessons/gratefulsandgrumbles/>
- 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
- 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.cfchildren.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/#.WRpKfWVNFho>
- Exercise and your brain <https://healthpoweredkids.org/lessons/exerciseandbrain/>
- Elementary School Counseling - Activity Ideas and Worksheets - Identifying and Expressing Feelings <http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html>
- EMOTIONAL ABC Classroom
- EVERFI-Social Emotional Learning Resources <https://everfi.com/offerings/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
- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
- 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=mFuHKJqpxPw>
- 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

- 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:
 - Self Esteem https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf
 - Empathy <https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf>
 - Feelings <https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf>
 - Feeling Sad <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
 - Stress <http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf>
- Learn to Be Healthy <http://www.learntobehealthy.org/health-education/mental-health.aspx>
- Learning to Give - I Feel Angry or Sad When <http://www.learningtogive.org/lessons/unit156/lesson5.html>
- Learning to Give - Define Wants and Needs <https://www.learningtogive.org/units/investing-others-k-2/define-wants-and-needs>
- Learning Mindfulness Through Movement <https://healthpoweredkids.org/lessons/mindfulnessmovement/>
- Lesson - Responding to Teasing and Put Downs [http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20\(Grade%203\).pdf](http://counselorscabinet.pbworks.com/f/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 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>
- 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
- Mr. Steve, The Music Man Positive Mental Attitude <https://vpm.pbslearningmedia.org/resource/pma-mr-steve-the-music-man-video/rise-and-shine-health-and-wellness-time/>
- 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> <http://pbskids.org/daniel/videos/>
- 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/>
- 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/>
- Scholastic – Learning About Emotions (Gr. K) <https://www.scholastic.com/teachers/lesson-plans/teaching-content/activity-plan-4-5-learning-about-emotions/>
- Scholastic - Mind Up Curriculum – brain centered management and teaching strategies <http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-e-commerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- 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>
- Self-Esteem and Body Image <https://healthpoweredkids.org/lessons/self-esteem-and-body-image/>
- 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.teach-nology.com>
- Teacher Vision - Feelings Are Okay <http://www.teachervision.fen.com/mental-health/printable/44813.html>
- Tennessee Department of Mental Health - BASIC –A Collection of Social Emotional Lesson Plans & Activities (K-3rdgrade) <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- Together Counts – Smart From the Start - Every Body is Special <https://healthsmartva.org/uploads/rtditor/file/3-Every%20Body%20Is%20Special%20.pdf>
- Together Counts - Energy Balance 1.2. Full Esteem Ahead <https://togethercounts.com/grades-k-5/>
- 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>
- When Grief Enters The Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf
- Wellbeing Healthy Habits <https://www.youtube.com/watch?v=dhpCdqOtuj0>
- Y Project Cornerstone – Teasing and Putdowns Lesson http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf

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>
- BAM! Life <http://www.cdc.gov/bam/life/index.html>
- 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/>
- Collection of Social Emotional Lesson Plans for K-3 <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- Committee for Children - Bullying Prevention Unit
- Emotional Development Resources <https://www.teachervision.com/emotional-development/teacher-resources/32913.html>
- Help Each Other <https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/>
- Kids against Bullying <http://www.pacerkidsagainstbullying.org/kab/>
- Olweus - Class Meetings That Matter: A Year's Worth of Resources for Grades K-5 http://www.hazelden.org/OA_HTML/ibeCCtpItmDspRte.jsp?item=13746&sitex=10020:22372:US
- 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>
- 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.
This 2023 Update was funded by the [Office of Behavioral Health Wellness](#), Virginia Department of Behavioral Health and Developmental Services*

Table of Contents

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

Body Systems

- Health Smart VA 3rd Grade Page <https://healthsmartva.org/3rd-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- Amazing Body Systems (http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf)
- Body Systems Lesson Plan <http://inside.mines.edu/~nstambac/Body%20Systems%20Lesson%20Plan.pdf>
- 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/>
- [Human Body - Science for Kids - You Tube](#)
- [Human Body Systems for Kids Video Lesson and Activity Plan](#)
- Human Body Systems – Science Queens <https://www.thesciencequeen.net/human-body-systems.htm>
- KidsHealth.org <http://kidshealth.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 1 (Kids Global) <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>
- 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
- Muscles - Science Trek <https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/>
- 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/>
- CT Environmental Health Curricula for Health Teachers http://www.ct.gov/dph/lib/dph/environmental_health/eoha/pdf/ieq_curriculum.pdf
- EPA Games and Quizzes <https://www.epa.gov/students/games-quizzes-and-more>
- EPA Student Resources <https://www.epa.gov/students>
- Go Green - <http://kidshealth.org/en/kids/go-green.html>
- 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/>
- The Science of Safety (Natural Hazards) <https://ymiclassroom.com/lesson-plans/science-of-safety/>
- 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/>
- What happens to plastic in the soil? <https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/>
- 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 - You Tube
- AHA Balance It Out Teacher's Guide http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_448421.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2012-2013 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467892.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2013-2014 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467893.pdf
- 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>
- Fuel It! – Nutrition <https://vpm.pbslearningmedia.org/collection/move-it/t/fuel-it/>
- Get it Going with GOYA (beans) <https://ymiclassroom.com/lesson-plans/getitgoingwithgoya/>
- Healthy Eating – 5 Food Groups – You Tube
- Health Start Foundation – Brain Foods <https://www.healthstartfoundation.org/snackscience-360028-489536-881576-358809-315160-753867-895845.html>
- 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 - What Is a Balanced Menu? <http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu>
- Learning to Give - What Is My Plate <http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate>
- 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>
- Science NetLinks - Got Broccoli? <http://sciencenetlinks.com/lessons/nutrition-3-got-broccoli/>
- 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
 - <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
- 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/>
- Zach Lunch: Funky Fruit <https://vpm.pbslearningmedia.org/resource/zach-lunch-funky-fruit-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Veggies <https://vpm.pbslearningmedia.org/resource/veggies-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Grain <https://vpm.pbslearningmedia.org/resource/grain-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Daring Dairy <https://vpm.pbslearningmedia.org/resource/zach-lunch-daring-dairy-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Protein <https://vpm.pbslearningmedia.org/resource/zach-lunch-protein-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Lunchtime <https://vpm.pbslearningmedia.org/resource/zach-lunch-lunchtime-video/rise-and-shine-health-and-wellness-time/>

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-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- 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 <http://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>
- East Carolina University -Energizers for Grades K-2 https://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf
- 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=AI25GY5-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/fitness.pdf>
 - *Screen time* https://classroom.kidshealth.org/classroom/3to5/personal/fitness/screen_time.pdf
 - *Sports Safety* https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sports_safety.pdf
 - *Sportsmanship* <https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmanship.pdf>
- Move It! - Physical Activity <https://vpm.pbslearningmedia.org/collection/move-it/t/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:
 - *PE Musical Spots Fitness Edition* http://www.shapeamerica.org/events/pesportweek/upload/Musical_Spots.pdf
 - *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-ecc3c50a9831/wheel-of-fitness-lesson-plan/>

Substance Abuse Prevention

- Health Smart VA 3rd Grade Page <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
- Alcohol, Tobacco, Drugs (NCPC)
 - <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-2-3.html>
 - <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-3-5.html>
- 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 8: E-cigarettes and Alcohol https://www.cdc.gov/healthyschools/bam/e_cigarettes_and_alcohol.htm
- Brain Power! <https://www.drugabuse.gov/parents-educators>
- Exercise and your brain <https://healthpoweredkids.org/lessons/exerciseandbrain/>
- How Your Brain Works – I Have a Go <https://www.youtube.com/watch?v=mFuHKJqpxPw>
- Got Weirdos Video https://www.youtube.com/watch?v=kIzN5lk6iUM&list=PLC_m_qYDT0jMooPITWRSqJy5La7oFc6lE
- Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm
- It's My Life <http://pbskids.org/itsmylife/index.html>
- 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, Smoking, Alcohol and Drugs Teacher's Guides:
 - <http://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.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/smoking.pdf>
- Learning Mindfulness Through Movement <https://healthpoweredkids.org/lessons/mindfulnesssthroughmovement/>
- LifeSkills Training <http://www.lifeskillstraining.com>
- NEA Practice Saying No <http://www.nea.org/tools/practice-saying-no.html>
- NIDA Brain Power Curriculum <https://www.drugabuse.gov/brain-power>
- Operation Prevention - opioid use prevention <https://www.operationprevention.com/classroom>
- Poison Control Center, Children's Hospital of Philadelphia <http://media.chop.edu/data/files/pdfs/poison-control-center-medicine-is-not-candy.pdf>
- PE Central Drug Abstinence Skills Lesson <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929#.WD2wuWVNGs0>
- Practice Saying No <http://www.nea.org/tools/practice-saying-no.html>
- Refusal: Sample Animation Activity <https://www.youtube.com/watch?v=PEEEJLrJcM>

- SAMHSA www.samhsa.gov
- Self-Esteem and Body Image <https://healthpoweredkids.org/lessons/self-esteem-and-body-image/>
- Together Counts - Decision Making <https://togethercounts.com/grades-k-5/>
- Wellbeing Healthy Habits <https://www.youtube.com/watch?v=dhpCdqOtuj0>
- Wise Owl's Drug Safety Kit: What Is Medicine Video https://www.youtube.com/watch?v=9OK6_OdWxTA

Safety/Injury Prevention

- Health Smart VA 3rd Grade Page <https://healthsmartva.org/3rd-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- BAM! Safety <http://www.cdc.gov/bam/safety>
- BAM! Body and Mind_Unit 7: Injury Prevention and Safety Promotion <https://www.cdc.gov/healthyschools/bam/injury.htm>
- Bicycle Safer Journey <https://youtu.be/dkoVxBnnGko>
- Bicycle Safety <http://archive.npc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-3-5.html>
- Bicycle Helmet Safety <https://youtu.be/sV9GjU7cA7o>
- Build a Kit <https://www.ready.gov/kit>
- 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/a09faf19c5354c01beb9f30125a785cb/FEMA%20UE%20TG_082613_508.pdf
- Fire Safety for Kids <https://www.youtube.com/watch?v=AWHGdWOI4kw>
- Gun Safety http://www.doe.virginia.gov/boe/guidance/safety/school_gun_safety_elementary.pdf
- Home Alone <http://archive.npc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-2-3.html>
- Home Alone <http://archive.npc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-3-5.html>
- 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 Personal Safety – Strangers and 911 Lesson http://kidshealth.org/classroom/prekto2/personal/safety/strangers_911.pdf
- KidsHealth.org Video: Concussion https://www.youtube.com/watch?v=FkLT_aZ2u5k
- KidsHealth.org Bicycle Safety Lesson https://classroom.kidshealth.org/classroom/3to5/personal/safety/bike_safety.pdf
- NHTSA Bicycle Safety Activity Kit <https://one.nhtsa.gov/people/injury/pedbimot/bike/bskitboth/3152bskit/index.htm>
- NHTSA Pedestrian Safety Curriculum <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf>
- Pedestrian Safer Journey <https://youtu.be/E5BFdJu-pjE>
- Playground Safety Check - http://www.educationworld.com/a_lesson/01-1/lp233_03.shtml
- Risk Watch Safety Videos <http://dasmus.weebly.com/risk-watch.html>
- Road Safety Video https://www.youtube.com/watch?v=_NeEF1fwT4k
- Safety Adventures: Home Safety <https://youtu.be/QSWC75raMx4>
- Safety Lessons <https://mecklenburg.ces.ncsu.edu/youthsafety>
- SafeKids Home Safety <http://www.safekids.org/home-safety-educators>
- SafeKids Pedestrian Safety http://www.safekids.org/sites/default/files/documents/educators/pedestrian_safety_lesson_plan_0.pdf
- Sound Off with the Home Safety Fire Patrol <https://ymiclassroom.com/lesson-plans/soundoff-teachers/>
- Strangers <http://archive.npc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-2-3.html>
- Smart Choices Curriculum Grade 3 <http://www.youthsafenb.ca/en/smartchoices/pdf/smart%20choices%20grade%203.pdf>
- Staying Safe Online/Safety Net Kids Tip Sheet <http://www.safetynetkids.org.uk/personal-safety/staying-safe-online/>

- Support Tree: Who's Safe to Ask for Help Activity <https://www.cfchildren.org/blog/2017/12/support-tree-activity/>
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- The Concussion Conundrum <https://healthpoweredkids.org/lessons/concussion-conundrum/>
- Top 10 Bike Safety Rules <https://youtu.be/PT1-mDIVyaI>
- Traffic Signs and Rules <https://youtu.be/PpEwVxNj2xo>
- USDOTFHWA Bicycle Safer Journey Video 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=6AoOXxVOPUw>
- Water Safety Video: Modeling Water Safety <https://www.youtube.com/watch?v=v3cID86hw0k>
- Kidshealth.org Educators Site <http://classroom.kidshealth.org>
- Youth Emergency Kit Checklist and Youth Family Emergency Plan <https://www.ready.gov/kids/family-emergency-planning/build-a-kit>

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 K5 <https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNfho>
- 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
- 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/>
- 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-c5ccd94677b2/daniel-and-o-are-scared-of-the-thunder/#.WRpJHmVNfho>
- EVERFI-Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
- BAM! Life <http://www.cdc.gov/bam/life/index.html>
- 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/#.WRpKfWVNfho>
- Elementary School Counseling - Activity Ideas and Worksheets - Identifying and Expressing Feelings <http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html>
- 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

- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
- 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/>
- 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 Grades 3-5:
 - Self Esteem https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf
 - Empathy <http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf>
 - Conflict Resolution https://classroom.kidshealth.org/3to5/personal/growing/conflict_resolution.pdf
 - Getting Along http://classroom.kidshealth.org/3to5/personal/growing/getting_along.pdf
 - Peer Pressure <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
 - Stress <https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf>
 - Feeling Sad <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
- Learn to Be Healthy <http://www.learntobehealthy.org/health-education/mental-health.aspx>
- Learning to Give - I Feel Angry or Sad When <http://www.learningtogive.org/lessons/unit156/lesson5.html>
- Learning to Give - Define Wants and Needs <https://www.learningtogive.org/units/investing-others-k-2/define-wants-and-needs>
- Lesson – Responding to Teasing and Put Downs [http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20\(Grade%203\).pdf](http://counselorscabinet.pbworks.com/f/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 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 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
- Mr. Steve, The Music Man Positive Mental Attitude <https://vpm.pbslearningmedia.org/resource/pma-mr-steve-the-music-man-video/rise-and-shine-health-and-wellness-time/>
- No Time For Flash Cards – Circle Time Lessons about Emotions <http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html> <http://pbskids.org/daniel/videos/>

- 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#.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>
 - 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/>
- Scholastic - Mind Up Curriculum – brain centered management and teaching strategies <http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- 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/>
- 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.teach-nology.com>
- Teacher Vision - Feelings Are Okay <http://www.teachervision.fen.com/mental-health/printable/44813.html>
- Tennessee Department of Mental Health - BASIC – A Collection of Social Emotional Lesson Plans & Activities (Grades K-3) <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- Together Counts – Smart From the Start - Every Body Is Special <https://healthsmartva.org/uploads/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf>
- Together Counts - Energy Balance 1.2. Full Esteem Ahead <https://togethercounts.com/grades-k-5/>
- UNICEF Kid Power Videos for Children and Families
- 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>
- When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf
- Y Project Cornerstone – Teasing and Putdowns Lesson http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf

Violence Prevention

- Health Smart VA 3rd Grade Page <https://healthsmartva.org/3rd-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>
- BAM! Life <http://www.cdc.gov/bam/life/index.html>
- 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/>
- Collection of Social Emotional Lesson Plans <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- Committee for Children - Bullying Prevention Unit
- Emotional Development Resources <https://www.teachervision.com/emotional-development/teacher-resources/32913.html>
- Five Ways to Stop Bullying <https://youtu.be/vGV5jzPYvm0>
- Kids against Bullying <http://www.pacerkidsagainstbullying.org/kab/>
- Olweus - Class Meetings That Matter: A Year's Worth of Resources for Grades K-5 - http://www.hazelden.org/OA_HTML/ibeCCTpItdspRte.jsp?item=13746&sitex=10020:22372:US
- 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>
- Social Emotional Learning K-5 <http://www.scholastic.com/teachers/lesson-plans/free-lesson-plans/search?query=&subject%5B%5D=912>
- Together Counts – Decision Making <https://togethercounts.com/grades-k-5>
- We Are Teachers: Resources for Social and Emotional Learning <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](#), Virginia Department of Behavioral Health and Developmental Services*

Table of Contents

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

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/face9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
- Human Body Systems – Science Queens <https://www.thesciencequeen.net/human-body-systems.htm>
- 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=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- Kids Health - human body series <http://classroom.kidshealth.org/index.jsp?Grade=35&Section=body>
- Magic School Bus Explores the Human Body Part 1 (Kids Global) <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>
- 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
- The Human Brain <https://www.youtube.com/watch?v=1aCYsYSM1MA>
- Muscles - Science Trek <https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/>
- Scholastic Study Jams! <http://studyjams.scholastic.com/studyjams/jams/science/human-body/human-body.htm>

- **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 Facts About Concussions** <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>

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](#)
- Benefits of Volunteering <https://kidshealth.org/en/kids/volunteering.html?ref=search&WT.ac=msh-p-dtop-en-search-clk>
- CT Environmental Health Curricula For Health Teachers http://www.ct.gov/dph/lib/dph/environmental_health/eoha/pdf/ieq_curriculums.pdf
- EPA Environmental Health 101 Lesson <https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>
- 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>
- Exploring Community <http://www.discoveryeducation.com/teachers/free-lesson-plans/exploring-your-community.cfm>
- Go Green <http://kidshealth.org/en/kids/go-green.html>
- Green Schools - Earth Day Activities and Ideas <http://www.greenschools.net/article.php-id=160.html>
- How Do Chemicals Affect Animals and Their Kids? <https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/>
- 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](#)
- The Science of Safety (Natural Hazards) <https://ymiclassroom.com/lesson-plans/science-of-safety/>
- 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/>

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-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- AHA Balance It Out Teacher's Guide http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_448421.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2012-2013 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467892.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2013-2014 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467893.pdf
- AHA Food Is Fuel https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305557.pdf
- Balanced Diet – AumSum <https://www.youtube.com/watch?v=YimuldeZSNY>
- 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/>
- Fuel It! – Nutrition <https://vpm.pbslearningmedia.org/collection/move-it/t/fuel-it/>
- Get it Going with GOYA (beans) <https://ymiclassroom.com/lesson-plans/getitgoingwithgoya/>
- [Healthy Eating – 5 Food Groups – You Tube](#)
- Health Start Foundation – Brain Foods <https://www.healthstartfoundation.org/snackscience-360028-489536-881576-358809-315160-753867-895845.html>
- 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>
- KidsHealth for Kids <https://kidshealth.org/en/kids>
- KidsHealth 3-5 Grade Food Labels Teacher's Guide https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food_labels.pdf
- PE Central Nutrition Station Circuit <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5786#.V8jDZMdnFho>
- Serving Up My Plate - A Yummy Curriculum Grades 3-4 https://fns-prod.azureedge.net/sites/default/files/tn/sump_level2.pdf
- Shape America - What's in My Fast Food http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2_Activity2015.pdf
- Smart Snacking Action Plan <https://healthpoweredkids.org/lessons/smart-snacking/>
- Sports and Energy Drinks <https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/>
- 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/>
 - What Is Energy Balance? <https://togethercounts.com/grades-k-5/>
 - What is the Pattern? http://togethercounts.com/wp-content/uploads/2017/11/Lesson_2.1_WhatsthePattern.pdf
- With The Whole Grain for Kids <https://ymiclassroom.com/lesson-plans/go-with-the-whole-grain/>
- Zach Lunch: Funky Fruit <https://vpm.pbslearningmedia.org/resource/zach-lunch-funky-fruit-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Veggies <https://vpm.pbslearningmedia.org/resource/veggies-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Grain <https://vpm.pbslearningmedia.org/resource/grain-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Daring Dairy <https://vpm.pbslearningmedia.org/resource/zach-lunch-daring-dairy-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Protein <https://vpm.pbslearningmedia.org/resource/zach-lunch-protein-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Lunchtime <https://vpm.pbslearningmedia.org/resource/zach-lunch-lunchtime-video/rise-and-shine-health-and-wellness-time/>

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](#)
- Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- American Heart Association (AHA) - Elementary Lesson Plans
 - http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
 - Balance It Out Teacher's Guide - http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_448421.pdf
 - It Takes a Heart to be a Hero Teacher's Guide 2012-2013 - http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467892.pdf
 - It Takes a Heart to be a Hero Teacher's Guide 2013-2014 - http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467893.pdf
- BAM! Physical Activity - <http://www.cdc.gov/bam/activity/index.html>
- 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/face9675-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-b676-140aeb54f9a4/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=AI25GY5-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
- K-2 Sleep Education <http://school.sleepeducation.com/K-2.aspx>
- Kids Health for Kids <https://kidshealth.org/en/kids>
- 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>
 - *Screen Time* https://classroom.kidshealth.org/classroom/3to5/personal/fitness/screen_time.pdf
- Let's Get Moving! <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- 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/8148142e-a441-4861-8359-f56adfeff15b/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>
- [Jump Rope for the Heart Event](#)
- PE Central
 - Heart Power <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.WH6kQ2VNFho>
 - Interactive Heart Rate <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4874>
 - Power Chargers – Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
 - SHAPE America
 - Healthy Heart http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf
 - Musical Spots Fitness Edition http://www.shapeamerica.org/events/pesportweek/upload/Musical_Spots.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/>

Substance Abuse Prevention

- Health Smart Virginia 4th Grade Page <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>
- Addiction and the Brain- for kids! https://youtu.be/s0bqT_hxMwI
- Alcohol, Tobacco, Drugs <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-3-5.html> and <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-4-5.html>
- 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>
- Drug Abstinence Skills <http://www.pcentral.org/lessonideas/ViewLesson.asp?ID=929#.WD2wuWVNGs0>
- Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm
- It's My Life <http://pbskids.org/itsmylife/index.html>
- Keeping it Real – Elementary School DARE Curriculum <https://dare.org/education/>
- Keeping Medicine Safe <https://youtu.be/UHvPSwIX4aQ>
- LifeSkills Training <http://www.lifeskillstraining.com>
- NEA Practice Saying No <http://www.nea.org/tools/practice-saying-no.html>
- On the Rocks Resource Guide http://www.connectwithkids.com/LHI/pdf/OnTheRocks_ResourceGuide.pdf
- Operation Prevention - opioid use prevention <https://www.operationprevention.com/classroom>
- Together Counts - Decision Making <https://togethercounts.com/grades-k-5/>
- Virginia ABC Elementary Guide <https://www.abc.virginia.gov/education/publications>
- Generation Rx – Elementary Prescription Rx Toolkit <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>
 - <http://classroom.kidshealth.org/classroom/3to5/problems/drugs/drugs.pdf>
 - <https://classroom.kidshealth.org/classroom/3to5/problems/drugs/smoking.pdf>
- National Crime Prevention Council:
 - <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-3-5.html>
 - <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-4-5.html>
- (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:

- Practice Saying No <http://www.nea.org/tools/practice-saying-no.html>
- Refusal: Sample Animation Activity <https://www.youtube.com/watch?v=PEEEJLrJcM>

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>
- BAM! Body and Mind_Unit 7: Injury Prevention and Safety Promotion <https://www.cdc.gov/healthyschools/bam/injury.htm>
- Build a Kit <https://www.ready.gov/kids/kids>
- Bicycle Helmet Safety <https://youtu.be/sV9GjU7cA7o>
- Bicycle Safer Journey <https://youtu.be/dkoVxBnnGko>
- Bicycle Safety <http://archive.npc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-3-5.html>
- CDC Brain Injury Basics <http://www.cdc.gov/headsup/basics/index.html>
- 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>
- Gun Safety http://www.doe.virginia.gov/boe/guidance/safety/school_gun_safety_elementary.pdf
- Gun Safety <http://archive.npc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/gun-safety-grades-4-5.html>
- Home Alone <http://archive.npc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-3-5.html>
- 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>
- News Headline Templates <https://www.presentationmagazine.com/editable-powerpoint-newspapers-407.htm>
- Pedestrian Safety Curriculum <https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum>
- Pedestrian Safer Journey <https://youtu.be/E5BFdJu-pjE>
- Philly Safe Routes to School http://saferoutesphilly.org/wp-content/uploads/2011/09/Egg_Drop.pdf
- Playground Safety Check http://www.educationworld.com/a_lesson/01-1/lp233_03.shtml
- Risk Watch Safety Videos <http://dasmus.weebly.com/risk-watch.html>
- Road Safety Video https://www.youtube.com/watch?v=_NeEF1fwT4k
- Safety Adventures: Home Safety <https://youtu.be/QSWC75raMx4>
- Safety Lessons <https://mecklenburg.ces.ncsu.edu/youthsafety>
- SafeKids Home Safety <http://www.safekids.org/home-safety-educators>
- SafeKids Pedestrian Safety http://www.safekids.org/sites/default/files/documents/educators/pedestrian_safety_lesson_plan_0.pdf
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- The Concussion Conundrum <https://healthpoweredkids.org/lessons/concussion-conundrum/>
- Top 10 Bike Safety Rules <https://youtu.be/PT1-mDlVyaI>
- Traffic Signs and Rules <https://youtu.be/PpEWVxNj2xo>

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
- An ARTHUR Social, Emotional, and Character Development Curriculum K-5 <https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNFho>
- 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
- 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.cfchildren.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-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 Feelings <http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html>
- EMOTIONAL ABC Classroom
- EVERFI-Social Emotional Learning Resources <https://everfi.com/offerings/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>

- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
- 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 Grades 3-5:
 - Self Esteem https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf
 - Empathy <http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf>
 - Conflict Resolution https://classroom.kidshealth.org/3to5/personal/growing/conflict_resolution.pdf
 - Getting Along http://classroom.kidshealth.org/3to5/personal/growing/getting_along.pdf
 - Peer Pressure <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
 - Stress <https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf>
 - Feeling Sad <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
- Learning Mindfulness Through Movement <https://healthpoweredkids.org/lessons/mindfulnessthroughmovement/>
- Learn to Be Healthy <http://www.learntobehealthy.org/health-education/mental-health.aspx>
- Learning to Give - I Feel Angry or Sad When <http://www.learningtogive.org/lessons/unit156/lesson5.html>
- Learning to Give - Define Wants and Needs <https://www.learningtogive.org/units/investing-others-k-2/define-wants-and-needs>
- Lesson - Responding to Teasing and Put Downs [http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20\(Grade%203\).pdf](http://counselorscabinet.pbworks.com/f/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 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 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

- Mr. Steve, The Music Man Positive Mental Attitude <https://vpm.pbslearningmedia.org/resource/pma-mr-steve-the-music-man-video/rise-and-shine-health-and-wellness-time/>
- Noticing Walk and Reflection <https://healthpoweredkids.org/lessons/noticingwalk/>
- No Time for Flash Cards - Circle Time Lessons about Emotions <http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html> <http://pbskids.org/daniel/videos/>
- 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>
 - 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>
 - 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 <http://au.professionals.reachout.com/r-u-ok>
- 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/>
- Scholastic - Mind Up Curriculum - brain centered management and teaching strategies <http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-e-commerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- Self-Esteem and Body Image <https://healthpoweredkids.org/lessons/self-esteem-and-body-image/>
- 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>
- 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>
- Technology - Mental Health and Stress Reduction <http://www.teach-nology.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://healthsmartva.org/uploads/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf>
- Together Counts - Energy Balance 1.2. Full Esteem Ahead <https://togethercounts.com/grades-k-5/>
- Together Counts - Foundations of Wellness http://togethercounts.com/wp-content/uploads/2017/11/Lesson_1.1_FoundationsofWellness.pdf
- UNICEF Kid Power Videos for Children and Families
- 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 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>
- When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf
- Y Project Cornerstone - Teasing and Putdowns Lesson http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf

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/eeqQCyQOCPg>
- Bullying and Harassment Prevention Curriculum <http://studentservices.dadeschools.net/#!/fullWidth/3697>
- Bullying Prevention Lesson Plans <https://rossieronline.usc.edu/bullying-prevention-lesson-plans/>
- Collection of Social Emotional Lesson Plans <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- Committee for Children - Bullying Prevention Unit
- Decision Making and Assertiveness <http://www.uen.org/Lessonplan/preview.cgi?LPid=160>
- Emotional Development Resources <https://www.teachervision.com/emotional-development/teacher-resources/32913.html>
- 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 - Class Meetings That Matter: A Year's Worth of Resources for Grades K-5 - http://www.hazelden.org/OA_HTML/ibeCCtpItmDspRte.jsp?item=13746&sitex=10020:22372:US
- Olweus Bullying Prevention Program http://www.olweus.org/public/school_bullying.page
- Online Safety <https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/>
- 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/YTQxTveMjng>
- 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*

Table of Contents

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

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-JXgajvrrcozhkhMeSWa0XI0Z>
- Human Body - Science for Kids - You Tube
Human Body Systems for Kids Video Lesson and Activity Plan
- Human Body Systems – Science Queens <https://www.thesciencequeen.net/human-body-systems.htm>
- KidsHealth.org –
 - Human body series <http://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body>
 - Interactive site - *How the Body Works: Skin* <http://kidshealth.org/en/kids/skin-movie.html>
 - Teacher’s Guide - Skin <https://classroom.kidshealth.org/classroom/3to5/body/parts/skin.pdf>
- Muscles - Science Trek <https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/>
- Magic School Bus Explores the Human Body Part 1 (Kids Global) <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>
- 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
- The Human Brain <https://www.youtube.com/watch?v=1aCYsYSM1MA>

- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- 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
- CT Environmental Health Curricula for Health Teachers http://www.ct.gov/dph/lib/dph/environmental_health/eoha/pdf/ieq_curriculum.pdf
- Community Health Fair
 - Action For Healthy Kids - Health and Wellness Fair <http://www.actionforhealthykids.org/tools-for-schools/find-challenges/gymnasium-challenges/1237-health-and-wellness-fair>
 - Action for Healthy Kids - How to Host a Health Fair - 7 Strategies for Success <http://www.actionforhealthykids.org/success-stories/1187-how-to-host-a-health-fair-7-strategies-for-success>
 - Good Health - It's Elementary! An Elementary School Health Fair <http://resources21.org/cl/contextual.asp?projectnumber=14>
 - Texas A & M Health Fair Planning Guide <http://fcs.tamu.edu/files/2015/02/health-fair-planning-guide.pdf>
 - 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>
- Go Green <http://kidshealth.org/en/kids/go-green.html>
- How Do Chemicals Affect Animals and Their Kids? <https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/>
- 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/>
- The Science of Safety (Natural Hazards) <https://ymiclassroom.com/lesson-plans/science-of-safety/>
- What happens to plastic in the soil? <https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/>
- 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
- AHA Balance It Out Teacher's Guide http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_448421.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2012-2013 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467892.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2013-2014 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467893.pdf
- 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/>
- CA Media Smarts - Looking at Food Advertising <http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
- Education World Popcorn Nutrition - How Nutritious Are Your Snacks http://www.educationworld.com/a_lesson/03/lp324-04.shtml
- Check Out What's Chilling - Nutrition <https://ymiclassroom.com/lesson-plans/nfra/>
- FCS Fast Food <https://healthsmartva.pwnet.org/uploads/rteditor/file/FCS%20Fast%20Food%20Commercials%20Lesson.pdf>
- Food Plate Game <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Fuel It! – Nutrition <https://vpm.pbslearningmedia.org/collection/move-it/t/fuel-it/>
- Health Start Foundation – Brain Foods <https://www.healthstartfoundation.org/snackscience-360028-489536-881576-358809-315160-753867-895845.html>
- 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
 - *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
- 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?](#)

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 - What Is Energy Balance? http://www.togethercounts.com/sites/togethercounts.com/files/lesson_plans/documents/3-5_1.1.pdf
- Together Counts - What Is the Pattern? http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/Lesson_2.1_WhatsthePattern.pdf_Activity2015.pdf
- USDA - Serving Up My Plate - A Yummy Curriculum Grades 5-6 https://www.fns.usda.gov/sites/default/files/sump_level3.pdf
- 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/>
- Sports and Energy Drinks <https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/>
- With The Whole Grain for Kids <https://ymiclassroom.com/lesson-plans/go-with-the-whole-grain/>
- Zach Lunch: Funky Fruit <https://vpm.pbslearningmedia.org/resource/zach-lunch-funky-fruit-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Veggies <https://vpm.pbslearningmedia.org/resource/veggies-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Grain <https://vpm.pbslearningmedia.org/resource/grain-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Daring Dairy <https://vpm.pbslearningmedia.org/resource/zach-lunch-daring-dairy-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Protein <https://vpm.pbslearningmedia.org/resource/zach-lunch-protein-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Lunchtime <https://vpm.pbslearningmedia.org/resource/zach-lunch-lunchtime-video/rise-and-shine-health-and-wellness-time/>

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**
- Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- American Heart Association (AHA) - Elementary Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- AHA Balance It Out Teacher's Guide http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_448421.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2012-2013 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467892.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2013-2014 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467893.pdf
- 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>
- CDC BAM! Physical Activity <http://www.cdc.gov/bam/activity/index.html>
- Get Moving Unit - Michigan State University <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- K-2 Sleep Education <http://school.sleepeducation.com/K-2.aspx>
- KidsHealth - Backpacks Tip Sheet <http://kidshealth.org/en/parents/backpack.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>
 - Screen Time* https://classroom.kidshealth.org/classroom/3to5/personal/fitness/screen_time.pdf
 - Sports Safety* https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sports_safety.pdf
 - Sportsmanship* <https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmanship.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=AI25GY5-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>
- KidsHealth - Can Loud Music Hurt My Ears? <http://kidshealth.org/en/kids/rock-music.html>
- KidsHealth - Glasses and Contact Lenses <http://kidshealth.org/en/kids/glasses.html>

- KidsHealth - Earbuds <http://kidshealth.org/en/teens/earbuds.html?WT.ac=t-ra>
- KidsHealth - What's Hearing Loss <http://kidshealth.org/en/kids/hearing-impairment.html>
- KidsHealth - Your Eyes <http://kidshealth.org/en/kids/eyes.html>
- 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>
- Noise Induced Hearing Loss - Tips for Teaching Kids <https://www.noisyplanet.nidcd.nih.gov/educators/tips-to-teach-kids>
- 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
- SHAPE America - Musical Spots Fitness Edition http://www.shapeamerica.org/events/pesportweek/upload/Musical_Spots.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 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/>
- World Sleep Day Education Kit https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes_Ages%2011-18%20years.pdf
- **Hygiene**
- 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>
- Health Start Germs to Yourself <https://www.youtube.com/watch?v=Xoh82ffs0M>
- KidsHealth - How the Immune System Works <http://kidshealth.org/en/kids/ismovie.html>
- KidsHealth – Taking Care of Your Teeth <http://kidshealth.org/en/kids/teeth-care.html?ref=search>
- KidsHealth – What are Germs? <http://kidshealth.org/en/kids/germs.html?WT.ac=k-ra>

- KidsHealth – Why Do I Need to Wash My Hands? <http://kidshealth.org/en/kids/wash-hands.html>
- KidsHealth Grades 3-5 Germs Teacher’s Guide <https://classroom.kidshealth.org/classroom/3to5/personal/hygiene/germs.pdf>
- 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**
- Action For Healthy Kids - Health and Wellness Fair <http://www.actionforhealthykids.org/tools-for-schools/find-challenges/gymnasium-challenges/1237-health-and-wellness-fair>
- Action for Healthy Kids - How to Host a Health Fair - 7 Strategies for Success <http://www.actionforhealthykids.org/success-stories/1187-how-to-host-a-health-fair-7-strategies-for-success>
- Good Health - It's Elementary! An Elementary School Health Fair <http://resources21.org/cl/contextual.asp?projectnumber=14>
- Texas A & M Health Fair Planning Guide <http://fcs.tamu.edu/files/2015/02/health-fair-planning-guide.pdf>
- 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://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-3-5.html> or <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-4-5.html>
- 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>
- Drug Abstinence Skills <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929>
- Generation Rx – Elementary Prescription Rx Toolkit <https://www.generationrx.org/toolkits/elementary/>
- GirlsHealth.gov <http://www.girlshealth.gov>
- It's My Life <http://pbskids.org/itsmylife/index.html>
- Keeping Medicine Safe <https://youtu.be/UHvPSwIX4aQ>
- 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/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm>
- National Crime Prevention <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-4-5.html>
- On the Rocks Resource Guide http://www.connectwithkids.com/LHI/pdf/OnTheRocks_ResourceGuide.pdf
- 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=PEEEJLrJcM>
- 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)
 - Reading about Medication Safety – A Review (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-about-medicine-safety-a-review-of-informational-text-fea/>
 - Exploring the Harms of Medication Misuse (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/exploring-the-harms-of-medicine-misuse/>

- Understanding Medication Measuring Tools, Storage and Safe Disposal (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-medicine-measuring-tools-storage-and-safe-disposal/>
- Reading and Understanding the Drug Facts Label (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-and-understanding-the-drug-facts-label/>
- Comparing Over the Counter Medication (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/comparing-over-the-counter-and-prescription-medicine/>
- Stanford Tobacco Prevention Toolkit– lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) <http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
- TED Ed Resources:
 - [How do drugs affect the brain?](#)
 - [Is Marijuana bad for your brain?](#)
 - [What you should know about vaping](#)
- Together Counts - Decision Making <https://togethercounts.com/grades-k-5/>
- 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>
- BAM! Body and Mind_Unit 7: Injury Prevention and Safety Promotion <https://www.cdc.gov/healthyschools/bam/injury.htm>
- Bicycle Safer Journey <https://youtu.be/dkoVxBnnGko>
- Bicycle Safety <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-3-5.html>
- Bicycle Helmet Safety <https://youtu.be/sV9GjU7cA7o>
- Build a Kit <https://www.ready.gov/kit>
- 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/a09faf19c5354c01beb9f30125a785cb/FEMA%20UE%20TG_082613_508.pdf
- Fire Safety for Kids <https://www.youtube.com/watch?v=AWHGdWOI4kw>
- Gun Safety http://www.doe.virginia.gov/boe/guidance/safety/school_gun_safety_elementary.pdf
- Gun Safety <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/gun-safety-grades-4-5.html>
- Home Alone <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-3-5.html>
- Internet Safety http://www.safesurfingkids.com/lesson_plans_grades_3_12.htm
- Kids Fire Safety Awareness <https://www.youtube.com/watch?v=Lc2aCmxG6II>
- National Head and Spinal Cord Injury Prevention Program www.thinkfirst.org
- Pedestrian Safety Curriculum <https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum>
- Pedestrian Safer Journey <https://youtu.be/E5BFdJu-pjE>
- Playground Safety Check http://www.educationworld.com/a_lesson/01-1/lp233_03.shtml
- Risk Watch Safety Videos <http://dasmus.weebly.com/risk-watch.html>
- Road Safety Video https://www.youtube.com/watch?v=_NeEF1fwT4k
- Safety Adventures: Home Safety <https://youtu.be/QSWC75raMx4>
- Safety Lessons <https://mecklenburg.ces.ncsu.edu/youthsafety>
- SafeKids Home Safety <http://www.safekids.org/home-safety-educators>
- SafeKids Pedestrian Safety http://www.safekids.org/sites/default/files/documents/educators/pedestrian_safety_lesson_plan_0.pdf
- The Concussion Conundrum <https://healthpoweredkids.org/lessons/concussion-conundrum/>
- Top 10 Bike Safety Rules <https://youtu.be/PT1-mDIVyaI>
- Traffic Signs and Rules <https://youtu.be/PpEWWxNj2xo>
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- 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/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNfho>
- Elementary School Counseling - Identifying and Expressing Feelings <http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html>
- EMOTIONAL ABC Classroom
- EVERFI-Social Emotional Learning Resources <https://everfi.com/offerings/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](#)
- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
- 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](#)
- 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 Grades 3-5:
 - Self Esteem https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf
 - Empathy <http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf>
 - Conflict Resolution https://classroom.kidshealth.org/3to5/personal/growing/conflict_resolution.pdf
 - Getting Along http://classroom.kidshealth.org/3to5/personal/growing/getting_along.pdf
 - Peer Pressure <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
 - Stress <https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf>
 - Feeling Sad <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
- Learn to Be Healthy <http://www.learntobehealthy.org/health-education/mental-health.aspx>
- Learning Mindfulness Through Movement <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>
 - 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](#)
- Mr. Steve, The Music Man Positive Mental Attitude <https://vpm.pbslearningmedia.org/resource/pma-mr-steve-the-music-man-video/rise-and-shine-health-and-wellness-time/>
- Noticing Walk and Reflection <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/>
- 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>
 - 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>
- 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 - Mind Up Curriculum - brain centered management and teaching strategies <http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-e-commerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- Stress, Trauma and the Brain - Insights for Educators <https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/>
- Self-Esteem and Body Image <https://healthpoweredkids.org/lessons/self-esteem-and-body-image/>
- 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.teach-nology.com>
- The Compassion Project consists of 15 online lessons and 3 digital activities. http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12_compassion_course_outline.pdf
- Together Counts - Smart From the Start - Every Body is Special <https://healthsmartva.org/uploads/rtditor/file/3-Every%20Body%20Is%20Special%20.pdf>
- Together Counts - Energy Balance 1.2. Full Esteem Ahead <https://togethercounts.com/grades-k-5/>
- Together Counts - Foundations of Wellness http://togethercounts.com/wp-content/uploads/2017/11/Lesson_1.1_FoundationsofWellness.pdf
- UNICEF Kid Power Videos for Children and Families
- 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>
- Wellbeing Healthy Habits <https://www.youtube.com/watch?v=dhpCdqOtuj0>
- When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf
- Y Project Cornerstone - Teasing and Putdowns Lesson http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf

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>
- BAM! Life <http://www.cdc.gov/bam/life/index.html>
- 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/>
- Collection of Social Emotional Lesson Plans <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- Committee for Children - Bullying Prevention Unit
- Decision Making and Assertiveness <http://www.uen.org/Lessonplan/preview.cgi?LPid=160>
- Emotional Development Resources <https://www.teachervision.com/emotional-development/teacher-resources/32913.html>
- 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/00-2/1p2055.shtml
- LifeSkills Training <http://www.lifeskillstraining.com>
- Olweus Bullying Prevention Program http://www.olweus.org/public/school_bullying.page
- Olweus - Class Meetings That Matter: A Year's Worth of Resources for Grades K-5 http://www.hazelden.org/OA_HTML/ibeCCtpItdspRte.jsp?item=13746&sitex=10020:22372:US
- Online Safety <https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/>
- 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>
- 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.
This 2023 Update was funded by the [Office of Behavioral Health Wellness](#), Virginia Department of Behavioral Health and Developmental Services*

Table of Contents

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

Body Systems

- 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/>
- Caring for Skin- Largest Organ <https://healthpoweredkids.org/lessons/skin-health-how-to-care-for-your-largest-organ-2/>
- Fact Monster- Biology – Human Body Systems <https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems>
- KidsHealth.Org How the Body Works: Urinary System <http://kidshealth.org/en/kids/usmovie.html?WT.ac=en-k-htbw-main-page-i>
- Kids Health How the Body Works YouTube Series <https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- Kids Health-Human Body Series <http://classroom.kidshealth.org/index.jsp?Grade=68&Section=body>
- LiveStrong-Does Exercise Affect the Urinary System? <http://www.livestrong.com/article/529262-does-exercise-affect-the-urinary-system/>
- Wisconsin Department on Communicable disease prevention K-12- Communicable Disease Prevention Lesson Plans for Middle Schoolers “ Inspector Bacterium”; “ The Germs Go Marching In”; “Archaeological Dig” (21-39) http://dpi.wi.gov/sites/default/files/imce/sspw/pdf/k_12communicable.pdf
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- 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>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Does Farming Impact Air Quality? <https://www.sciencejournalforkids.org/articles/how-does-farming-impact-air-quality/>
- EPA Environmental Health 101 Lesson <https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>
- 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 Do Chemicals Affect Animals and Their Kids? <https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/>
- 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/>
- How do our food choices affect the environment? <https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/>
- KidsHealth.Org Ozone, Air Quality and Asthma <http://kidshealth.org/en/parents/ozone-asthma.html>
- KidsHealth.Org Smoking <http://kidshealth.org/en/teens/smoking.html>
- NIH Healthy Lungs Exercise and Air Quality – Top 10 Tips <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4666455/pdf/EDU-ELF1-2013.pdf>
- Project Learning Tree - 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/>
- Social Determinants of Health <https://www.youtube.com/watch?v=8PH4JYff4Ns>
- Virginia Foundation for Healthy Youth <http://www.vfhy.org>
- Virginia 24/7 Campaign for Tobacco Free Schools <http://247campaignva.com>
- 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/>

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>
- Action for Healthy Kids – Nutrition https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS_Nutrition_v3.pdf
- Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- 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 - What or Who Influences Your Food Choices http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_314238.pdf
 - AHA - Brain Power https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467221.pdf
 - AHA - Garden Growing While on the Move http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467219.pdf
 - AHA - Lesson In Sportsmanship -
 - AHA - Don't Fumble With This Jumble https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306494.pdf
 - AHA - Stepping Across the States - http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306495.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 - Obesity Trends https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452018.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
- CA Adolescent Nutrition and Fitness Program - Junk Food Marketing <http://canfit.org/pdf/SchoolLessonPlan.pdf>
- Canada Media Smarts
 - Looking at food advertising lesson <http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
 - Junk food advertising http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Youve_Gotta_Have_a_Gimmick.pdf
 - 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=1sISguPDlhY>

- Sports and Energy Drinks <https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/>
- The 5 Fabulous Food Groups - You Tube
- 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>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 10 ways to stop eating sugar <https://www.youtube.com/watch?v=eeAMikjOqlw>
- Asthma 101 <https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/>
- Chain of Infection <https://www.youtube.com/watch?v=03mK0bpIeyQ>
- CDC BAM! Body and Mind <http://www.cdc.gov/bam/nutrition/index.html>
 - 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/>
- Eat Fit - addresses media and body image <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>
- Food Span - Marketing Lesson 11 - Johns Hopkins Center for a Livable Future <http://foodspanlearning.org/>
- FCS Fast Food Commercials & Nutrition Lesson <http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/>
- Food Day Curriculum <https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267>
- Girlshealth.gov - Nutrition <http://www.girlshealth.gov/nutrition/index.html>
- Girlshealth.gov - Having Body Image Issues <https://www.girlshealth.gov/feelings/bodyimage/index.html>
- Go Noodle – Physical Activity and Mindfulness Breaks <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/2958/index.htm>
- Grocery Store Scavenger Hunt <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-savenger-hunt-1140.html>
- 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>
- How the food you eat affects your gut <https://www.youtube.com/watch?v=1sISguPDlhY>
- Insulin Resistance <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>
- Keeping Clean when You're 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

- Kids Health Fast Breaks 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
 - *Breakfast*
<https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf>
 - *Fitness*
<https://classroom.kidshealth.org/classroom/6to8/personal/fitness/fitness.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
 - *Screen Time*
https://classroom.kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf
- Let's Get Moving Unit - Michigan State University <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- Medline Plus - Evaluating Health Information <https://medlineplus.gov/evaluatinghealthinformation.html>
- Medline Plus - Guide to Healthy Web Surfing <https://medlineplus.gov/healthywebsurfing.html>
- Move your way <https://youtu.be/dAaB8XDUi4I>
- NYTimes- Thinking Critically About Ads http://learning.blogs.nytimes.com/2011/04/25/on-the-market-thinking-critically-about-advertising/?_r=1
- [Nutrition – High School Lesson Plans](#)
- [Nutrition Activities in Any Classroom – Junior and Senior High](#)
- PE Central - Food Pyramid Game <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645>
- PE Central - Calculating Fat, Carbohydrates & Proteins <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
- Power Chargers – Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Read, Write, Think - Advertisement Analysis http://www.readwritethink.org/files/resources/lesson_images/lesson97/advert.pdf
- Scholastic - Body Image and the Media Lesson Plan <https://www.scholastic.com/teachers/lesson-plans/teaching-content/body-image/>
- 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/>
- Social Determinants of Health <https://www.youtube.com/watch?v=8PH4JYff4Ns>
- 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

- The Sleep Factor Lessons and Power Points <https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints>
- SuperTracker Nutrition Lesson Plans for High School Students
- USDA-Serving Up My Plate. A Yummy Curriculum for grades 5 and 6 <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum> http://www.fns.usda.gov/sites/default/files/sump_level3.pdf
- UC Davis Youth Nutrition Education Materials <http://fsnep.ucdavis.edu/curriculum/youth-materials>
 - Nutrition to Grow On Curriculum <http://cns.ucdavis.edu/resources/ntgo/index.html>
 - Eat Fit <https://uccalfresh.ucdavis.edu/curriculum/youth/EF>
- World Sleep Day Education Kit
https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes_Ages%2011-18%20years.pdf

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
- Biological Sciences Curriculum Study (BSCS) - Drug Abuse, Addiction, and the Adolescent Brain <https://bscs.org/resources/educator-resource-center/drug-abuse-addiction-and-the-adolescent-brain>
- 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/>
- Effects of Vaping <https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/>
- Easy to Start, Hard to Quit (Vaping) <https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/>
- 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 – Introduction to the Opioid Crisis http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
- Everfi Prescription Drug Safety Lesson Plan – Understanding Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- Everfi Prescription Drug Safety Lesson Plan – Resisting Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- 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/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm>
- Generation RX – Teen Prescription Rx Toolkit <https://www.generationrx.org/toolkits/teen/>
- 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](http://www.harding.edu/alcohol-family-community)
- Heads Up – Methamphetamine <http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf>

- 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 <https://vpm.pbslearningmedia.org/resource/e78a64a0-5098-4147-b86d-31d3b5e44fe1/how-opioids-change-the-brain-lesson-plan-understanding-the-opioid-epidemic/>
- How to say no to drugs https://youtu.be/6Y6gn_dd54Q
- Habits and Addiction <https://youtu.be/oV38woahNso>
- Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm
- 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)https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig_Vaping_Cut.1.mp4
- 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 https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Marijuana-and-Teens-106.aspx
- 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* https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/Documents/Prescription%20Drug%20Abuse%20Prevention%20Program_Grades%205-8%20Lesson%20Plans.pdf

- 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
- PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction -Grades 6-12 <https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/>
 - 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-4297ddbfcf86/>
 - 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 – Teachers Guide: The Meth Epidemic <https://www.pbs.org/wgbh/pages/frontline/teach/meth/>
- PBS video on juuling epidemic <https://youtu.be/INs19kGAnLU>
- 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
- Risky Business - Lesson Plan: Risky choices, stats about risky choice, consequences of risky choices <http://school.discoveryeducation.com/lessonplans/programs/riskyBusiness/>
- Scholastic
 - Heads Up Series <http://headsup.scholastic.com>

- Heads Up- Real News About Drugs and Your Body – 14 Activities <http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf>
- Youth Vaping Risks http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109/////FDA/////&ET_CID=20190109_SNP_FDA_ACQ_24770&ET_RID=1708294776
- Alcohol and Your Body alcohol and your body - scholastic gr 6-8 <https://healthsmartva.org/uploads/rtditor/file/alcohol%20and%20your%20body%20-%20scholastic%20gr%206-8.pdf>
- OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)
 - Comparing Over the Counter Medication (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/comparing-over-the-counter-and-prescription-medicine/>
 - Reading and Understanding the Drug Facts Label (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-and-understanding-the-drug-facts-label/>
 - Understanding Medication Measuring Tools, Storage and Safe Disposal (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-medicine-measuring-tools-storage-and-safe-disposal/>
 - Exploring the Harms of Medication Misuse (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/exploring-the-harms-of-medicine-misuse/>
 - Reading about Medication Safety – A Review (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-about-medicine-safety-a-review-of-informational-text-fea/>
 - Distinguishing Between Over the Counter and Prescription Medicine (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/distinguishing-between-over-the-counter-and-prescription-medicin/>
 - Obtaining Information From a Drug Facts Label (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/obtaining-information-from-a-drug-facts-label/>
 - The Importance of Medicine Measuring, Tools, Storage and Safe Disposal <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/the-importance-of-medicine-measuring-tools-storage-and-safe-disp/>
 - Understanding the Dangers of Misuse (grades 6-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-the-dangers-of-medicine-misuse/>
 - Medicine Safety Text Analysis (grades 6-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/medicine-safety-text-analysis--identifying-the-authors-purpose/>
- Smoking and Vaping - Lung Health <https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/>
- Sleep Well <https://ymiclassroom.com/lesson-plans/sleep/>
- SODAT NJ – Drug Prevention Lesson Plans <http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html>
- Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) <http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
 - 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/tobaccoventiontoolkit/E-Cigs/ECigUnit2.html>
- Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccoventiontoolkit/E-Cigs/ECigUnit3.html>
- Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? <https://med.stanford.edu/tobaccoventiontoolkit/E-Cigs/ECigUnit4.html>
- Unit 5-What Can I Do About It? <https://med.stanford.edu/tobaccoventiontoolkit/E-Cigs/ECigUnit5.html>
- Unit 6- What are JUULS & Other Pod-Based Systems? <https://med.stanford.edu/tobaccoventiontoolkit/E-Cigs/ECigUnit6.html>
- Hookah
 - Lesson - Understanding Hookah and Its Risks <https://med.stanford.edu/tobaccoventiontoolkit/Hookah.html>
- Smokeless Tobacco
 - Lesson – Understanding Smokeless Tobacco and its Risks <https://med.stanford.edu/tobaccoventiontoolkit/Smokeless.html>
- Nicotine Addiction
 - Unit 1 – The Brain <https://med.stanford.edu/tobaccoventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html>
 - Unit 2- Addiction 101 <https://med.stanford.edu/tobaccoventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html>
 - Unit 3 – Nicotine Addiction <https://med.stanford.edu/tobaccoventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html>
- Positive Youth Development
 - Refusal Skills Activities <https://med.stanford.edu/tobaccoventiontoolkit/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
- The Opioid Crisis: Help Teens Make Informed Decisions <https://ymiclassroom.com/lesson-plans/opioids/>
- Taking Down Tobacco <https://ymiclassroom.com/lesson-plans/takingdowntobacco/>
- The real cost: anti-vaping commercial (Hacked) <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
- Teen vaping <https://www.pbs.org/video/teen-vaping-1531870790/>
- Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth
- Treating Marijuana Addiction <https://www.youtube.com/watch?v=md4IRQsLlnE>
- 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-hzpx8/)
- [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/b83250e7-72a4-40c2-8bc1-c613cd4add08/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)

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/k1QStvlzOpA)
- [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)
- [The Stanford Medicine Toolkits: Tobacco and Cannabis Prevention](https://youtu.be/t71pDKIUfrE)
- [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/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)
- [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/ivzxGOK2nQ0)
- [Mind Matters: What if Someone I know Needs Help \(NIDA\)](https://youtu.be/Avi9pHvTw-k)
- [Mind Matters: Teen Brain Development \(NIDA\)](https://youtu.be/EpfnDijz2d8)
- [Marijuana Risks: Build a Brain \(NIDA\)](https://youtu.be/HLYIDpJxxqs)
- [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
- Are Teens Addicted to Texting? <https://vpm.pbslearningmedia.org/resource/midlit11.soc.ush.texting/are-teens-addicted-to-texting/>
- Bike Safety <https://youtu.be/Pc5e8Un05aA>
- Concussion Handout HeadsUp https://www.cdc.gov/headsup/pdfs/resources/RocketBlades_Concussion_HandoutforKids-a.pdf
- 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
- KidsHealth.org Safety Tip Sheets <http://kidshealth.org/en/kids/watch/>
- 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>
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- US Fire Administration Info <https://www.usfa.fema.gov/prevention/outreach/children.html>

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
- 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
- Calming Exercises for Kids: Breathing and Stretching - YouTube
- Canadian Mental Health Association - Mental Health and High School Curriculum Guide http://www.cibhs.org/sites/main/files/file-attachments/mental_health_and_high_school_curriculum_guide.pdf
- 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-lesson>
- Caution: Thin Ice! (6th)
- CDC Healthy Relationships Talking Points <http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf>
- CDC Healthy Communication Skills Teachers Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- 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/>
- The Compassion Project consists of 15 online lessons and 3 digital activities. 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>
- Does Being Popular in High School Really Matter? <https://vpm.pbslearningmedia.org/resource/teen-popularity-kqed/does-being-popular-in-high-school-really-matter-above-the-noise/>
- EMOTIONAL ABC Classroom
- EVERFI - Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
- 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

- Future Self Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/>
- [Getting Caught in the Web Lesson 1](#)
- Go Noodle – Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
- 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/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/>
- 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>
- Mental Health HS Curriculum Guide - Teen Mental Health.org <http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/>
- 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](#)
- Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.pdf
- 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#.WR8CIWVNFho>
 - 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! \(6th\)](#)
- Resiliency: One Step at a Time <https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/>
- 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 <https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening>
- 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/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- 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>
- Self-Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/>

- Self-Esteem and Body Image <https://healthpoweredkids.org/lessons/self-esteem-and-body-image/>
- Self-Management/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/>
- Social Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/>
- 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/>
- Striking Out Stress: A “Gallery Walk” Activity http://www.educationworld.com/a_tsl/archives/02-1/lesson045.shtml
- 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
- 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 is important to me?
- What’s normal anxiety? <https://www.youtube.com/watch?v=xsEJ6GeAGb0>
- When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf

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>
- CDC Violence Prevention <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
- [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>
- Discovery Online - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
- Five Ways to Stop Bullying <https://youtu.be/vGV5jzPYvm0>
- Healthy Communication Skills Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- 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 Crime Prevention Council: Youth Gangs - Know the Facts <http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf>
- National Gang Center <https://www.nationalgangcenter.gov>,
- Olweus - Class Meetings That Matter - Grades 6-8 http://www.hazelden.org/OA_HTML/ibeCCtpItdspRte.jsp?item=15524&sitex=10020:22372:US
- 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>
- Online Safety <https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/>
- 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-curr/>
- 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 Student Action Plan <http://www.pacerkidsagainstabullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf>
- Pacer Teens Against Bullying <http://www.pacerteensagainstabullying.org>

- Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.pdf
- 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>
- Teaching Tolerance - Cliques in School <https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools>
- 2023 Teen Dating Violence Prevention Toolkit <https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf>
- 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.
This 2023 Update was funded by the [Office of Behavioral Health Wellness](#), Virginia Department of Behavioral Health and Developmental Services*

Table of Contents

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

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/>
- Caring for Skin- Largest Organ <https://healthpoweredkids.org/lessons/skin-health-how-to-care-for-your-largest-organ-2/>
- Centers for Disease Control and Prevention <https://www.cdc.gov/heartdisease/prevention.htm>
- Fact Monster- Biology – Human Body Systems <https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems>
- 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/>
- My Family Health Portrait, Centers for Disease Control and Prevention <https://phgkb.cdc.gov/FHH/html/index.html>
- Scholastic Study Jams! <http://studyjams.scholastic.com>
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- 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
- Does Farming Impact Air Quality? <https://www.sciencejournalforkids.org/articles/how-does-farming-impact-air-quality/>
- EPA Environmental Health 101 Lesson <https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>
- 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 Do Chemicals Affect Animals and Their Kids? <https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/>
- 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/>
- How do our food choices affect the environment? <https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/>
- 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- Your Environment- Your Health <http://www.niehs.nih.gov/health/scied/teachers/>
- NIEHS- Kids Environment- Kids Health <http://kids.niehs.nih.gov/topics/reduce/>
- Conservation Activities <http://www.doc.govt.nz/get-involved/conservation-activities/>
- “10 Fun Conservation Activities for Parents, Teachers, and Kids” <https://www.fs.usda.gov/detailfull/conservationeducation/educator-toolbox/middle-school/?cid=STELPRDB5057674>
- 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/>
- What happens to plastic in the soil? <https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/>
- 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>

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>
- Action for Healthy Kids – Nutrition https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS_Nutrition_v3.pdf
- Body Works Program - Office of Women's Health, DHHS www.womenshealth.gov
- CA Adolescent Nutrition and Fitness Program - Junk Food Marketing <http://canfit.org/pdf/SchoolLessonPlan.pdf>
- 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=1sISguPDlhY>
- Media Smarts Canada
 - Looking at food advertising lesson <http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
 - Junk food advertising http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Youve_Gotta_Have_a_Gimmick.pdf
- CDC- BAM! Body and Mind <http://www.cdc.gov/bam/nutrition/index.html>
- Food Span - Johns Hopkins Center for a Livable Future <http://foodspanlearning.org/>
- FCS Fast Food Commercials & Nutrition Lesson <http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/>
- Food Day Curriculum <https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267>
- Girlshealth.gov- Nutrition: <http://www.girlshealth.gov/nutrition/index.html>
- [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>

- Grocery Store Scavenger Hunt <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html>
- 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>
- PE Central - Calculating Fat, Carbohydrates & Proteins <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
- 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
 - <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
 - http://www.fns.usda.gov/sites/default/files/sump_level3.pdf
- UC Davis Youth Nutrition Education Materials <http://fsnep.ucdavis.edu/curriculum/youth-materials>
 - Nutrition to Grow On Curriculum <http://cns.ucdavis.edu/resources/ntgo/index.html>
 - Eat Fit <https://uccalfresh.ucdavis.edu/curriculum/youth/EF>
- Food and Drug Administration - FDA - How to Spot Health Fraud <https://www.fda.gov/Drugs/EmergencyPreparedness/BioterrorismandDrugPreparedness/ucm137284.htm>
- NIH Office of Dietary Supplements <https://ods.od.nih.gov/HealthInformation/consumerprotection.sec.aspx>
- Sports and Energy Drinks <https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/>
- 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=eeAMikjOqlw>
- 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 – Garden Growing While on the Move http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467219.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 - Obesity Trends https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452018.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=03mK0bpIeyQ>
- Decreasing Screen Time <https://healthpoweredkids.org/lessons/decreasing-screen-time/>
- Dental Care Quizzes <https://vpm.pbslearningmedia.org/resource/face9675-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>
- Kids Health – Health Insurance Basics <http://kidshealth.org/en/teens/insurance.html>
- Kids Health – Finding Low Cost Medical Care <http://kidshealth.org/en/teens/lcost-medcare.html#catmedical-care>
 - Go Noodle – Physical Activity and Mindfulness Breaks <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/2958/index.htm>
 - Grocery Store Scavenger Hunt <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-savenger-hunt-1140.html>
- 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/>
- 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>
- 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
- The Sleep Factor Lessons and Power Points
<https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints>
- 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>
- Food and Drug Administration - FDA - How to Spot Health Fraud <https://www.fda.gov/Drugs/EmergencyPreparedness/BioterrorismandDrugPreparedness/ucm137284.htm>
- Federal Trade Commission - FTC - Truth in Advertising: Health and Fitness Claims <https://www.ftc.gov/news-events/media-resources/truth-advertising/health-claims>
- How the food you eat affects your gut <https://www.youtube.com/watch?v=1sISguPDlhY>
- Insulin Resistance <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>
- Keeping Clean when You’re 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
- Medline Plus - Evaluating Health Information <https://medlineplus.gov/evaluatinghealthinformation.html>
- Medline Plus - Guide to Healthy Web Surfing <https://medlineplus.gov/healthywebsurfing.html>
- Media Literacy - Recognizing Propaganda <http://www.glencoe.com/sec/health/teachres/lessonplans/mlshampoo.shtml>
- Move your way <https://youtu.be/dAaB8XDUi4I>
- NIH Office of Dietary Supplements <https://ods.od.nih.gov/HealthInformation/consumerprotection.sec.aspx>
- Read Write Think - Analyzing Ads Persuasive Techniques http://www.readwritethink.org/files/resources/lesson_images/lesson1166/AnalyzingAds.pdf
- Social Determinants of Health <https://www.youtube.com/watch?v=8PH4JYff4Ns>
- 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>
- US Department of Health and Human Services <https://www.hhs.gov/about/index.html#>
- 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 www.dbhds.virginia.gov
- Virginia FAMIS Children’s Health Insurance Brochure https://www.coverva.org/materials/famis_brochure_english.pdf

- Virginia FAMIS - Cover Virginia <http://coverva.org>
- World Sleep Day Education Kit
https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes_Ages%2011-18%20years.pdf
- 211 Virginia <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_hxMwI
- Biological Sciences Curriculum Study (BSCS) - Drug Abuse, Addiction, and the Adolescent Brain <https://bscs.org/resources/educator-resource-center/drug-abuse-addiction-and-the-adolescent-brain>
- 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/>
- Effects of Vaping <https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/>
- Easy to Start, Hard to Quit (Vaping) <https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/>
- 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 – Introduction to the Opioid Crisis http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
- Everfi Prescription Drug Safety Lesson Plan – Understanding Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- Everfi Prescription Drug Safety Lesson Plan – Resisting Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- 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/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm>
- Generation RX – Teen Prescription Rx Toolkit <https://www.generationrx.org/toolkits/teen/>
- 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](http://www.harding.edu/alcohol-family-community)
- Heads Up – Methamphetamine <http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf>

- 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 <https://vpm.pbslearningmedia.org/resource/e78a64a0-5098-4147-b86d-31d3b5e44fe1/how-opioids-change-the-brain-lesson-plan-understanding-the-opioid-epidemic/>
- How to say no to drugs https://youtu.be/6Y6gn_dd54Q
- Habits and Addiction <https://youtu.be/oV38woahNso>
- Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm
- 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)https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig_Vaping_Cut.1.mp4
- 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 https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Marijuana-and-Teens-106.aspx
- 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* https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/Documents/Prescription%20Drug%20Abuse%20Prevention%20Program_Grades%205-8%20Lesson%20Plans.pdf

- 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
- PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction -Grades 6-12 <https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/>
 - 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-4297ddbfcf86/>
 - 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 – Teachers Guide: The Meth Epidemic <https://www.pbs.org/wgbh/pages/frontline/teach/meth/>
- PBS video on juuling epidemic <https://youtu.be/INs19kGAnLU>
- 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
- Risky Business - Lesson Plan: Risky choices, stats about risky choice, consequences of risky choices <http://school.discoveryeducation.com/lessonplans/programs/riskyBusiness/>
- Scholastic
 - Heads Up Series <http://headsup.scholastic.com>

- Heads Up- Real News About Drugs and Your Body – 14 Activities <http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf>
- Youth Vaping Risks http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109/////FDA/////&ET_CID=20190109_SNP_FDA_ACQ_24770&ET_RID=1708294776
- Alcohol and Your Body alcohol and your body - scholastic gr 6-8 <https://healthsmartva.org/uploads/rtditor/file/alcohol%20and%20your%20body%20-%20scholastic%20gr%206-8.pdf>
- OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)
 - Comparing Over the Counter Medication (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/comparing-over-the-counter-and-prescription-medicine/>
 - Reading and Understanding the Drug Facts Label (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-and-understanding-the-drug-facts-label/>
 - Understanding Medication Measuring Tools, Storage and Safe Disposal (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-medicine-measuring-tools-storage-and-safe-disposal/>
 - Exploring the Harms of Medication Misuse (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/exploring-the-harms-of-medicine-misuse/>
 - Reading about Medication Safety – A Review (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-about-medicine-safety-a-review-of-informational-text-fea/>
 - Distinguishing Between Over the Counter and Prescription Medicine (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/distinguishing-between-over-the-counter-and-prescription-medicin/>
 - Obtaining Information From a Drug Facts Label (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/obtaining-information-from-a-drug-facts-label/>
 - The Importance of Medicine Measuring, Tools, Storage and Safe Disposal <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/the-importance-of-medicine-measuring-tools-storage-and-safe-disp/>
 - Understanding the Dangers of Misuse (grades 6-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-the-dangers-of-medicine-misuse/>
 - Medicine Safety Text Analysis (grades 6-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/medicine-safety-text-analysis--identifying-the-authors-purpose/>
- Smoking and Vaping - Lung Health <https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/>
- Sleep Well <https://ymiclassroom.com/lesson-plans/sleep/>
- SODAT NJ – Drug Prevention Lesson Plans <http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html>
- Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) <http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
 - 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
 - Lesson - Understanding Hookah and Its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html>
- Smokeless Tobacco
 - Lesson – Understanding Smokeless Tobacco and its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html>
- 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>
- (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
- The Opioid Crisis: Help Teens Make Informed Decisions <https://ymiclassroom.com/lesson-plans/opioids/>
- Taking Down Tobacco <https://ymiclassroom.com/lesson-plans/takingdowntobacco/>
- The real cost: anti-vaping commercial (Hacked) <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
- Teen vaping <https://www.pbs.org/video/teen-vaping-1531870790/>
- Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth
- Treating Marijuana Addiction <https://www.youtube.com/watch?v=md4IRQsLlnE>
- 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-hzpx8/)
- [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/b83250e7-72a4-40c2-8bc1-c613cd4add08/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)

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/k1QStvlzOpA)
- [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)
- [The Stanford Medicine Toolkits: Tobacco and Cannabis Prevention](https://youtu.be/t71pDKIUfrE)
- [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/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)
- [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/ivzxGOK2nQ0)
- [Mind Matters: What if Someone I know Needs Help \(NIDA\)](https://youtu.be/Avi9pHvTw-k)
- [Mind Matters: Teen Brain Development \(NIDA\)](https://youtu.be/EpfnDijz2d8)
- [Marijuana Risks: Build a Brain \(NIDA\)](https://youtu.be/HLYIDpJxxqs)
- [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>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 8 Rules for Internet Safety <http://vves.rocklinusd.org/documents/8%20RULES%20OF%20INTERNET%20SAFETY.pdf>
- Are Teens Addicted to Texting? <https://vpm.pbslearningmedia.org/resource/midlit11.soc.ush.texting/are-teens-addicted-to-texting/>
- Bike Safety <https://youtu.be/Pc5e8Un05aA>
- Concussion Handout HeadsUp https://www.cdc.gov/headsup/pdfs/resources/RocketBlades_Concussion_HandoutforKids-a.pdf
- Concussion Conundrum <https://healthpoweredkids.org/lessons/concussion-conundrum/>
- Education world- Fire Safety: Activities to Spark Learning http://www.educationworld.com/a_lesson/lesson/lesson026.shtml
- KidsHealth - First Aid & Safety <http://kidshealth.org/en/parents/firstaid-safe/>
- Lessons for Responsible Medicine Use <https://ymiclassroom.com/otcmedsafety/>
- National Highway Traffic Safety Administration www.nhtsa.gov
- CDC Injury Center www.cdc.gov/injury
- National Safety Council www.nsc.org
- National Injury Prevention Foundation www.ThinkFirst.org
- Safe Routes to School <http://www.walkbiketoschool.org>
- Safe Kids - Home Safety for Educators <http://www.safekids.org/home-safety-educators>
- National Crime Prevention Council- School Safety <http://archive.ncpc.org/topics/school-safety.html>
- Teacher Vision- School Safety Resources for Teachers <https://www.teachervision.com/school-safety-month/teacher-resources/6661.html>
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- Fire Safety <https://www.teachervision.com/emergency/teacher-resources/47554.html>
- 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

Mental Wellness/Social Emotional Skills

- Health Smart Virginia 7th Grade Page <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>
- CA Media Smarts – Gender Body Image <http://mediasmarts.ca/lessonplan/gender-stereotypes-and-body-image-lesson>
- Calming Exercises for Kids: Breathing and Stretching - YouTube
- Canadian Mental Health Association- Mental Health and High School Curriculum Guide <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/09/Mental-Health-High-School-Curriculum-Guide.pdf>
- CDC Healthy Relationships Talking Points <http://headsip.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf>
- CDC Healthy Communication Skills Teachers Guide <http://headsip.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- 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.cfchildren.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/>
- Does Being Popular in High School Really Matter? <https://vpm.pbslearningmedia.org/resource/teen-popularity-kqed/does-being-popular-in-high-school-really-matter-above-the-noise/>
- Discovery – Self Esteem <http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm>
- EMOTIONAL ABC Classroom
- EVERFI - Social Emotional Learning Resources <https://everfi.com/offerings/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/>
- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
- Future Self Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/>

- 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 <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>
- Mental Health HS Curriculum Guide – Teen Mental Health.org <http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/>
- 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/>
- Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine <http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson>

- 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/>
- Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.pdf
- 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#.WR3WWmVNFho>
 - Sounds of Music (Stress Management) <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho>
 - 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/>
- Resiliency: One Step at a Time <https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/>
- 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/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-e-commerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- Screening for Mental Health - depression, suicide, and self-injury <https://mentalhealthscreening.org/programs/sos-signs-of-suicide>
- Self-Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/>
- Self-Management/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/>
- 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/>
- Striking Out Stress: A “Gallery Walk” Activity http://www.educationworld.com/a_tsl/archives/02-1/lesson045.shtml
- 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
- 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
- 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 is important to me?
- When Grief Enters the Classroom
http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf
- 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
- CDC Violence Prevention <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
- [Committee for Children - Bullying Prevention Unit](#)
- Coaching Boys into Men Toolkits <http://www.coachescorner.org>
- Discovery Online - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
- Five Ways to Stop Bullying <https://youtu.be/vGV5jzPYvm0>
- Healthy Relationships, Online THATSNOTCOOL <https://thatsnotcool.com>
- Healthy Communication Skills Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- 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 Crime Prevention Council: Youth Gangs - Know the Facts <http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf>
- National Gang Center <https://www.nationalgangcenter.gov>
- Olweus - Class Meetings That Matter - Grades 6-8 http://www.hazelden.org/OA_HTML/ibeCCtpItdspRte.jsp?item=15524&sitex=10020:22372:US
- 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>
- Online Safety <https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/>
- Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.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 Student Action Plan <http://www.pacerkidsagainstabullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf>
- Pacer Teens Against Bullying <http://www.pacerteensagainstabullying.org>
- Positive Behavior Interventions and Supports (PBIS) <https://www.pbis.org>
- Respect Others Respect Yourself <http://headsip.scholastic.com/teachers/respect-others-respect-yourself>
- 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>
- 2023 Teen Dating Violence Prevention Toolkit <https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf>
- Virginia Rules https://virginiarules.org/varules_topics/gangs/
- *Healthy Relationships/Dating Violence*
 - Break the Cycle's DV 101 Single Day Dating Violence Lesson https://www.breakthecycle.org/sites/default/files/dv_101_single_day_lesson_plan.pdf
 - CDC Healthy Relationship Talking Points <http://headsip.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf>
 - 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
 - Michigan Dating Violence Youth Education Package https://www.michigan.gov/documents/dhs/DHS-PUB-0224_172099_7.pdf
 - National Crime Prevention Council Violence Lesson (Session 14, Community Works) <http://archive.ncpc.org/resources/files/pdf/violent-crime/billofrights.pdf>
 - Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox <http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf>
 - VSDVAA Building Healthy Relationships Across Virginia Facilitators Guide http://www.ncdsv.org/images/VSDVAA_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.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*

Table of Contents

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

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
 - Interactive Body Activities <http://interactivesites.weebly.com/body-systems.html>
 - KidsHealth.org *How the Body Works* <http://kidshealth.org/en/kids/center/htbw-main-page.html> provides quizzes, articles, movies, activities, word finds on the different body parts.
 - *Nervous System for Kids*– Science Games and Videos <http://www.neok12.com/Nervous-System.htm>
 - *The Brain*-Videos & Lessons <http://study.com/academy/topic/the-brain.html>
- **Resource Websites**
 - AAAS Alcohol and Your Brain <http://sciencenetlinks.com/student-teacher-sheets/alcohol-and-your-brain/>
 - Human Body Facts and Worksheets
 - Kids Health-human body series <http://classroom.kidshealth.org/index.jsp?Grade=6&Section=body>National Institute on Drug Abuse <https://www.drugabuse.gov>
 - Science Kids/Human Body Facts: Brain Facts for Kids <http://www.sciencekids.co.nz/sciencefacts/humanbody/brain.html>
 - Science Kids/Biology Lesson Plans: Brain and Senses <http://www.sciencekids.co.nz/lessonplans/biology/brain.html>
 - Teachers Try Science - communicating about communicable diseases! <http://www.teacherstryscience.org/lp/communicating-about-communicable-diseases>
 - Teacher's Corner - CDC - BAM! Body and Mind Infectious Disease Epidemiology <http://www.cdc.gov/bam/teachers/epi.html>
 - Teacher Vision - students learn about stroke signs <https://www.teachervision.com/stroke/printable/64689.html>
 - The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
 - 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:

- <http://www.education.com/worksheet/article/brain-anatomy/>
- <http://www.education.com/worksheet/article/brain-anatomy/>
- <http://www.education.com/worksheet/article/inside-out-anatomy-brain/>
- <http://www.education.com/worksheet/article/parts-of-the-brain/>

- 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**

- AAAS Science NetLinks *Alcohol and Its Impact on the Brain* <http://sciencenetlinks.com/lessons/alcohol-and-its-impact-on-the-brain/>

- 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/>

- Caring for Skin- Largest Organ <https://healthpoweredkids.org/lessons/skin-health-how-to-care-for-your-largest-organ-2/>

- Communicable Disease Lesson Plan www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health_lp_showcase.docx

- Communicating About Communicable Diseases! <http://www.teacherstryscience.org/lp/communicating-about-communicable-diseases>

- CDC- BAM! Body and Mind - Infectious Disease Epidemiology - Teacher's Corner - Activities <http://www.cdc.gov/bam/teachers/epi.html>

- Discovery School *The Ultimate Guide: Human Body* <http://www.discoveryeducation.com/teachers/free-lesson-plans/the-ultimate-guide-human-body.cfm>

- Fact Monster- Biology – Human Body Systems <https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems>

- Kids Health Food Safety Teacher's Guide Grades 6-8 https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf

- KidsHealth.org Nervous System lesson plan https://classroom.kidshealth.org/classroom/6to8/body/systems/nervous_system.pdf

- *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#.WlABuWVNFhom>
- PE Central AIDS Fact Quilt <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3410#.WlACZmVNFho>
- 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>
- Scholastic - Study Jams - Science - The Nervous System <http://studyjams.scholastic.com/studyjams/jams/science/human-body/nervous-system.htm>
- **Videos**
 - KidsHealth.org How the Brain and Nervous System Works <http://kidshealth.org/en/kids/nsmovie.html>
 - 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=EgJcfIR_Dic,
 - *Preventing Non-Communicable Diseases* <https://www.youtube.com/watch?v=lruYVSGcxHs>

Community/Environmental Health

- Health Smart Virginia 8th Grade Page <https://healthsmartva.org/8th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Allergy and Asthma Foundation <http://fightthecauseofallergy.org>
- APHA Healthy Community Design <https://www.apha.org/topics-and-issues/environmental-health/healthy-community-design>
- Asthma in the City Lesson <https://www.urmc.rochester.edu/life-sciences-learning-center/resources-lessons/lessons/environmental-health.aspx>
- CDC Healthy Community Design <https://www.cdc.gov/features/healthycommunities/>
- CDC Healthy Community Design <https://www.youtube.com/watch?v=Il7Yv6L9rwE>
- Does Farming Impact Air Quality? <https://www.sciencejournalforkids.org/articles/how-does-farming-impact-air-quality/>
- EPA Environmental Health 101 Lesson <https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>
- EPA Student Environmental Health Resources <https://www.epa.gov/students>
- EPA Environmental Topics <https://www.epa.gov/environmental-topics>
- EPA Learning and Teaching about the Environment <https://www.epa.gov/students>
- Global Asthma Report <http://www.globalasthmareport.org>
- Global Asthma Network <http://www.globalasthmanetwork.org/patients/causes.php>
- Green Schools - Earth Day Activities and Ideas <http://www.greenschools.net/article.php-id=160.html>
- HealthyPeople.Gov Environment <https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health>
- How Do Chemicals Affect Animals and Their Kids? <https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/>
- How can chemicals influence your hormones? <https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/>
- What happens to plastic in the soil? <https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/>
- 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/>
- How do our food choices affect the environment? <https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/>
- Maryland - Grade 8 EH Lesson https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD_EH_Lssn.pd
- NEA Environmental Lessons <http://www.nea.org/tools/EnvironmentalEducationActivitiesAndResources.html>
- NIEHS- Your Environment- Your Health <http://www.niehs.nih.gov/health/scied/teachers/>
- WHO Environmental Health http://www.who.int/topics/environmental_health/en/
- ATSDR Health Effects of Exposure to Substances <https://www.atsdr.cdc.gov/substances/ToxOrganSystems.asp>
- Project Learning Tree - 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/>
- Social Determinants of Health <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>
 - Pollution (Land, Air, Water) 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
- Action for Healthy Kids – Nutrition https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS_Nutrition_v3.pdf
- 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>
 - AHA - What or Who Influences Your Food Choices https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_314238.pdf
- Discovery – When Food Becomes an Enemy <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- FCS Fast Food Commercials & Nutrition Lesson: <http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/>
- Food Day Curriculum <https://d3n8a8pro7vhm.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267>
- Food Span -Johns Hopkins Center for a Livable Future: <http://foodspanlearning.org/>
- Frontline FAT Teacher’s Guide – Obesity - Habits, Weight Loss <http://www.pbs.org/wgbh/pages/frontline/teach/fat/>
- Frontline FAT Teacher’s Guide – Lesson 1, Weight-Stereotypes-Eating Disorders <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html>
- 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=1sISguPDlhY>
- 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
- Kids Health Eating Disorder Teachers Guide Grades 9-12 https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating_disorders.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#.WIZo92VNfho><http://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf>
- PE Central - Food Pyramid Game <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645>
- PE Central - Calculating Fat, Carbohydrates & Proteins <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
- 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://fsnep.ucdavis.edu/curriculum/youth-materials>
 - Nutrition to Grow On Curriculum <http://cns.ucdavis.edu/resources/ntgo/index.html>
 - 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 - 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>
- 10 ways to stop eating sugar <https://www.youtube.com/watch?v=eeAMikjOqlw>
- American Heart Association (AHA) Middle School Lesson Plans
 - AHA – Brain Power https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467221.pdf
 - AHA – Don't Fumble With This Jumble https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306494.pdf
 - AHA – Garden Growing While on the Move http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467219.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 – Our Challenge: A Look At the Obesity Epidemic https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452021.pdf
 - AHA - Obesity Trends https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452018.pdf
 - AHA – Stepping Across the States - http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306495.pdf
 - 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 - What or Who Influences Your Food Choices https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_314238.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 - BAM! Body and Mind- <http://www.cdc.gov/bam/nutrition/index.html>
- CDC Chronic Disease Prevention Program <https://www.cdc.gov/chronicdisease/>
- CDC Lesson - Body Image Ad Decoder https://www.cdc.gov/bam/teachers/documents/body_image_ad.pdf
- 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 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>
- Colorado Education Initiative -Goal Setting Lesson <http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-6-8-model.pdf>
- Dental Care Quizzes <https://vpm.pbslearningmedia.org/resource/face9675-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/>
- Fit Armadillo - Smart Goals Lesson Plan <http://fitarmadillo.com/back-to-school-2014-smart-goals-lesson-plan/>
- Frontline FAT Teacher’s Guide – Obesity - Habits, Weight Loss <http://www.pbs.org/wgbh/pages/frontline/teach/fat/>
- Frontline FAT Teacher’s Guide – Lesson 1, Weight-Stereotypes-Eating Disorders <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html>
- Girls Health – Body Image and Media <https://www.girlshealth.gov/feelings/bodyimage/index.html>
- Girls Health - Eating Disorders <https://www.girlshealth.gov/feelings/eatingdisorder/index.html>
- Go Noodle – Physical Activity and Mindfulness Breaks <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/2958/index.htm>
- HealthBeat - Get Physical <https://vpm.pbslearningmedia.org/resource/71663cb6-3008-41d3-b736-7170d22b83b2/healthbeat-get-physical/>
- HealthBeat - Breathe and Believe <https://vpm.pbslearningmedia.org/resource/37582e97-c667-4e08-91a8-34b4d686241a/healthbeat-stanley-stress/>
- HealthBeat - Hip Hopscotch <https://vpm.pbslearningmedia.org/resource/c758fd18-899c-41fe-902e-81c37153a0d5/healthbeat-hip-hopscotch/>
- HealthBeat - Sleep is Your Friend <https://vpm.pbslearningmedia.org/resource/2093c204-5ff2-4dc8-b00c-2158f39b1224/healthbeat-sleep-is-your-friend/>
- 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>
- 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
- Kids Health Eating Disorder Teachers Guide Grades 9-12 https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating_disorders.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>
- NEDA Educator’s Toolkit <https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf>
- 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 Frontline- obesity, eating habits, and weight loss <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html>
- PBS In the Mix -Hearing Between the Lines” <http://www.pbs.org/inthemix/educators/lessons/selfimage2/>
- PE Central Body Image and Eating Disorders
Lesson <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNfho><http://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf>
- PE Central Physical Activity Lesson Ideas and Resources <http://www.pecentral.org>
- PE Central - Non-Communicable Diseases Research Lesson Idea www.pecentral.org
- PE Central - Non or Communicable Disease Lesson Plan www.pecentral.org
- Power Chargers – Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Purdue Extension - Middle School Healthy Body Image Lesson Activity 2: Mixed Messages- Living in a Supersized World <https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf>
- 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://peitfca.files.wordpress.com/2012/09/khst_grades7-9manual1.pdf
- Sleep Well <https://ymiclassroom.com/lesson-plans/sleep/>
- Stress Management Unit Plan <http://thehealthteacher.com/unit-plan-stress-management/>
- Social Determinants of Health <https://www.youtube.com/watch?v=8PH4JYfF4Ns>
- 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](#)
- The Sleep Factor Lessons and Power Points <https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints>
- USA Today - Obesity: www.usatoday.com/educate/casestudies/obesity.pdf
- World Sleep Day Education Kit
https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes_Ages%2011-18%20years.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
- Biological Sciences Curriculum Study (BSCS) - Drug Abuse, Addiction, and the Adolescent Brain <https://bscs.org/resources/educator-resource-center/drug-abuse-addiction-and-the-adolescent-brain>
- 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>
- E-Cigarettes and Vaping – Lesson 1: Why Should I care? and Lesson 2: Don't get (e-)Hooked!
- Generation RX – Teen Prescription Rx Toolkit <https://www.generationrx.org/toolkits/teen/>
- Effects of Vaping <https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/>
- Easy to Start, Hard to Quit (Vaping) <https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/>
- Everfi Marijuana Lesson Plans <https://everfik12hc.wpengine.com/marijuana-lesson-plans/>
- Everfi Prescription Drug Safety Lesson Plan – Introduction to the Opioid Crisis http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
- Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
- Everfi Prescription Drug Safety Lesson Plan – Understanding Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- Everfi Prescription Drug Safety Lesson Plan – Resisting Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- FDA Anti-Juuling Video for Teens <https://youtu.be/zYuyS1Oq8gY>
- Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
- GirlsHealth.gov - Drugs, Alcohol, and Smoking <http://www.girlshealth.gov/substance/>
- Habits and Addiction <https://youtu.be/oV38woahNso>
- Harding University Alcohol, Family, Community Lesson Plan [alcohol-family-community](#)
- Heads Up – Methamphetamine <http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf>
- Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) <https://med.stanford.edu/tobaccoventiontoolkit/curriculum-decision-maker/HealthyFutures.html>

- How Opioids Change the Brain: Lesson Plan <https://vpm.pbslearningmedia.org/resource/e78a64a0-5098-4147-b86d-31d3b5e44fe1/how-opioids-change-the-brain-lesson-plan-understanding-the-opioid-epidemic/>
- 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
- Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm
- Keeping it Real – Middle, High School DARE Curriculum <https://dare.org/education/>
- KidsHealth.org <https://kidshealth.org/en/teens>
- KidsHealth.org - Teachers Guide: Dealing with Peer Pressure -Grades 6-8 https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer_pressure.pdf
- 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/>
- LA Health - E-cig & vaping Informational video (Loudoun schools) https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig_Vaping_Cut.1.mp4
- 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 Education Initiative
- Marijuana and Teens – *American Academy of Child and Adolescent Psychiatry* https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Marijuana-and-Teens-106.aspx
- 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>
- 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)
- [c613cd4add08/understanding-the-opioid-epidemic-family-and-community-discussion-guide/](https://www.nida.nih.gov/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 Mind Over Matter - Anabolic Steroids <http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids>

- NIDA Scholastic Heads Up Series <http://headsup.scholastic.com/teachers>
- 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
- PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction - Grades 6-12 <https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/>
 - 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-4297ddbfcf86/>
 - 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 – Teachers Guide: The Meth Epidemic <https://www.pbs.org/wgbh/pages/frontline/teach/meth/>
- PBS video on juuling epidemic <https://youtu.be/INs19kGANLU>
- PE Central Pressure Is On! <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4134#.WESLoWVNFho>
- 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
 - Heads Up Series <http://headsup.scholastic.com>
 - Heads Up - Real News About Drugs and Your Body – 14 Activities <http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf>

- 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_SNP_FDA_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)
 - Distinguishing Between Over the Counter and Prescription Medicine (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/distinguishing-between-over-the-counter-and-prescription-medicin/>
 - Obtaining Information from a Drug Facts Label (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/obtaining-information-from-a-drug-facts-label/>
 - The Importance of Medicine Measuring, Tools, Storage and Safe Disposal <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/the-importance-of-medicine-measuring-tools-storage-and-safe-disp/>
 - Understanding the Dangers of Misuse (grades 6-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-the-dangers-of-medicine-misuse/>
 - Medicine Safety Text Analysis (grades 6-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/medicine-safety-text-analysis--identifying-the-authors-purpose/>
 - Distinguishing Between Over the Counter and Prescription Medicine (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/distinguishing-between-over-the-counter-and-prescription-medicin/>
 - Obtaining Information From a Drug Facts Label (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/obtaining-information-from-a-drug-facts-label/>
- Smoking and Vaping - Lung Health <https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/>
- SODAT NJ – Drug Prevention Lesson Plans <http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.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
- Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) <http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
 - 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
 - Lesson - Understanding Hookah and Its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html>
- Smokeless Tobacco
 - Lesson – Understanding Smokeless Tobacco and its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html>
- 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 Use and Abuse https://youtu.be/wQl_4kcE5nw
- 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/b83250e7-72a4-40c2-8bc1->
- Taking Down Tobacco <https://ymiclassroom.com/lesson-plans/takingdowntobacco/>
- The Opioid Crisis: Help Teens Make Informed Decisions <https://ymiclassroom.com/lesson-plans/opioids/>
- 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
- Teen vaping <https://www.pbs.org/video/teen-vaping-1531870790/>
- Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth
- Treating Marijuana Addiction <https://www.youtube.com/watch?v=md4IRQsLlnE>
- US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide <http://nahimgood.org/Docs/JustThinkTwice.pdf>
- Understand 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-hzpjx8/Johnny's Ambassadors Online Marijuana Curriculum](https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/Johnny's%20Ambassadors%20Online%20Marijuana%20Curriculum)

Videos:

- [Prevention of Youth Marijuana Use \(SAMHSA\) https://youtu.be/CrA9lDd9ALo](https://youtu.be/CrA9lDd9ALo)
- [Let's Talk About Cannabis and Teens \(Prevention Connection, Kern County\) https://youtu.be/k1QStvIzOpA](https://youtu.be/k1QStvIzOpA)
- [How Marijuana Affects Your Developing Brain \(Discovery Education\) https://youtu.be/6Yp_NIVx-QA](https://youtu.be/6Yp_NIVx-QA)
- [Youth Marijuana Prevention, Future Self \(Michigan HHS\) PSA https://youtu.be/QLfFxfu8IIA](https://youtu.be/QLfFxfu8IIA)
- [Marijuana is Legal in Massachusetts \(City of Somerville Prevention Services\) https://youtu.be/7m67nOvYV_U](https://youtu.be/7m67nOvYV_U)
- [Impact of Marijuana Industry Five Years after Legalization in Colorado \(CBS News\) https://youtu.be/zv5M5uxK_6o](https://youtu.be/zv5M5uxK_6o)
- [Marijuana Risks: Virtual Assistant: 60 \(SAMHSA\) https://youtu.be/-nDGVFujQ9A](https://youtu.be/-nDGVFujQ9A)
- [The Stanford Medicine Toolkits: Tobacco and Cannabis Prevention https://youtu.be/t71pDKIUfrE](https://youtu.be/t71pDKIUfrE)
- [Middle School Drug Trends 2020: Marijuana \(Marshfield Clinic Health System\). https://youtu.be/YcWpd__obE8](https://youtu.be/YcWpd__obE8)
- [The Human Brain: Major Structures and Functions \(NIDA\) https://youtu.be/0-8PvNOdByc](https://youtu.be/0-8PvNOdByc)
- [The Reward Circuit: How the Brain Responds to Natural Rewards and Drugs \(NIDA\) https://youtu.be/DMcmrP-BWGk](https://youtu.be/DMcmrP-BWGk)
- [Anyone Can Become Addicted to Drugs \(NIDA\) https://youtu.be/wCMkW2ji2OE](https://youtu.be/wCMkW2ji2OE)
- [Addiction: A Disease that Impairs Free Will \(NIDA\) https://youtu.be/X1AEvkWxbLE](https://youtu.be/X1AEvkWxbLE)
- [Why are drugs so hard to quit? \(NIDA\) https://youtu.be/Xbk35VFpUPI](https://youtu.be/Xbk35VFpUPI)
- [Mind Matters: How does Marijuana Affect Your Brain and Body \(NIDA\) https://youtu.be/JB01nJwBveM](https://youtu.be/JB01nJwBveM)

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
- Are Teens Addicted to Texting? <https://vpm.pbslearningmedia.org/resource/midlit11.soc.ush.texting/are-teens-addicted-to-texting/>
- Bike Safety <https://youtu.be/Pc5e8Un05aA>
- Concussion Handout HeadsUp https://www.cdc.gov/headsup/pdfs/resources/RocketBlades_Concussion_HandoutforKids-a.pdf
- Concussion Conundrum <https://healthpoweredkids.org/lessons/concussion-conundrum/>
- Fire Safety: Activities to Spark Learning http://www.educationworld.com/a_lesson/lesson/lesson026.shtml
- 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>
- KidsHealth- First Aid & Safety: <http://kidshealth.org/en/parents/firstaid-safe/>
- Lesson Planet Safety Issues Lesson Plan <https://www.lessonplanet.com/teachers/its-your-life-safe-or-sorry-safety-issues>
- Lessons for Responsible Medicine Use <https://ymiclassroom.com/otcmedsafety/>
- National Crime Prevention Council - School Safety <http://archive.npc.org/topics/school-safety.html>
- 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/>
- SafeKids - Home Safety for Educators <http://www.safekids.org/home-safety-educators>
- Teacher Vision - School Safety Resources for Teachers <https://www.teachervision.com/school-safety-month/teacher-resources/6661.html>
- Teen Drivers - NHTSA <http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Drivers---Parents-&-Teens>
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- 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

- 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>
- Body Image and Eating Disorders [body-image-and-eating-disorder-hiding-in-plain-sight](#)
- Breathing Activity for Elementary Students
[Butterfly Breathing Video – 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-lesson>
- Calming Exercises for Kids: Breathing and Stretching - YouTube
- Canadian Mental Health Association - Mental Health and High School Curriculum Guide http://www.cibhs.org/sites/main/files/file-attachments/mental_health_and_high_school_curriculum_guide.pdf
- CDC Healthy Relationships Talking Points <http://headsip.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf>
- CDC Healthy Communication Skills Teachers Guide <http://headsip.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- 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.cfchildren.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>
- Does Being Popular in High School Really Matter? <https://vpm.pbslearningmedia.org/resource/teen-popularity-kqed/does-being-popular-in-high-school-really-matter-above-the-noise/>
- EMOTIONAL ABC Classroom
- EVERFI - Social Emotional Learning Resources <https://everfi.com/offerings/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
- Future Self Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/>
- Getting Caught in the Web Lesson 1
- Good Mental Health <https://youtu.be/beTd4UFLtOU>

- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education
http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
- Guided Imagery <https://healthpoweredkids.org/lessons/guided-imagery-create-the-state-you-want/>
- Healthy Relationships, Online THATSNOTCOOL <https://thatsnotcool.com>
- Hiding in Plain Sight - Youth Mental Illness <https://vpm.pbslearningmedia.org/collection/kenburnsclassroom/film/hiding-in-plain-sight/>
- 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/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
- 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>
- Mental Health and High School Curriculum Guide, Canadian Mental Health Association <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/09/Mental-Health-High-School-Curriculum-Guide.pdf>
- Mental Health HS Curriculum Guide - Teen Mental Health.org <http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/>
- 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 Schools -
- 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)
- [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/)
- [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/)
- [Parent Discussion Guide on Youth Healthy Relationships](https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.pdf)
- [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#.WR3WWmVNFho)
 - [Sounds of Music \(Stress Management\)](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho)
 - [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)
- [Ready to Remain Safe \(8th\)](#)
- [Relationships...Quality Control \(8th\)](#)
- [Relationships...Going Up while Growing Up \(8th\)](#)
- [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/)
- [Resiliency: One Step at a Time](https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/)
- [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.sdca.org/office/girlsonlytoolkit/)
- [Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine](http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson)
- [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 - Social and Emotional Learning: Essential Lessons for Student Success](https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html)
- [Screening for Mental Health - depression, suicide, and self-injury](https://mentalhealthscreening.org/programs/sos-signs-of-suicide)

- Self-Esteem and Body Image <https://healthpoweredkids.org/lessons/self-esteem-and-body-image/>
- Self-Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/>
- Self-Management/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/>
- 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/>
- Social Anxiety, School, and Sad Thoughts <https://vpm.pbslearningmedia.org/resource/social-anxiety-school-sad-thoughts-plain-sight/hiding-in-plain-sight-youth-mental-illness-video-gallery/>
- Stress, Trauma and the Brain - Insights for Educators <https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/>
- Stigma and Identity <https://vpm.pbslearningmedia.org/resource/stigma-and-identity/hiding-in-plain-sight-youth-mental-illness-video/kenburnsclassroom/>
- Striking Out Stress: A “Gallery Walk” Activity http://www.educationworld.com/a_tsl/archives/02-1/lesson045.shtml
- 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
- Suicidal Ideations [hiding-in-plain-sight-youth-mental-illness-video/kenburnsclassroom/](https://vpm.pbslearningmedia.org/resource/hiding-in-plain-sight-youth-mental-illness-video/kenburnsclassroom/)
- 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](https://www.ted.com/lessons/the-psychology-of-ptsd)
 - [How to stay calm under pressure](https://www.ted.com/lessons/how-to-stay-calm-under-pressure)
- Toxic Positivity <https://youtu.be/AxSzW8TeO1g>
- 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
- 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 is important to me?](https://www.youtube.com/watch?v=xsEJ6GeAGb0)
- What’s normal anxiety? <https://www.youtube.com/watch?v=xsEJ6GeAGb0>
- When Food Becomes an Enemy <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf
- Youth Mental Health <https://vpm.pbslearningmedia.org/collection/youth-mental-health/>

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/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
- CDC Violence Prevention <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
- Committee for Children - Bullying Prevention Unit
- Coaching Boys into Men Toolkits <http://www.coachescorner.org>
- Discovery Online - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
- Five Ways to Stop Bullying <https://youtu.be/vGV5jzPYvm0>
- Healthy Communication Skills Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- Healthy Relationships, Online THATSNOTCOOL <https://thatsnotcool.com>
- Hernando County Anger Management Lesson [Hernando County Anger Management Lesson\(1\).pdf](http://www.hernandocountyfla.com/Assets/Files/Hernando%20County%20Anger%20Management%20Lesson%20(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
- KidsHealth Teachers Guide 9-12 Grade Conflict Resolution http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict_resolution.pdf
- Love is Respect <https://www.loveisrespect.org>
- Making Safe Decisions https://www.etr.org/healthsmart/assets/File/sample-lessons/MS_ViolenceAndInjuryPreventionLesson.pdf
- National Crime Prevention Council: Youth Gangs - Know the Facts <http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf>
- National Gang Center <https://www.nationalgangcenter.gov>,
- Olweus - Class Meetings That Matter- Grades 6-8 http://www.hazelden.org/OA_HTML/ibeCCtptmDspRte.jsp?item=15524&sitex=10020:22372:US
- Olweus School-wide Bullying Prevention Program <http://olweus.sites.clemson.edu>
- Online Safety <https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/>
- 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 Student Action Plan <http://www.pacerkidsagainstabullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf>
- Pacer Teens Against Bullying <http://www.pacerteensagainstabullying.org>
- Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.pdf
- Positive Behavior Interventions and Supports (PBIS) <https://www.pbis.org>
- Respect Others Respect Yourself <http://headsip.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 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>
- 2023 Teen Dating Violence Prevention Toolkit <https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf>
- Virginia Rules https://virginiarules.org/varules_topics/gangs/
- **Healthy Relationships/Dating Violence**
 - Break the Cycle's DV 101 Single Day Dating Violence Lesson https://www.breakthecycle.org/sites/default/files/dv_101_single_day_lesson_plan.pdf
 - CDC Healthy Relationship Talking Points <http://headsip.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.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
 - Michigan Dating Violence Youth Education Package https://www.michigan.gov/documents/dhs/DHS-PUB-0224_172099_7.pdf
 - National Crime Prevention Council Violence Lesson (Session 14, Community Works) <http://archive.ncpc.org/resources/files/pdf/violent-crime/billofrights.pdf>
 - Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox <http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf>
 - VSDVAA Building Healthy Relationships Across Virginia Facilitators Guide http://www.ncdsv.org/images/VSDVAA_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf
 - You Tube 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>
 - Virginia Department of Health <http://www.vdh.virginia.gov/suicide-prevention/>



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*

Table of Contents

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

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/hlthhumbdychall.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>
- Fact Monster- Biology – Human Body Systems <https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems>
- Khan Academy- Biology Body Systems <https://www.khanacademy.org/science/high-school-biology/hs-human-body-systems>
- National Cancer Institute <https://training.seer.cancer.gov/anatomy/endocrine/>
- National Institute of Diabetes and Digestive and Kidney Diseases <https://www.niddk.nih.gov/health-information/endocrine-diseases>
- 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?](#)
- US Department of Health and Human Services Organ Donation Site <https://organdonor.gov/index.html>
- Virginia Department of Health www.vdh.virginia.gov
- Articles:

- *Adrenaline, Cortisol, Norepinephrine/The Stress Hormones Explained* http://www.huffingtonpost.com/2013/04/19/adrenaline-cortisol-stress-hormones_n_3112800.html *Cortisol, Its Role in Stress, Inflammations, and Implications for Diet Therapy* <http://www.todaysdietitian.com/newarchives/111609p38.shtml> .
- *Fight or Flight* <http://psychcentral.com/lib/fight-or-flight/>
- *Web MD Endocrine Systems Disorders* <http://www.webmd.com/diabetes/endocrine-system-disorders#1>
- YouTube Videos:
 - KidsHealth.org *How the Endocrine System Works* https://www.youtube.com/watch?v=HXPCQBD_WGI&index=17&list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z
 - Khan Academy's *Introduction to the Endocrine System* https://www.youtube.com/watch?v=f_Z1zsR9IFM
 - *Is it Communicable or Non-Communicable?* <https://www.youtube.com/watch?v=vpEAos0blyw>
 - *Preventing Communicable Disease* https://www.youtube.com/watch?v=EgJcfIR_Dic

Community/Environmental Health

- Health Smart Virginia 9th Grade Page <https://healthsmartva.org/9th-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- Allergy and Asthma Foundation <http://fightthecauseofallergy.org>
- Asthma in the City Lesson
<https://www.urmc.rochester.edu/life-sciences-learning-center/resources-lessons/lessons/environmental-health.aspx>
- CDC Emergency Preparedness <https://emergency.cdc.gov/preparedness/>
- EPA Environmental Health 101 Lesson <https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>
- EPA Student Environmental Health Resources <https://www.epa.gov/students>
- 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>
- FEMA - Youth Emergency Preparedness Guide (9-12) https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA_HS_TG_082613_508.pdf
- Global Asthma Report <http://www.globalasthmareport.org>
- Global Asthma Network <http://www.globalasthmanetwork.org/patients/causes.php>
- Green Schools - Earth Day Activities and Ideas
<http://www.greenschools.net/article.php-id=160.html>
- HealthyPeople.Gov Environment <https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health>
- How Do Chemicals Affect Animals and Their Kids? <https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/>
- 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/>
- How do our food choices affect the environment? <https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/>
- Maryland - Grade 8 EH Lesson
https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD_EH_Lssn.pdf
- NIEHS - Your Environment - Your Health <http://www.niehs.nih.gov/health/scied/teachers/>
- OSU Hydroville Curriculum Project - Problem-based environmental health curricula, resources, and events <http://blogs.oregonstate.edu/hydroville/>
- PBS Global Health Lesson 9-12th Grade <http://www.pbs.org/now/classroom/globalhealth.html>
- 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/1a2eW3KYiXDLZFLoBNuBUD_9k91BLt-wz/view
- Recycle Plastic More Sustainably <https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/>
- Red Cross Emergency Preparedness <http://www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready/make-a-plan>
- 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>
- National Geographic – “Allergy Misery” <http://environment.nationalgeographic.com/environment/global-warming/allergies-misery/>
- Scientific American: “The Link Between the Environment and Health” <https://www.scientificamerican.com/article/environment-and-our-health/>
- “This is Environmental Health” <https://www.youtube.com/watch?v=zmnEtCGDXMg>
- “Ozone, Air Quality, and Asthma” <http://kidshealth.org/en/teens/ozone-asthma.html?ref=search#>

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
- Obesity <http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf>
- PE Central - Calculating Fat, Carbohydrates & Proteins <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
- 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
- Addressing Social Determinants of Health and Development <http://ctb.ku.edu/en/table-of-contents/analyze/analyze-community-problems-and-solutions/social-determinants-of-health/main>
- American Public Health Association - Topics & Issues <https://www.apha.org/topics-and-issues>
- American Cancer Society High Schools Against Cancer http://relay.acevents.org/site/DocServer/RFL_Student_HAC_Guidebook_GW.pdf?docID=185625
- American Cancer Society - Ready-to-Use Cancer Presentations <http://www.cancer.org/health-care-professionals/resources-for-professionals/cancer-presentations.html/>
- American Institute for Cancer Research - Recommendations for Cancer Prevention <http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/>
- 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>
- Brain Pop Educators Lesson Plan - Oncology <https://educators.brainpop.com/lesson-plan/oncology-game-cancer-lesson-plan/>
- CDC Cancer Prevention Program <https://www.cdc.gov/cancer/>
- CDC Cancer - How to Prevent and Find It Early <https://www.cdc.gov/cancer/dcpc/prevention/index.htm>
- 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.pbslearningmedia.org/resource/faec9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
- Discovery Education - Introduction to bacteria <http://www.discoveryeducation.com/teachers/free-lesson-plans/introduction-to-bacteria.cfm>
- Earbuds <http://kidshealth.org/en/teens/earbuds.html?view=ptr&WT.ac=t-ptr>
- 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/ac2a3fd06796f89fcd284ddb3fea4797/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>
- Goodheart Wilcox - Comprehensive Health Resources <http://www.gwlearning.com/health/0305/index.htm>
- Goodheart Wilcox - Essential Health Resources <http://www.gwlearning.com/health/0428/index.htm>
- Great American Smoke Out Anti-Smoking Lesson Plans http://www.educationworld.com/a_lesson/lesson/lesson034.shtml
- HealthBeat - Get Physical <https://vpm.pbslearningmedia.org/resource/71663cb6-3008-41d3-b736-7170d22b83b2/healthbeat-get-physical/>
- HealthBeat - Breathe and Believe <https://vpm.pbslearningmedia.org/resource/37582e97-c667-4e08-91a8-34b4d686241a/healthbeat-stanley-stress/>
- HealthBeat - Hip Hopscotch <https://vpm.pbslearningmedia.org/resource/c758fd18-899c-41fe-902e-81c37153a0d5/healthbeat-hip-hopscotch/>

- HealthBeat - Sleep is Your Friend <https://vpm.pbslearningmedia.org/resource/2093c204-5ff2-4dc8-b00c-2158f39b1224/healthbeat-sleep-is-your-friend/>
- HealthyPeople.gov- Social Determinants of Health <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>
- Hitting Cancer Below the Belt Colon Cancer Education <http://hcb2.org>
- Infectious Diseases <https://www.youtube.com/watch?v=9axOFtPqS0c>
- 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>
- Media Literacy - Recognizing Propaganda - Unreliable Testimony <http://www.glencoe.com/sec/health/teachres/lessonplans/mlshampoo.shtml>
- MedlinePlus: Evaluating Health Information <https://medlineplus.gov/evaluatinghealthinformation.html>
- National Eye Institute (NEI) - Ask a Scientist: Perfect Vision and Glasses https://youtu.be/_sjuU_9emwM
- Natural Disasters <https://educators.brainpop.com/bp-topic/natural-disasters/>
- 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
- NIDCD - Interactive Sound Ruler – How Loud Is Too Loud <https://www.noisyplanet.nidcd.nih.gov/publications/how-loud-too-loud-bookmark-english>
- NYT - The Learning Network - Vitamin Deficiencies http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?_r=0
- Obesity <http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf>
- 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-savenger-hunt-1140.html?tab=1>
- SENTARA Stroke Education Toolkit <https://sentarastrokeawareness.com/toolkit/>
- Sleep Well <https://ymiclassroom.com/lesson-plans/sleep/>
- Smarter Balanced Assessment Consortium - HS Communicable Diseases Activity <http://www.discoveryeducation.com/teachers/free-lesson-plans/introduction-to-bacteria.cfm>
- 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_content&view=article&id=1&Itemid=3
- Taking Care of Your Vision <http://kidshealth.org/en/teens/vision-care.html>
- Taking Care of Your Teeth <http://kidshealth.org/en/teens/teeth.html?ref=search>
- Tips to Protect Your Hearing <https://focus.masseyeandear.org/how-to-wear-ear-plugs/>
- Videos

- How Your Eyes Work - NIH https://www.youtube.com/watch?v=i3_n3Ibfn1c
- What are Cavities <https://www.youtube.com/watch?v=PqMEunuM54&index=68&list=PLgVW4hDBH0pe1XHkzmcjwsyORJfkldp2C>
- Protecting Your Ears <https://www.youtube.com/watch?v=MjdVP9hIaa4>
- Hearing and Balance - Crash Course <https://www.youtube.com/watch?v=Ie2j7GpC4JU>
- Vision- Crash Course <https://www.youtube.com/watch?v=o0DYP-u1rNM>
- VDH Saving Smiles Oral Health Curriculum Grades 6-10 http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving_Smiles_Series.pdf
- Virginia Foundation for Healthy Youth www.VFHY.org
- Virginia Department of Health www.vdh.virginia.gov
- Volunteer Virginia <http://virginiashervice.virginia.gov/volunteering/>
- What is TB <https://www.youtube.com/watch?v=wV1plyOaj8>

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
- Connect with Kids-On The Rocks-Title: Sing It! http://www.connectwithkids.com/LHI/pdf/OnTheRocks_ResourceGuide.pdf
- 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>
- Easy to Start, Hard to Quit (Vaping) <https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/>
- E-Cigarettes and Vaping – Lesson 1: Why Should I care? and Lesson 2: Don't get (e-)Hooked!
- Effects of Vaping <https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/>
- Everfi Marijuana Lesson Plans <https://everfik12hc.wpengine.com/marijuana-lesson-plans/>
- Everfi Prescription Drug Safety Lesson Plan - Introduction to the Opioid Crisis http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
- Everfi Prescription Drug Safety Lesson Plan - Understanding Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- Everfi Prescription Drug Safety Lesson Plan - Resisting Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
- Generation RX – Teen Prescription Rx Toolkit <https://www.generationrx.org/toolkits/teen/>
- Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
- FDA Anti-Juuling Video for Teens <https://youtu.be/zYuyS1Oq8gY>
- GirlsHealth.gov - Drugs, Alcohol, and Smoking <http://www.girlshealth.gov/substance/>
- Heads Up – Methamphetamine <http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf>
- Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) <https://med.stanford.edu/tobaccoventiontoolkit/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 <https://vpm.pbslearningmedia.org/resource/e78a64a0-5098-4147-b86d-31d3b5e44fe1/how-opioids-change-the-brain-lesson-plan-understanding-the-opioid-epidemic/>
- Interactive sites:
 - <http://bloodalcoholcalculator.org/#LinkURL>

- http://www.collegedrinkingprevention.gov/CollegeStudents/anatomy/InteractiveBody_flash.aspx
- <http://help4kids.stanford.edu/alcohol/framework.swf>
- <http://www.nhtsa.gov/links/sid/ABCsBACWeb/>
- <http://www.drinkingnightmare.gov.au/internet/drinkingnightmare/publishing.nsf/Content/game>
- <http://sciencenetlinks.com/interactives/alcohol/ebook/index.htm>
- <http://abovetheinfluence.com/how-are-you-doing/>
- Internet4Kids Drug Lesson Plans K-12
https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm
- 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/>
- LA Health - E-cig & vaping Informational video (Loudoun schools)https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig_Vaping_Cut.1.mp4
- Lessons for Responsible Medicine Use <https://ymiclassroom.com/otcmedsafety/>
- Lesson: The Mysterious Vaping Illness That's Becoming and Epidemic
- Lung Health <https://vpm.pbslearningmedia.org/collection/lung-health/>
- Little Lungs in a great Big World <https://www.youtube.com/watch?v=fmKply2PfmI>
- Marijuana and Teens – *American Academy of Child and Adolescent Psychiatry*.
https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Marijuana-and-Teens-106.aspx
- Marijuana – Download the Facts – Printables and Lessons
- Meth Mouse – Interactive Lesson on Effects of Methamphetamines
- Nicotine Addiction – Toolkit for Schools
- Nic Sick: The Dangers of Youth Vaping <https://video.idahoptv.org/video/nic-sick-uesfxt/>
- NIDA Mind Over Matter-Anabolic Steroids <http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids>
- 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/cRA54zeGAnM>
- Online game/ad FDA <https://whatsinavape.com>

- PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction - Grades 6-12 <https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/>
 - 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-4297ddbfcf86/>
 - 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/54a03afc-8e26-4636-a46c-154f68e8aaab/prescription-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/29d45378-8fc0-4c03-9607-8a347dba92dc/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 – Teachers Guide: The Meth Epidemic <https://www.pbs.org/wgbh/pages/frontline/teach/meth/>
- PBS video on juuling epidemic <https://youtu.be/INs19kGAnLU>
- 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>
 - Heads Up - Real News About Drugs and Your Body – 14 Activities <http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf>
 - Youth Vaping Risks <https://www.scholastic.com/youthvapingrisks/>
- Smoking and Vaping - Lung Health <https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/>
- SODAT NJ – Drug Prevention Lesson Plans <http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html>
- Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) <http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
 - 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
 - Lesson - Understanding Hookah and Its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html>
- Smokeless Tobacco
 - Lesson – Understanding Smokeless Tobacco and its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html>
- 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>
- 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
- 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/>
- 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 and E Cigarettes <https://healthpoweredkids.org/lessons/tobacco-and-e-cigarettes/>
- Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth

- Treating Marijuana Addiction <https://www.youtube.com/watch?v=md4IRQsLlnE>
- US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide <http://nahimgood.org/Docs/JustThinkTwice.pdf>
- 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](https://www.pbs.org/video/understanding-the-opioid-epidemic-family-and-community-discussion-guide)
- 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 – You Tube
- Why is vaping so popular <https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/>

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

- Marijuana Risks: Virtual Assistant: 60 (SAMHSA) <https://youtu.be/-nDGVFujQ9A>
- The Stanford Medicine Toolkits: Tobacco and Cannabis Prevention <https://youtu.be/t71pDKIUfrE>
- 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/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>
- 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/ivzxGOK2nQ0>
- Mind Matters: What if Someone I know Needs Help (NIDA) <https://youtu.be/Avi9pHvTw-k>
- Mind Matters: Teen Brain Development (NIDA) <https://youtu.be/EpfnDijz2d8>
- Marijuana Risks: Build a Brain (NIDA) <https://youtu.be/HLYIDpJxxqs>

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
 - Tell the Story - 911AED Advocacy Lesson <http://bethebeat.heart.org/wp-content/uploads/2014/10/TelltheStory.pdf>
 - Staying Alive - CPR <https://youtu.be/0HGpp6mStfY>
- American Red Cross Student Training <https://www.redcross.org/take-a-class/cpr/cpr-training/cpr-programs-for-schools>
- Anyone Can Save A Life - An Emergency Action Planning Program for After School Practices and Events <http://www.anyonecansavealife.org>
- 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/>
- Citizens Crime Commission of New York City - A Student Guide to Using Social Media Correctly <http://www.nycrimecommission.org/pdfs/social-media-violence-lesson-plan.pdf>
- [CPR In Action - a 3D Look Inside the Body](#)
- 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 Risks and Safety https://www.safekids.org/safetytips/field_age/teens-15%E2%80%9319-years/field_risks/fire
- Fire Safety Checklist <https://www.safekids.org/checklist/fire-safety-checklist>
- Fire Safety Resources - Vermont <https://firesafety.vermont.gov/pubed/programs>
- Fullerton Joint Union High School District Cyber Safety Lesson Plan <https://coolcybersafetylessons.wikispaces.com/1.+Lesson+Plans>
- 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
- NY Crime Commission - Using Social Media Safely <http://www.nycrimecommission.org/pdfs/social-media-violence-lesson-plan.pdf>
- Ophelia Project Cyberbullying - CyberCool High School <http://www.opheliaproject.org/cyber.html>
- Ophelia Project - Cyberbullying lesson plan <http://www.opheliaproject.org/cyber/CyberCoolHighSchool.pdf>
- Stop the Texts, Stop the Wrecks <https://ymiclassroom.com/lesson-plans/stopthetexts/>
- Teen Driver Safety <https://www.cdc.gov/injury/features/teen-drivers/index.html>
- 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=RJWcOYftedk>
 - 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=VOobl7xi-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>
- 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>
- 97 SEL Skills Activities – InspiredStudents.org
- An Adolescent Mental Health Curriculum - A Starter Kit for Schools <http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools>
- Are Teens Addicted to Texting? <https://vpm.pbslearningmedia.org/resource/midlit11.soc.ush.texting/are-teens-addicted-to-texting/>
- Body Image and Eating Disorders [body-image-and-eating-disorder-hiding-in-plain-sight](https://www.pbslearningmedia.org/resource/midlit11.soc.ush.texting/body-image-and-eating-disorder-hiding-in-plain-sight/)
- Canadian Mental Health Association- Mental Health and High School Curriculum Guide http://www.cibhs.org/sites/main/files/file-attachments/mental_health_and_high_school_curriculum_guide.pdf
- CDC Healthy Relationships Talking Points <http://headsip.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf>
- CDC Healthy Communication Skills Teachers Guide <http://headsip.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- The Clique
- 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>
- Does Being Popular in High School Really Matter? <https://vpm.pbslearningmedia.org/resource/teen-popularity-kqed/does-being-popular-in-high-school-really-matter-above-the-noise/>
- Eating Disorders www.usatoday.com/educate/casestudies/eatingdisorders.pdf
- Emotional Regulation: “How hot or cold does your emotional ‘engine’ run?”
- EVERFI - Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
- Everyday mindfulness - YouTube
- Future Self Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/>
- 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/>
- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education

- http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
- Healing trauma <https://www.youtube.com/watch?v=ZoZT8-HqI64>
- Healthy Relationships, Online THATSNOTCOOL <https://thatsnotcool.com>
- Hiding in Plain Sight - Youth Mental Illness <https://vpm.pbslearningmedia.org/collection/kenburnsclassroom/film/hiding-in-plain-sight/>
- [Interactive Games in Support of Mental Health | Mental Health Delta Division](#)
- [Juggling New Opportunities](#)
- 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/classroom/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
 - Getting Along http://classroom.kidshealth.org/9to12/personal/growing/getting_along.pdf
 - Healthy Relationships http://classroom.kidshealth.org/9to12/personal/growing/healthy_relationships.pdf
 - Peer Pressure http://classroom.kidshealth.org/9to12/personal/growing/peer_pressure.pdf
 - Self Esteem http://classroom.kidshealth.org/9to12/personal/growing/self_esteem.pdf
 - Stress <https://classroom.kidshealth.org/9to12/problems/emotions/stress.pdf>
 - Suicide Prevention <http://classroom.kidshealth.org/9to12/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>
- [Managing Conflicts](#)
- [Mental Health Activities for High School Students - The Truthful Tutor](#)
- Mental Health First Aid <https://www.thenationalcouncil.org>
- Mental Health and High School Curriculum Guide , Canadian Mental Health Association <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/09/Mental-Health-High-School-Curriculum-Guide.pdf>
- Mental Health HS Curriculum Guide - Teen Mental Health.org <http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/>
- 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](#)
- NC Schools - Mrs. Kelly's Health and PE Mental Health Lessons https://daretolearn.haikulearning.com/forsytheke/mrs.kellyshealthandpe/cms_file/show/17927483.pdf?t=1386943520
- 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>
- Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine <http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson>
- 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/>
- Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.pdf
- 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
- Relationship skills/Social Emotional learning <https://vpm.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/>
- Resiliency: One Step at a Time <https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/>
- 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/>
- 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/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-e-commerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- Screening for Mental Health - depression, suicide, and self-injury <https://mentalhealthscreening.org/programs/sos-signs-of-suicide>
- Self-Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/>
- Self-calming methods: “Downshift to a lower gear with help from your body”

- Self-Management/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/>
- 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/>
- Social Anxiety, School, and Sad Thoughts <https://vpm.pbslearningmedia.org/resource/social-anxiety-school-sad-thoughts-plain-sight/hiding-in-plain-sight-youth-mental-illness-video-gallery/>
- Social Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/>
- Striking Out Stress: A “Gallery Walk” Activity http://www.educationworld.com/a_tsl/archives/02-1/lesson045.shtml
- 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/>
- Stigma and Identity <https://vpm.pbslearningmedia.org/resource/stigma-and-identity/hiding-in-plain-sight-youth-mental-illness-video/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-video/kenburnsclassroom/](https://vpm.pbslearningmedia.org/resource/hiding-in-plain-sight-youth-mental-illness-video/kenburnsclassroom/)
- 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](#)
- TeenMentalHealth.org - Mental Health and High School Curriculum Guide <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/06/DRAFT-6-2015-Version-New-Design.compressed.pdf>
- The Compassion Project consists of 15 online lessons and 3 digital activities 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=xsEJ6GeAGb0>
- What is trauma? <https://www.youtube.com/watch?v=BJfmfkDQb14>
- When Grief Enters the Classroom
 - http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf
- 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>
- CDC Violence Prevention <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
- 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
- Coaching Boys into Men Toolkits. <http://www.coachescorner.org>
- Discovery Online - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
- Healthy Communication Skills Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- Kids Health Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
- Kids Health Teachers Guide 9-12 Grade Conflict Resolution http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict_resolution.pdf
- In the Mix - Thinking it Through <https://www.youtube.com/watch?v=xDoQIpe5TxA>
- National Crime Prevention Council: Youth Gangs - Know the Facts <http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf>
- National Gang Center <https://www.nationalgangcenter.gov>,
- Olweus - Class Meetings That Matter- Grades 6-8 http://www.hazelden.org/OA_HTML/ibeCCtptmDspRte.jsp?item=15524&sitex=10020:22372:US
- Ophelia Project - It Has a Name: Relational Aggression <http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf>
- Online Safety <https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/>
- 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 Student Action Plan <http://www.pacerkidsagainstabullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf>
- Pacer Teens Against Bullying <http://www.pacerteensagainstabullying.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/HealthyRelationships/DatingViolence
 - Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.pdf
 - Healthy Relationships, Online THATSNOTCOOL <https://thatsnotcool.com>
 - Love is Respect <https://www.loveisrespect.org>
 - 2023 Teen Dating Violence Prevention Toolkit <https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf>
 - Break the Cycle’s DV 101 Single Day Dating Violence Lesson https://www.breakthecycle.org/sites/default/files/dv_101_single_day_lesson_plan.pdf
 - 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.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
 - Michigan Dating Violence Youth Education Package https://www.michigan.gov/documents/dhs/DHS-PUB-0224_172099_7.pdf
 - National Crime Prevention Council Violence Lesson (Session 14, Community Works) <http://archive.ncpc.org/resources/files/pdf/violent-crime/billofrights.pdf>
 - Respect Others Respect Yourself (CDC & NIDA). <http://headsup.scholastic.com/teachers/respect-others-respect-yourself>
 - Refusal Skills – Rethinking Drinking, Alcohol and You <https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Interactive-worksheets-and-more/Stay-in-control/Drink-Refusal-Skills.aspx>
 - Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox <http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf>
 - Teen Dating Violence Awareness <https://youtu.be/x2WE2I1nkYA>
 - Teen Dating Violence Prevention <https://youtu.be/ZFpmB571fqE>
 - VSDVAA Building Healthy Relationships Across Virginia Facilitators Guide http://www.ncdsv.org/images/VSDVAA_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf
 - You Tube clips on Dating Violence, e.g., <https://youtu.be/ODntqYIYx7E>
- 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.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.
This 2023 Update was funded by the [Office of Behavioral Health Wellness](#), Virginia Department of Behavioral Health and Developmental Services*

Table of Contents

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

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/hlthhumbdy chall.pdf>
- Biology Dictionary – Body Systems <https://biologydictionary.net/body-systems/>
- Fact Monster- Biology – Human Body Systems <https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems>
- Khan Academy- Biology Body Systems <https://www.khanacademy.org/science/high-school-biology/hs-human-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>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Choosing a Career in Health https://www.nlm.nih.gov/changingthefaceofmedicine/resources/lesson_hs.html
- Communicable Diseases <https://www.youtube.com/watch?v=BTH4DqOMp94>
- Chain of Infection <https://www.youtube.com/watch?v=03mK0bpIeyQ>
- Discovery Education - Careers in Health <http://www.discoveryeducation.com/teachers/free-lesson-plans/careers-in-health.cfm>
- Does Farming Impact Air Quality? <https://www.sciencejournalforkids.org/articles/how-does-farming-impact-air-quality/>
- Food Allergy Awareness <https://healthpoweredkids.org/lessons/food-allergy-awareness/>
- Kids Health-health careers <https://kidshealth.org/en/teens/health-care-careers.html>
- Rice Center for Technology in Teaching and Learning <http://coolsciencecareers.rice.edu/>
- Virginia Education Wizard <https://www.vawizard.org/wizard/careersAssess>
- Asthma in the City Lesson <https://www.urmc.rochester.edu/life-sciences-learning-center/resources-lessons/lessons/environmental-health.aspx>
- FEMA - Youth Emergency Preparedness (9-12) https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA_HS_TG_082613_508.pdf
- Allergy and Asthma Foundation <http://fightthecauseofallergy.org>
- CDC Emergency Preparedness <https://emergency.cdc.gov/preparedness/>
- EPA Environmental Health 101 Lesson <https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>
- EPA Student Environmental Health Resources <https://www.epa.gov/students>
- 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>
- Global Asthma Report <http://www.globalasthmareport.org>
- Global Asthma Network <http://www.globalasthmanetwork.org/patients/causes.php>
- Green Schools - Earth Day Activities and Ideas <http://www.greenschools.net/article.php-id=160.html>
- HealthyPeople.Gov Environment <https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health>
- How Do Chemicals Affect Animals and Their Kids? <https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/>
- 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/>
- How do our food choices affect the environment? <https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/>
- Infectious Diseases <https://www.youtube.com/watch?v=9axOfTPqS0c>
- Insulin Resistance <https://www.youtube.com/watch?v=OvopID91fTo>
- Maryland - Grade 8 EH Lesson https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD_EH_Lssn.pd
- NIEHS- Your Environment- Your Health <http://www.niehs.nih.gov/health/scied/teachers/>

- 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/1a2eW3KYiXDLZFLoBNuBUD_9k91BLt-wz/view
- 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>
- 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/>
- What is TB <https://www.youtube.com/watch?v=wV1plyOaj8>
- WHO Environmental Health http://www.who.int/topics/environmental_health/en/
- **Lesson Plan**
 - FEMA Be a Hero Youth Emergency Preparedness Guide https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA_HS_TG_082613_508.pdf
- **Articles and Videos**
 - “Environmental Issues Involving Global Warming” - 8th Grader TED Talk <https://www.youtube.com/watch?v=PRJvuA5bW9s>
 - National Geographic - “Allergy Misery” <http://environment.nationalgeographic.com/environment/global-warming/allergies-misery/>
 - Scientific American: “The Link Between the Environment and Health” <https://www.scientificamerican.com/article/environment-and-our-health/>
 - “This is Environmental Health” <https://www.youtube.com/watch?v=zmnEtCGDXMg>

Nutrition

- Health Smart Virginia 10 Grade Page <https://healthsmartva.org/10th-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>
- American Public Health Association - Topics & Issues <https://www.apha.org/topics-and-issues>
- Discovery Education- Eating Disorders <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- Giving Nation - six week youth social action challenge <http://www.g-nation.org.uk/>
- Go Noodle – Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Goodheart Wilcox - Comprehensive Health Resources <http://www.gwlearning.com/health/0305/index.htm>
- Goodheart Wilcox - Essential Health Resources <http://www.g-wlearning.com/health/0428/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
- Health Start Foundation – Nutrients https://www.healthstartfoundation.org/hsblog/what-are-nutrients-anyway?gad=1&gclid=Cj0KCQjwi46iBhDyARIsAE3nVrYNd3ZlqX40ge0NuMTQ9tWjufNDLfdons4JGnNKVhQSI7NNI3pWY5waAoE2EALw_wcB
- Kid Health - Finding Low Cost Medical Care <http://kidshealth.org/en/teens/lcost-medcare.html#catmedical-care>
- NYT - The Learning Network - Vitamin Deficiencies http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?_r=0
- Nutrition – High School Lesson Plans
- Nutrition Activities in Any Classroom – Junior and Senior High
- Obesity <http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf>
- PE Central- Calculating Fat, Carbohydrates & Proteins <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
- 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>
- The 5 Fabulous Food Groups - You Tube
- Vegetable Database <https://fruitsandveggies.org/stories/vegetables/>
- Young Invincibles Healthy Adulting Toolkit <http://younginvincibles.org/wp-content/uploads/2017/04/HealthyAdulting-Toolkit.pdf>

Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia 10 Grade Page <https://healthsmartva.org/10th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Addressing Social Determinants of Health and Development <http://ctb.ku.edu/en/table-of-contents/analyze/analyze-community-problems-and-solutions/social-determinants-of-health/main>
- AAP Bright Futures Adolescent Screening Recommendations https://www.aap.org/en-us/Documents/periodicity_schedule.pdf
- Access to Health Services – Healthy People 2020 <https://www.healthypeople.gov/2020/topics-objectives/topic/Access-to-Health-Services>
- American Public Health Association - Topics & Issues <https://www.apha.org/topics-and-issues>
- Brain Pop Educators Lesson Plan - Oncology <https://educators.brainpop.com/lesson-plan/oncology-game-cancer-lesson-plan/>
- CDC Distracted Driving Lesson Plan <https://www.cdc.gov/careerpaths/scienceambassador/documents/distracted-drivers.pdf>
- CDC Community Health Programs <https://www.cdc.gov/nccdphp/dch/>
- Community Toolbox <http://ctb.ku.edu/en>
- Dental Care Quizzes <https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
- Discovery Education- Eating Disorders <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- Federal Government Department of Health and Human Services <https://www.hhs.gov/about/index.html#>
- Giving Nation - six week youth social action challenge <http://www.g-nation.org.uk/>
- Go Noodle – Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Goodheart Wilcox - Comprehensive Health Resources <http://www.gwlearning.com/health/0305/index.htm>
- Goodheart Wilcox - Essential Health Resources <http://www.gwlearning.com/health/0428/index.htm>
- Health Insurance Explained <https://www.youtube.com/watch?v=-58VD3z7ZiQ&feature=youtu.be>
- Health Insurance Quiz <http://kff.org/quiz/health-insurance-quiz/>
- HealthBeat - Get Physical <https://vpm.pbslearningmedia.org/resource/71663cb6-3008-41d3-b736-7170d22b83b2/healthbeat-get-physical/>
- HealthBeat - Breathe and Believe <https://vpm.pbslearningmedia.org/resource/37582e97-c667-4e08-91a8-34b4d686241a/healthbeat-stanley-stress/>
- HealthBeat - Hip Hopscotch <https://vpm.pbslearningmedia.org/resource/c758fd18-899c-41fe-902e-81c37153a0d5/healthbeat-hip-hopscotch/>
- HealthBeat - Sleep is Your Friend <https://vpm.pbslearningmedia.org/resource/2093c204-5ff2-4dc8-b00c-2158f39b1224/healthbeat-sleep-is-your-friend/>
- HealthyPeople.gov - Social Determinants of Health <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>
- Hitting Cancer Below the Belt Colon Cancer Education <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/DOC-51241?wapkw=creative+kids+go+pro>
- Kaiser Family Foundation - Health Insurance Explained <https://www.youtube.com/watch?v=-58VD3z7ZiQ>
- KidsHealth - Going to the Doctor <http://kidshealth.org/en/kids/going-to-dr.html>
- KidsHealth - Health Insurance Basics <http://kidshealth.org/en/teens/insurance.html>
- Kid Health - Finding Low-Cost Medical Care <http://kidshealth.org/en/teens/lcost-medcare.html#catmedical-care>
- Lesson Plan: Dangers of Distracted Driving http://www.educationworld.com/a_tech/techlp/techlp067.shtml
- Media Literacy - Recognizing Propaganda - Unreliable Testimony <http://www.glencoe.com/sec/health/teachres/lessonplans/mlshampoo.shtml>
- MedlinePlus: Evaluating Health Information <http://www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html>

- NYT - The Learning Network - Vitamin Deficiencies http://learning.blogs.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://virginiashelp.virginia.gov/volunteering/>
- Benefits and Risks of Screening Tests – Pub Med <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0072602/>
- 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 www.dbhds.virginia.gov
- Virginia FAMIS Children’s Health Insurance Brochure https://www.coverva.org/materials/famis_brochure_english.pdf
- Young Invincibles Healthy Adulting Toolkit <http://younginvincibles.org/wp-content/uploads/2017/04/HealthyAdulting-Toolkit.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
- Biological Sciences Curriculum Study (BSCS) Drug Abuse, Addiction, and the Adolescent Brain <https://bscs.org/resources/educator-resource-center/drug-abuse-addiction-and-the-adolescent-brain>
- 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
- Connect with Kids - On The Rocks - Title: Sing It! http://www.connectwithkids.com/LHI/pdf/OnTheRocks_ResourceGuide.pdf
- 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!
- Effects of Vaping <https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/>
- Easy to Start, Hard to Quit (Vaping) <https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/>
- Everfi Marijuana Lesson Plans <https://everfik12hc.wpengine.com/marijuana-lesson-plans/>
- Everfi Prescription Drug Safety Lesson Plan - Introduction to the Opioid Crisis http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- Everfi Prescription Drug Safety Lesson Plan - Understanding Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
- Everfi Prescription Drug Safety Lesson Plan - Resisting Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
- FDA Anti-Juuling Video for Teens <https://youtu.be/zYuyS1Oq8gY>
- Generation RX – Teen Prescription Rx Toolkit <https://www.generationrx.org/toolkits/teen/>
- Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
- GirlsHealth.gov - Drugs, Alcohol, and Smoking <http://www.girlshealth.gov/substance/>
- Heads Up – Methamphetamine
<http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf>
- Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.)
<https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html>
- How Opioids Change the Brain: Lesson Plan <https://vpm.pbslearningmedia.org/resource/e78a64a0-5098-4147-b86d-31d3b5e44fe1/how-opioids-change-the-brain-lesson-plan-understanding-the-opioid-epidemic/>
- How your brain responds to the reward circuit <https://www.youtube.com/watch?v=s27f7Jzy2k0>

- Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm
- 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/>
-
- LA Health - E-cig & vaping Informational video (Loudoun schools) https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig_Vaping_Cut.1.mp4
- Lesson: The Mysterious Vaping Illness That’s Becoming and 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 and Scholastic, Inc. – Heads Up. Real News about Drugs and Your Body <http://www.scholastic.com/drugs-and-your-bodyhttp://headsup.scholastic.com/teachers/collections/lesson-plans-and-printables>
- 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
- PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction -Grades 6-12 <https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/>

- 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-4297ddbfcf86/>
- 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/54a03afc-8e26-4636-a46c-154f68e8aaab/prescription-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/29d45378-8fc0-4c03-9607-8a347dba92dc/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 – Teachers Guide: The Meth Epidemic <https://www.pbs.org/wgbh/pages/frontline/teach/meth/>
- PBS video on juuling epidemic <https://youtu.be/INs19kGAnLU>
- 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>
 - Heads Up- Real News About Drugs and Your Body – 14 Activities <http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf>
 - Youth Vaping Risks <https://www.scholastic.com/youthvapingrisks/>
- Smoking and Vaping - Lung Health <https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/>
- SODAT NJ – Drug Prevention Lesson Plans <http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html>
- Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) <http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
 - 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
 - Lesson - Understanding Hookah and Its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html>
- Smokeless Tobacco
 - Lesson – Understanding Smokeless Tobacco and its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html>
- 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://teenshealth.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=md4IRQsLlnE>
- 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-hzpjx8/>
- Youth.gov Resource- Risk and Protective Factors by developmental period <http://youth.gov/youth-topics/substance-abuse/risk-and-protective-factors-substance-use-abuse-and-dependence>
- 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*. https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Marijuana-and-Teens-106.aspx
- 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/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/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>
- The Stanford Medicine Toolkits: Tobacco and Cannabis Prevention <https://youtu.be/t71pDKIUfrE>
- 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/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>
- 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/ivzxGOK2nQ0>
- Mind Matters: What if Someone I know Needs Help (NIDA) <https://youtu.be/Avi9pHvTw-k>
- Mind Matters: Teen Brain Development (NIDA) <https://youtu.be/EpfnDijz2d8>
- Marijuana Risks: Build a Brain (NIDA) <https://youtu.be/HLYIDpJxxqs>
- 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
 - Tell the Story - 911 AED Advocacy Lesson <http://bethebeat.heart.org/wp-content/uploads/2014/10/TelltheStory.pdf>
 - 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>
- Anyone Can Save A Life - An Emergency Action Planning Program for After School Practices and Events <http://www.anyonecansavealife.org> and 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](#)
- 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
- Fire Safety Checklist <https://www.safekids.org/checklist/fire-safety-checklist>
- Fullerton Joint Union High School District Cyber Safety Lesson Plan <https://coolcybersafetylessons.wikispaces.com/1.+Lesson+Plans>
- Healthy People 2020 Injury and Violence <https://www.healthypeople.gov/2020/topics-objectives/topic/injury-and-violence-prevention>
- 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 Injury 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>
- Overview of Science of Injury Prevention and Public Health Approaches to Violence <http://genderandhealth.ca/en/modules/trauma/module-map.jsp>
- Overview of national injury and violence prevention areas <http://www.astho.org/programs/prevention/injury-and-violence-prevention/>
- Ophelia Project - Cyber bullying lesson plan <http://www.opheliaproject.org/cyber/CyberCoolHighSchool.pdf>
- ProCon.org- Social Networking <http://socialnetworking.procon.org/>
- States Legislation and Policy for Injury Prevention <http://www.ncsl.org/research/health/injury-and-violence-prevention.aspx>
- Partners for Safe Teen Driving <https://safeteendriving.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
- Teen Drivers - NHTSA <http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Drivers---Parents-&-Teens>

- Teen Driver Safety <https://www.cdc.gov/injury/features/teen-drivers/index.html>
- Teach - VIP E Violence and Injury Prevention Comprehensive Curriculum http://www.who.int/violence_injury_prevention/capacitybuilding/teach_vip/e-learning/en/
- Think First: National Head and Spinal Cord Injury Prevention Program <http://thinkfirst.org/teens>
- Virginia Department of Education <http://www.doe.virginia.gov/instruction/health/index.shtml>
- Virginia Injury and Violence Data Site <http://www.vdh.virginia.gov/livewell/data/interactive/applications/voirs>
- You Tube Videos
 - Underage Drinking What a Waste <https://www.youtube.com/watch?v=4Gi3x5a-qxE>
 - One Decision https://www.youtube.com/watch?v=WWptgB_1bco
 - Underage Drinking - Is It Worth It <https://www.youtube.com/watch?v=WGQ8F05C5gk>
 - Prom-Drunk Driving <https://www.youtube.com/watch?v=LigPLJP6x3U>
 - Texting and Driving Crash - It Can Wait <https://www.youtube.com/watch?v=ApnyKv1GuNI>
 - Fletcher's Drive - It Can Wait <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>
- 97 SEL Skills Activities – InspiredStudents.org An Adolescent Mental Health Curriculum = A Starter Kit for Schools <http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools>
- Are Teens Addicted to Texting? https://vpm.pbslearningmedia.org/resource/midlit11_soc.ush.texting/are-teens-addicted-to-texting/
- Body Image and Eating Disorders [body-image-and-eating-disorder-hiding-in-plain-sight](https://www.youtube.com/watch?v=body-image-and-eating-disorder-hiding-in-plain-sight)
- Canadian Mental Health Association - Mental Health and High School Curriculum Guide: http://www.cibhs.org/sites/main/files/file-attachments/mental_health_and_high_school_curriculum_guide.pdf
- CDC Healthy Relationships Talking Points <http://headsip.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf>
- 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>
- Does Being Popular in High School Really Matter? <https://vpm.pbslearningmedia.org/resource/teen-popularity-kqed/does-being-popular-in-high-school-really-matter-above-the-noise/>
- Eating Disorders www.usatoday.com/educate/casestudies/eatingdisorders.pdf
- Emotional Regulation: “How hot or cold does your emotional ‘engine’ run?”
- EVERFI - Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
- Everyday mindfulness - YouTube
- Future Self Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/>
- 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/>
- Guide for Life: 5 Skills for Personal Success - Arkansas Department of Education http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
- Healing trauma <https://www.youtube.com/watch?v=ZoZT8-HqI64>
- Healthy Relationships, Online THATSNOTCOOL <https://thatsnotcool.com>

- Hiding in Plain Sight - Youth Mental Illness <https://vpm.pbslearningmedia.org/collection/kenburnsclassroom/film/hiding-in-plain-sight/>
- 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/classroom/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
 - Getting Along http://classroom.kidshealth.org/9to12/personal/growing/getting_along.pdf
 - Healthy Relationships http://classroom.kidshealth.org/9to12/personal/growing/healthy_relationships.pdf
 - Peer Pressure http://classroom.kidshealth.org/9to12/personal/growing/peer_pressure.pdf
 - Self Esteem http://classroom.kidshealth.org/9to12/personal/growing/self_esteem.pdf
 - Stress <https://classroom.kidshealth.org/9to12/problems/emotions/stress.pdf>
 - Suicide Prevention <http://classroom.kidshealth.org/9to12/problems/emotions/suicide.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>
- Mental Health and High School Curriculum Guide, Canadian Mental Health Association <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/09/Mental-Health-High-School-Curriculum-Guide.pdf>
- Mental Health HS Curriculum Guide - Teen Mental Health.org <http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/>
- 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
- NC Schools - Mrs. Kelly's Health and PE Mental Health Lessons - https://daretolearn.haikulearning.com/forsytheke/mrs.kellyshealthandpe/cms_file/show/17927483.pdf?t=1386943520
 - 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>

- 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>
- Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine <http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson>
- 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/>
- Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.pdf
- PBS- Overview of Mindfulness <http://www.pbs.org/thebuddha/teachers-guide/>
- PBS - Its 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#.WR8CIWVNFho>
- 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>
- 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 <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/>
- Resiliency: One Step at a Time <https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/>
- 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>
- Scholastic Mind Up Curriculum - brain centered management and teaching strategies <http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-e-commerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- 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”
- Self-Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/>
- Self-Management/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/>
- 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/>
- Stigma and Identity <https://vpm.pbslearningmedia.org/resource/stigma-and-identity/hiding-in-plain-sight-youth-mental-illness-video/kenburnsclassroom/>
- Striking Out Stress: A “Gallery Walk” Activity http://www.educationworld.com/a_tsl/archives/02-1/lesson045.shtml
- A Student’s Guide to Using Social Media
- Social Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/>
- Social Anxiety, School, and Sad Thoughts <https://vpm.pbslearningmedia.org/resource/social-anxiety-school-sad-thoughts-plain-sight/hiding-in-plain-sight-youth-mental-illness-video-gallery/>
- Stress, Trauma and the Brain - Insights for Educators <https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/>
- Substance Abuse and Mental Health Services Administration www.SAMHSA.gov
- Suicidal Ideations [hiding-in-plain-sight-youth-mental-illness](https://vpm.pbslearningmedia.org/resource/hiding-in-plain-sight-youth-mental-illness-suicidal-ideations/)
- 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](#)
- TeenMentalHealth.org - Mental Health and High School Curriculum Guide <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/06/DRAFT-6-2015-Version-New-Design.compressed.pdf>
- The Compassion Project consists of 15 online lessons and 3 digital activities 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=xsEJ6GeAGb0>
- What is trauma? <https://www.youtube.com/watch?v=BJfmfkDQb14>
- When Grief Enters the Classroom
https://www.rcsdk12.org/cms/lib/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf
- 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>
- CDC Violence Prevention <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
- Coaching Boys into Men Toolkits. <http://www.coachescorner.org>
- Discovery Online - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
- Healthy Communication Skills Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- KidsHealth Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
- KidsHealth Teachers Guide 9-12 Grade Conflict Resolution http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict_resolution.pdf
- In the Mix - Thinking It Through <https://www.youtube.com/watch?v=xDoQIpe5TxA>
- National Crime Prevention Council: Youth Gangs - Know the Facts <http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf>
- National Gang Center <https://www.nationalgangcenter.gov>
- Olweus - Class Meetings That Matter- Grades 6-8 http://www.hazelden.org/OA_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:22372:US
- Olweus School-wide Bullying Prevention Program <http://olweus.sites.clemson.edu>
- Online Safety <https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/>
- 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 Student Action Plan <http://www.pacerkidsagainstabullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf>
- Pacer Teens Against Bullying <http://www.pacerteensagainstabullying.org>
- Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.pdf
- 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.sdcd.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/8ixNuGRX7YY>
- Virginia Rules https://virginiarules.org/varules_topics/gangs/
- **Healthy Relationships/Dating Violence**
 - Break the Cycle's DV 101 Single Day Dating Violence Lesson https://www.breakthecycle.org/sites/default/files/dv_101_single_day_lesson_plan.pdf
 - 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.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
 - Healthy Relationships, Online THATSNOTCOOL <https://thatsnotcool.com>
 - Love is Respect <https://www.loveisrespect.org>
 - Michigan Dating Violence Youth Education Package https://www.michigan.gov/documents/dhs/DHS-PUB-0224_172099_7.pdf
 - National Crime Prevention Council Violence Lesson (Session 14, Community Works) <http://archive.ncpc.org/resources/files/pdf/violent-crime/billofrights.pdf>
 - Respect Others Respect Yourself (CDC & NIDA) <http://headsup.scholastic.com/teachers/respect-others-respect-yourself>
 - Refusal Skills - Rethinking Drinking, Alcohol and You. <https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Interactive-worksheets-and-more/Stay-in-control/Drink-Refusal-Skills.aspx>
 - Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox <http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf>
 - Teen Dating Violence Awareness <https://youtu.be/x2WE2I1nkYA>
 - Teen Dating Violence Prevention <https://youtu.be/ZFpmB571fqE>
 - 2023 Teen Dating Violence Prevention Toolkit <https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf>
 - VSDVAA Building Healthy Relationships Across Virginia Facilitators Guide http://www.ncdsv.org/images/VSDVAA_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf
 - You Tube clips on Dating Violence, e.g., <https://youtu.be/ODntqYIYx7E>
- **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.thetrevorproject.org>

- Virginia Department of Behavioral Health Services <http://www.dbhds.virginia.gov>
- Virginia Department of Health <http://www.vdh.virginia.gov/suicide-prevention/>