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**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*](about:blank)*, Virginia Department of Behavioral Health and Developmental Services*

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**Violence Prevention**

**Body Systems**

* Health Smart Virginia 1st Grade Page [https://healthsmartva.org/1st-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* AAAS Science NetLinks All Systems Go! [http://sciencenetlinks.com/afterschool-resources/all-systems-go](about:blank)
* BAM! Body and Mind\_Unit 4: Health Conditions and Disease [https://www.cdc.gov/healthyschools/bam/diseases.htm](about:blank)
* Education.com Worksheets [http://www.education.com/worksheets/body/](about:blank)
* [How does the immune system work?](about:blank) (TED Ed)
* Human Body for Kids Games, etc. [http://www.sciencekids.co.nz/humanbody.html](about:blank)
* [Human Body - Science for Kids - You Tube](about:blank)
* [Human Body Systems for Kids Video Lesson and Activity Plan](about:blank)
* Interactive Sites for Education - Body Systems [http://interactivesites.weebly.com/body-systems.html](about:blank)
* KidsHealth Human Body PreK-2 [https://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body](about:blank)
* KidsHealth How the Body Works [http://kidshealth.org/en/kids/center/htbw-main-page.html](about:blank)
* KidsHealth How the Body Works YouTube Video Series [https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z](about:blank)
* The Human Brain [https://www.youtube.com/watch?v=1aCYsYSM1MA](about:blank)
* PBS Arthur Family Health [http://www.pbslearningmedia.org/collection/arthur-family-health/#](about:blank)
* **Lesson Plans**
  + Amazing Body Systems [http://www.coreknowledge.org/mimik/mimik\_uploads/lesson\_plans/271/Amazing%20Body%20Systems.pdf](about:blank)
  + Anatomy: A Fun Look at the Digestive System [http://mypages.iit.edu/~smile/bi9307.html](about:blank)
  + BrainPop Jr. – Bones [https://jr.brainpop.com/health/bodies/bones/](about:blank)
  + BrainPop Jr. – Lungs [https://jr.brainpop.com/health/bodies/lungs/](about:blank)
  + BrainPop Jr. – Senses [https://jr.brainpop.com/health/bodies/senses/](about:blank)
  + BrainPop Jr. – Muscles [https://jr.brainpop.com/health/bodies/muscles/](about:blank)
  + BrainPop Jr. – Heart [https://jr.brainpop.com/health/bodies/heart/](about:blank)
  + BrainPop Jr. – Exercise [https://jr.brainpop.com/health/bodies/exercise/](about:blank)
  + BrainPop Jr. – Digestive System [https://jr.brainpop.com/health/bodies/digestivesystem/](about:blank)
  + Dental Care Quizzes [https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/](about:blank)
  + Every Body Is Special [https://healthsmartva.org/uploads/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf](about:blank)
  + Heart Power [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho](about:blank#.V8jCnMdNFho)
  + Hello Body/ The Healthy Kids Project [https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/](about:blank)
  + Muscles - Science Trek [https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/](about:blank)
  + Magic School Bus Explores the Human Body Part 1 (Kids Global) [https://www.youtube.com/watch?v=HcgNh4hVi4k](about:blank)
  + Magic School Bus Explores the Human Body Part 2 (Kids Global)
  + [https://www.youtube.com/watch?v=aDQlFbMbChw](about:blank)
  + Magic School Bus Explores the Human Body Part 3 (Kids Global)
  + [https://www.youtube.com/watch?v=KTSLeXjvorM](about:blank)
  + Magic School Bus Explores the Human Body Part 4 (Kids Global)
  + [https://www.youtube.com/watch?v=vodfA3MDkTM](about:blank)
  + Magic School Bus Explores the Human Body Part 5
  + [https://www.youtube.com/watch?v=hkZ2X3Fzm6U&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=5](about:blank)
  + 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](about:blank)
  + Magic School Bus Explores the Human Body Part 7
  + [Https://www.youtube.com/watch?v=JvLCtm8y8EU&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=7](about:blank)
  + My Senses Tell Me [http://sciencenetlinks.com/lessons/my-senses-tell-me/](about:blank)
  + No Bones About It! [http://www.coreknowledge.org/mimik/mimik\_uploads/lesson\_plans/558/No%20Bones%20About%20It.pdf](about:blank)
  + Our Systematic Body [http://www.coreknowledge.org/mimik/mimik\_uploads/lesson\_plans/1167/1\_OurSystematicBody.pdf](about:blank)
  + Project Heart for Educators Grade 2 Curriculum [http://www.texasheart.org/ProjectHeart/Educators/Grade2/Curriculum.cfm](about:blank)
  + Straight from the Heart [http://mypages.iit.edu/~smile/bi9514.html](about:blank)
  + Super Hero Fitness [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5895#.V8iAdcdNFho](about:blank#.V8iAdcdNFho)
  + The Circulatory System [http://www.pbslearningmedia.org/resource/tdc02.sci.life.stru.lp\_circula/the-circulatory-system/](about:blank)
  + Top Five Body Shop  
    [https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body-five-senses/](about:blank)
  + We Have Bodies/The Healthy Kids Project [https://vpm.pbslearningmedia.org/resource/ddb402fe-71b8-444a-85ab-a56e3f962bbc/we-have-bodies/](about:blank)
  + What Happens When You Eat? [http://mypages.iit.edu/~smile/bi9706.html](about:blank)
  + What Is Blood and How It Circulates In and Out of the Heart - [http://mypages.iit.edu/~smile/bi9009.html](about:blank)
  + What Makes This Machine of Ours Work? [https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body/](about:blank)

**Community/Environmental Health**

* Health Smart Virginia 1st Grade Page [https://healthsmartva.org/1st-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* 18 Earth Day Activities [https://www.kindergartenworks.com/kindergarten-teaching-ideas/holidays/18-earth-day-activities/](about:blank)
* Be a Green Kid [http://kidshealth.org/en/kids/go-green.html](about:blank)
* Do Fish Have a Home? [https://www.sciencejournalforkids.org/articles/do-fish-have-a-home/](about:blank)
* Green Schools - Earth Day Activities and Ideas [http://www.greenschools.net/article.php-id=160.html](about:blank)
* Learning and Teaching about the Environment [https://www.epa.gov/students](about:blank)
* Project Learning Tree - Earth Day Activities [https://www.plt.org/educator-tips/earth-day-activities/](about:blank)
* Purdue University - Our Changing Environment Lesson  [https://www.doe.in.gov/sites/default/files/elme/kindergarten-lessons-our-changing-environment.pdf](about:blank)
* Reduce, Reuse, Recycle [http://kids.niehs.nih.gov/topics/reduce/](about:blank)
* Recycling [http://www.k6edu.com/2ndgrade/social\_studies/recycling.html](about:blank)
* Ways to Help the Environment [http://www.teachervision.fen.com/conservation/graphic-organizers/32557.html?detoured=1](about:blank)
* Water on Planet Earth [http://www.teachervision.fen.com/earth/printable/29267.html](about:blank)
* What happens to plastic in the soil? [https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/](about:blank)
* We Are Teachers - Earth Day Activities [https://www.weareteachers.com/meaningful-earth-day-activities/](about:blank)
* Why We Recycle? [http://www.instructorweb.com/lesson/recycling.asp](about:blank)
* MedlinePlus: Evaluating Health Information [b] [http://www.nlm.nih.gov/medlineplus](about:blank)
* [World Wildlife Educational Resources](about:blank)

**Nutrition**

* Health Smart Virginia 1st Grade Page [https://healthsmartva.org/1st-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* [The 5 Fabulous Food Groups - You Tube](about:blank)
* American Heart Association (AHA) - Elementary Lesson Plans [http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans\_UCM\_001258\_Article.jsp#.WHVMj2VNGs0](about:blank#.WHVMj2VNGs0)
* BAM! Body and Mind\_Unit 2: Nutrition [https://www.cdc.gov/healthyschools/bam/nutrition.htm](about:blank)
* Balanced Diet – AumSum [https://www.youtube.com/watch?v=YimuIdEZSNY](about:blank)
* Be A Store Explorer, Nutrition [https://ymiclassroom.com/lesson-plans/be-a-store-explorer/](about:blank)
* Food Plate Game [https://lesson-plans.theteacherscorner.net/health/food-plate-game.php](about:blank)
* Foods that Grow [https://vpm.pbslearningmedia.org/resource/bfe98864-02f2-4885-9553-0dc849536e49/foods-that-grow/](about:blank)
* Great Body Shop [https://www.thegreatbodyshop.net/curriculum/k-six/topics](about:blank)
* Health Start Foundation – Brain Foods [https://www.healthstartfoundation.org/snackscience-360028-489536-881576-358809-315160-753867-895845.html](about:blank)
* Health Tips – Mocomi Kids [https://www.youtube.com/watch?v=fagLa\_46HkY](about:blank)
* [Healthy Eating – 5 Food Groups – You Tube](about:blank)
* How the food you eat affects your brain [https://www.youtube.com/watch?v=xyQY8a-ng6g](about:blank)
* How the food you eat affects your gut [https://www.youtube.com/watch?v=1sISguPDlhY](about:blank)
* Kids Health Teacher’s Guides:
  + Breakfast [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/breakfast.pdf](about:blank)
  + Food and Cooking Safety[https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food\_safety.pdf](about:blank)
  + Healthy Snacking[https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy\_snacking.pdf](about:blank)
  + School Lunch [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school\_lunch.pdf](about:blank)
  + Learning to Give - What Is a Balanced Menu? [http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu](about:blank)
  + Learning to Give - What Is My Plate? [http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate](about:blank)
  + Learning to Give - World Hunger [http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger](about:blank)
  + My Plate Kids Place [https://www.choosemyplate.gov/kids](about:blank)
  + NIH We Can! Eat Play Grow [http://www.nhlbi.nih.gov/health/educational/wecan/](about:blank)
  + NIH Eat Play Grow Curriculum [https://www.nhlbi.nih.gov/health/educational/wecan/downloads//eatplaygrow.pdf](about:blank)
  + PBS Arthur Nutrition - Eat Well [http://pbskids.org/arthur/health/nutrition/](about:blank)
  + PBS Fizzy’s Lunch Lab [http://pbskids.org/lunchlab/](about:blank)
  + PBS Fizzy’s Lunch Lab videos [http://www.pbslearningmedia.org/collection/fizzys-lunch-lab/](about:blank)
  + PE Central Lessons [http://www.pecentral.org/lessonideas/pelessonplans.html](about:blank)
  + Together Counts K-2 Nutrition curriculum [http://www.togethercounts.com](about:blank)
    - Food for Thought [http://togethercounts.com/wp-content/uploads/2017/11/Lesson\_2.3\_FoodforThought.pdf](about:blank)
    - Healthy Eating Patterns [http://togethercounts.com/wp-content/uploads/2017/11/K-2\_2.1\_Healthy\_Eating\_Patterns.pdf](about:blank)
    - Job of a Nutrient [http://togethercounts.com/wp-content/uploads/2017/11/K-2\_2.2\_Job\_of\_a\_Nutrient.pdf](about:blank)
  + USDA - Serving Up My Plate – A Yummy Curriculum Grades 1-2 [https://www.choosemyplate.gov/kids-parents-educators](about:blank) [https://fns-prod.azureedge.net/sites/default/files/tn/sump\_level1.pdfhttp://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum](about:blank)
* Water Every Day [https://ymiclassroom.com/lesson-plans/water-every-day/](about:blank)
* Zach Lunch: Funky Fruit [https://vpm.pbslearningmedia.org/resource/zach-lunch-funky-fruit-video/rise-and-shine-health-and-wellness-time/](about:blank)
* Zach Lunch: Veggies [https://vpm.pbslearningmedia.org/resource/veggies-zach-lunch-video/rise-and-shine-health-and-wellness-time/](about:blank)
* Zach Lunch: Grain [https://vpm.pbslearningmedia.org/resource/grain-zach-lunch-video/rise-and-shine-health-and-wellness-time/](about:blank)
* Zach Lunch: Daring Dairy [https://vpm.pbslearningmedia.org/resource/zach-lunch-daring-dairy-video/rise-and-shine-health-and-wellness-time/](about:blank)
* Zach Lunch: Protein [https://vpm.pbslearningmedia.org/resource/zach-lunch-protein-video/rise-and-shine-health-and-wellness-time/](about:blank)
* Zach Lunch: Lunchtime [https://vpm.pbslearningmedia.org/resource/zach-lunch-lunchtime-video/rise-and-shine-health-and-wellness-time/](about:blank)
* Sugar: Master of Disguise [https://vpm.pbslearningmedia.org/resource/c67ae734-c4f8-48e8-9dc7-b2a777c94033/sugar-master-of-disguise/](about:blank)
* The Water Song [https://vpm.pbslearningmedia.org/resource/97e04eaa-4af0-4371-8764-f86965c9cfcb/the-water-song/](about:blank)

**Physical Health/Disease Prevention/Health Promotion**

* Health Smart Virginia 1st Grade Page [https://healthsmartva.org/1st-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* **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](about:blank)
  + American Heart Association (AHA) - NFL Play 60 Challenge

[http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge\_UCM\_304278\_Article.jsp#.WHVKCWVNGs0](about:blank#.WHVKCWVNGs0)

* + BAM! Body and Mind\_Unit 2: Physical Education and Activity [https://www.cdc.gov/healthyschools/bam/pe\_pa.htm](about:blank)
  + East Carolina University - Energizers for Grades K-2 [https://www.ecu.edu/cs-hhp/exss/upload/Energizers\_for\_Grades\_K\_2.pdf](about:blank)
  + Fuel Up to Play 60 [https://www.fueluptoplay60.com/tools#tab\_why-physical-activity](about:blank#tab_why-physical-activity)
  + Fast Breaks [https://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf](about:blank)
  + Fitness Bingo Lesson Plan [https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140aeb54f9a4/fitness-bingo-lesson-plan/](about:blank)
  + Go Noodle - Physical Activity and Mindfulness Breaks [https://www.gonoodle.com](about:blank)
  + Health Start Build Strong Bones [https://www.youtube.com/watch?v=AI25GY5-U68](about:blank)
  + Health Tips – Mocomi Kids [https://www.youtube.com/watch?v=fagLa\_46HkY](about:blank)
  + Healthy Choices A to Z [https://vpm.pbslearningmedia.org/resource/7524fcd9-67d2-4ee7-8340-9d974d8f35ef/healthy-choices-a-to-z/](about:blank)
  + Health Feels Great! [https://vpm.pbslearningmedia.org/resource/17e26dc6-ed92-482b-910a-b703c83a2440/health-feels-great/](about:blank)
  + Hello Body/ The Healthy Kids Project [https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/](about:blank)
  + Kids Health Teacher’s Guides:
    - Fitness [https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/fitness.pdf](about:blank)
    - Sportsmanship [https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/sportsmanship.pdf](about:blank)
  + National Institutes of Health (NIH) - We Can! Eat Play Grow [http://www.nhlbi.nih.gov/health/educational/wecan/](about:blank)
  + National Institutes of Health (NIH) Eat Play Grow Curriculum [https://www.nhlbi.nih.gov/health/educational/wecan/downloads//eatplaygrow.pdf](about:blank)
  + PE Central Lessons [http://www.pecentral.org/lessonideas/pelessonplans.html](about:blank)
  + Safe Routes to School [http://www.walkbiketoschool.org](about:blank)
  + Season Fitness Lesson Plan [https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness-lesson-plan/](about:blank)
  + SHAPE America - Space Jamming [http://www.shapeamerica.org/events/pesportweek/upload/Space-Jamming-2.pdf](about:blank)
  + Wheel of Fitness Lesson Plan [https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness-lesson-plan/](about:blank)
* **Sleep and Hygiene**
  + Al's Pals: Kids Making Healthy Choices [http://wingspanworks.com](about:blank)
  + CDC Cover Your Cough Poster [http://www.cdc.gov/flu/pdf/protect/cdc\_cough.pdf](about:blank)
  + CDC Hand Washing Experiment [https://www.cdc.gov/bam/teachers/documents/epi\_4\_hand\_wash.pdf](about:blank)
  + Delta Dental Smart Smiles K-5 Program [https://deltadentalva.com/foundation/smart-smiles.html](about:blank)
  + Dental Care Quizzes [https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/](about:blank)
  + Germs - video [https://www.youtube.com/watch?v=DYKADcR34Y8](about:blank)
  + Getting Ready for Bed [https://www.teachervision.com/healthy-lifestyle/printable/33800.html](about:blank)
  + Hand Washing - It’s a Snap (Middle School Curriculum) [http://itsasnap.org/Get-Started/Students](about:blank)
  + Henry the Hand - 4 Principles of Hand Awareness [http://www.henrythehand.com](about:blank)
  + Health Start Germs to Yourself [https://www.youtube.com/watch?v=Xoh82fefs0M](about:blank)
  + How to Brush Your Teeth Properly - For Kids - video [https://youtu.be/hDZXSMU2lAk](about:blank)
  + How to Wash Your Hands - video [https://www.youtube.com/watch?v=LQ24EfM7sEw](about:blank)
  + Kids Health Teachers Guides:
    - Germs [https://classroom.kidshealth.org/classroom/prekto2/personal/hygiene/germs.pdf](about:blank)
    - Sleep [https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf](about:blank)
  + 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](about:blank)
  + PE Central - Rush to Brush - Grades K-2 [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7\_RU8dNFho](about:blank#.V7_RU8dNFho)
  + Power Chargers - Quick Activity Breaks [http://healthpoweredkids.org/power-chargers/](about:blank)
  + Seuss Sleep Book Lesson Plan [https://www.brighthubeducation.com/lesson-plans-grades-1-2/20926-dr-seuss-sleep-book-lesson-plan/](about:blank)
  + Sleep Education K-2 [http://school.sleepeducation.com/K-2.aspx](about:blank)
  + Sleep - BrainPop [https://www.brainpop.com/science/ecologyandbehavior/sleep/](about:blank)
  + Super Sleep Lesson [http://healthpoweredkids.org/lessons/super-sleep/](about:blank)
  + The Couch Potato Blues [https://vpm.pbslearningmedia.org/resource/c5f6efdb-b93f-49a5-9096-25418906b54c/the-couch-potato-blues/](about:blank)
  + The Healthy Kids Project - Disease Prevention/Health Promotion [https://vpm.pbslearningmedia.org/collection/the-healthy-kids-project/](about:blank)
  + Virginia Department of Health Dental Program [http://www.vdh.virginia.gov/oral-health/](about:blank)
  + Wash Your Hands [https://vpm.pbslearningmedia.org/resource/wash-your-hands-video/meet-the-helpers/](about:blank)
  + When and How to Wash Hands [http://www.cdc.gov/handwashing/when-how-handwashing.html](about:blank)
  + Why We Need Sleep - [http://www.instructorweb.com/lesson/sleep.asp](about:blank)

**Substance Abuse Prevention**

* Health Smart Virginia 1st Grade Page [https://healthsmartva.org/1st-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* Addiction and the Brain- for kids! [https://youtu.be/s0bqT\_hxMwI](about:blank)
* Bam! Body and Mind\_Unit 8: E-cigarettes and Alcohol [https://www.cdc.gov/healthyschools/bam/e\_cigarettes\_and\_alcohol.htm](about:blank)
* Keeping Medicine Safe [https://youtu.be/UHvPSwIX4aQ](about:blank)

**Safety/Injury Prevention**

* Health Smart Virginia 1st Grade Page [https://healthsmartva.org/1st-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* BAM! Body and Mind\_Unit 7: Injury Prevention and Safety Promotion [https://www.cdc.gov/healthyschools/bam/injury.htm](about:blank)
* Bicycle Safer Journey [https://youtu.be/dkoVxBnnGko](about:blank)
* Bicycle Helmet Safety [https://youtu.be/sV9GjU7cA7o](about:blank)
* 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](about:blank)
* Caregiver Tips for Talking About Emergencies [https://vpm.pbslearningmedia.org/resource/caregiver-tips-for-talking-about-emergencies-video/meet-the-helpers/](about:blank)
* Drugs and Medication Lessons for Pre-K-2 [https://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf](about:blank)
* Education World Be a Sport for Sport Safety [https://www.educationworld.com/a\_lesson/lesson233.shtml](about:blank)
* Fire and Life Safety Lessons for Kids [https://www.vafire.com/fire-safety-education/fire-life-safety-lessonsactivities-for-kids/](about:blank)
* Fire Safety [http://alex.state.al.us/lesson\_view.php?id=13307](about:blank)
* Fire Safety for Kids [https://www.youtube.com/watch?v=AWHGdWOI4kw](about:blank)
* Kids Fire Safety Awareness [https://www.youtube.com/watch?v=Lc2aCmxG6II](about:blank)
* Fire 911 Kids Activity Book [https://www.vafire.com/content/uploads/2016/09/Kids\_Activity\_Book.pdf](about:blank)
* Fire Safety RAP 9-1-1 [https://www.youtube.com/watch?v=s\_5FqaWTj9c](about:blank)
* Gun Safety K-5 [http://www.doe.virginia.gov/boe/guidance/safety/school\_gun\_safety\_elementary.pdf](about:blank)
* Help Each Other [https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/](about:blank)
* Home Safety K-2 [http://www.safekids.org/home-safety-educators](about:blank)
* Internet4Kids Drug Lesson Plans K-12 [https://www.internet4classrooms.com/links\_grades\_kindergarten\_12/drug\_abuse\_guidance\_counselor\_lesson\_plans.htm](about:blank)
* Keeping it Real - Elementary School DARE Curriculum [https://dare.org/education/](about:blank)
* KidsHealth.org Bike Safety Lesson Plan and Handouts [https://classroom.kidshealth.org/classroom/prekto2/personal/safety/bike\_safety.pdf](about:blank)
* KidsHealth.org Water Safety Lesson Plan [https://classroom.kidshealth.org/classroom/prekto2/personal/safety/water\_safety.pdf](about:blank)
* Maryland DOT Pedestrian Safety Lessons for First Grade [https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf](about:blank)
* Meet the Helpers - 911 Operators are Helpers [https://vpm.pbslearningmedia.org/resource/meet-the-helpers-911-operators-helpers-in-depth/](about:blank)
* Meet the Helpers - Doctors are Helpers [https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-helpers-in-depth](about:blank)
* Meet the Helpers - Doctors are Helpers – Emergencies [https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-are-helpers-emergencies](about:blank)
* Meet the Helpers - Firefighters are Helpers [https://vpm.pbslearningmedia.org/resource/meet-the-helpers-firefighters-helpers-in-depth/](about:blank)
* National Program for Playground Safety Report Card [http://playgroundsafety.org/resources/safety-checklist](about:blank)
* NHTSA Bicycle Safety Activity Kit [http://www.nhtsa.gov/people/injury/pedbimot/bike/bskitboth/3152bskit/index.htm](about:blank)
* NHTSA Pedestrian Safety K-5 [https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum](about:blank)
* NHTSA Walkability Checklist [http://www.nhtsa.gov/Driving-Safety/Pedestrians/Walkability-Checklist](about:blank)
* Pedestrian Safer Journey [https://youtu.be/E5BFdJu-pjE](about:blank)
* PBS Learning Media - Search Topic: Safety [http://www.pbslearningmedia.org/search/?q=safety&selected\_facets=&selected\_facets=grades\_exact%3A1](about:blank)
* Road Safety Video [https://www.youtube.com/watch?v=\_NeEF1fwT4k](about:blank)
* Safety Adventures: Home Safety [https://youtu.be/QSWC75raMx4](about:blank)
* 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-Curricululm.pdf?fwd=no](about:blank)
* Sesame Street - Lets Get Ready [http://www.sesamestreet.org/toolkits/ready?language=en](about:blank)
* Strangers and Trusted Adults [http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-k-1.html](about:blank)
* Sun Safety: A Summer Safety Activity [http://www.scholastic.com/teachers/lesson-plan/sun-safety-summer-safety-activity](about:blank)
* SunWise [https://www.neefusa.org/sunwise](about:blank)
* Support Tree: Who’s Safe to Ask for Help Activity [https://www.cfchildren.org/blog/2017/12/support-tree-activity/](about:blank)
* TeacherVision Safety Resources and Lesson Plans [https://www.teachervision.com/subjects/health-safety/safety](about:blank)
* Top 10 Bike Safety Rules [https://youtu.be/PT1-mDlVyaI](about:blank)
* Traffic Signs and Rules [https://youtu.be/PpEWVxNj2xo](about:blank)
* 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/](about:blank)
* USDOTFHWA Bicycle Safer Journey [https://www.youtube.com/watch?v=dkoVxBnnGko](about:blank)
* USDOTFHWA Pedestrian Safer Journey [https://www.youtube.com/watch?v=PzghGxEqBMQ](about:blank)
* Virginia Safe Kids Coalitions [https://www.safekids.org/coalition/safe-kids-virginia](about:blank)

**Mental Wellness/Social Emotional Skills**

* Health Smart Virginia 1st Grade Page [https://healthsmartva.org/1st-grade](about:blank)  
  [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)  
  [What is SEL](about:blank)  
  [WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?](about:blank)  
  [Teaching Activities to Support Core SEL Competencies](about:blank)
* [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube](about:blank)
* [3 Committee for Children (CFC) Free SEL Classroom Activities](about:blank)
* [4 Inventive Games that Teach Students Social Skills](about:blank)
* [5 Activities to Support Students Through the Holidays](about:blank)
* [5-Minute Film Festival: Resources for Teaching About Character, Edutopia](about:blank)
* [5 Digital Tools To Promote Social-Emotional Learning in After School | Extended Notes](about:blank)
* [7 Fun Communication Games that Increase Understanding](about:blank)
* [7 SEL Activities for Students to Do at Home](about:blank)
* [8 Social Emotional Learning Activities for a Classroom](about:blank)
* [8 Downloadable SEL Activities for Home and School](about:blank)
* [9 Mental Health Activities to Do with Your Children - BelievePerform](about:blank)
* [10 Activities to Help Children Explore Emotions](about:blank)
* [10 Activities to Integrate Social Emotional Learning into the Classroom](about:blank)
* [10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools](about:blank)
* [10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics](about:blank)
* [10 Tips to Help Your Child with Anger, Aha! Parenting](about:blank)
* [10 Important Conflict Resolution Skills for Teenagers, Mom Junction](about:blank)
* [12 Games to Teach Social-Emotional Learning - Playworks](about:blank)
* [12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students](about:blank)
* [12 Ways Teachers Can Build Their Own Resilience](about:blank)
* [13 Powerful SEL Activities | Edutopia](about:blank)
* [15 Activities for Teaching CASEL Core Competencies | Waterford.org](about:blank)
* [16 Anger Management Activities, School Counseling Files](about:blank)
* [16 Social and Emotional Learning Activities - Aperture Education](about:blank)
* [21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day](about:blank)
* [25 Ways to Integrate Social Emotional Learning into Your Classroom](about:blank)
* [25 At Home SEL Activities - Choice Board](about:blank)
* [28 Mental Health Activities, Worksheets & Books for Adults & Students](about:blank)
* [30 Character-Building Ideas and Activities for School, Sign Up Genius](about:blank)
* [30 + Free Choice SEL Activities](about:blank)
* [73 Social Emotional Learning Activity Sheets](about:blank)
* [97 SEL Skills Activities – InspiredStudents.org](about:blank)
* [100 Kid Activities to Build Character, Moments a Day](about:blank)
* [101 Ways to Teach Children Social Skills](about:blank)
* [132 SEL Apps, Games, Activities for Building Character in the Classroom](about:blank)
* Al's Pals: Kids Making Healthy Choices [http://www.wingspanworks.com](about:blank)
* An ARTHUR Social, Emotional, and Character Development Curriculum K-5 [https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNFho](about:blank#.WRpHZ2VNFho)
* Attitude of Gratitude [https://healthpoweredkids.org/lessons/gratefulsandgrumbles/](about:blank)
* Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids [https://www.youtube.com/watch?v=ZBnPlqQFPKs](about:blank)
* BAM! Body and Mind\_Unit 6: Mental Health, Child Development and Hygiene [https://www.cdc.gov/healthyschools/bam/child\_development.htm](about:blank)
* BAM! Life [http://www.cdc.gov/bam/life/index.html](about:blank)
* [Breathing Activity for Elementary Students](about:blank)
* [Butterfly Breathing Video – YouTube](about:blank)
* [Calming Exercises for Kids: Breathing and Stretching - YouTube](about:blank)
* Centervention SEL Activities [https://www.centervention.com/social-emotional-learning-activities/](about:blank)
* [Classroom Activities - MACMH | MACMH](about:blank)
* [Classroom Physical Activity Helps Students with Mental Health and Anxiety](about:blank)
* Committee for Children (CFC) Free Classroom Activities [https://www.cfchildren.org/resources/free-classroom-activities/](about:blank)
* 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](about:blank#.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](about:blank#.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](about:blank#.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](about:blank#.WRpKfWVNFho)
* Elementary School Counseling - Identifying and Expressing
* [EMOTIONAL ABC Classroom](about:blank)
* EVERFI - Social Emotional Learning Resources [https://everfi.com/offerings/social-emotional-learning/](about:blank)
* [Everyday mindfulness - YouTube](about:blank)
* Exercise and your brain [https://healthpoweredkids.org/lessons/exerciseandbrain/](about:blank)
* How Your Brain Works – I Have a Go [https://www.youtube.com/watch?v=mFuHKJqpxPw](about:blank)
* Feelings [http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html](about:blank)
* Fit4TheClassroom - Mood Music Lesson [http://stage.fit4theclassroom.com/mood](about:blank)
* [Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U](about:blank)
* 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](about:blank)
* How to Help Children Manage Fears [https://childmind.org/article/help-children-manage-fears/](about:blank)
* [Interactive Games in Support of Mental Health | Mental Health Delta Division](about:blank)
* Joyful Mind - Mindfulness in the Classroom Activities [http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions](about:blank)
* Generation Rx – Elementary Prescription Rx Toolkit [https://www.generationrx.org/toolkits/elementary/](about:blank)
* Help Each Other [https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/](about:blank)
* KidsHealth.org Teacher’s Guides for PreK-2:
  + Self Esteem [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\_esteem.pdf](about:blank)
  + Empathy [https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf](about:blank)
  + Feelings [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf](about:blank)
  + Stress [http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf](about:blank)
  + Sportsmanship [https://classroom.kidshealth.org/prekto2/personal/fitness/sportsmanship.pdf](about:blank)
  + Conflict Resolution [https://classroom.kidshealth.org/prekto2/personal/growing/conflict\_resolution.pdf](about:blank)
  + Getting Along [http://classroom.kidshealth.org/prekto2/personal/growing/getting\_along.pdf](about:blank)
  + Stress [http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf](about:blank)
* Learn to Be Healthy [http://www.learntobehealthy.org/health-education/mental-health.aspx](about:blank)
* Learning to Give - I Feel Angry or Sad When [http://www.learningtogive.org/lessons/unit156/lesson5.html](about:blank)
* Learning Mindfulness Through Movement [https://healthpoweredkids.org/lessons/mindfulnesthroughmovement/](about:blank)
* Lesson - Responding to Teasing and Put Downs [http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20(Grade%203).pdf](about:blank)
* [Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness](about:blank)
* [‎Mental Health Awareness: Free Resources & More | Share My Lesson](about:blank)
* Michigan Education - Online Professional Development for Social Emotional Learning

Introduction to SEL [https://plp.mivu.org/Registration.aspx?section=3195](about:blank)

Embedding SEL Schoolwide [https://plp.mivu.org/Registration.aspx?course=542](about:blank)

Creating a Professional Culture Based on SEL [https://plp.mivu.org/Registration.aspx?section=3224](about:blank)

Integrating SEL - Culturally Responsive Classrooms [https://plp.mivu.org/Registration.aspx?section=3226](about:blank)

Trauma Informed Support [https://plp.mivu.org/Registration.aspx?section=2960](about:blank)

* [Mindful Moments - MCPS Be Well 365 - Student Activity Videos](about:blank)
* [Mindful Movement for Young Learners - YouTube](about:blank)
* Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening [http://www.mindfulschools.org/resources/explore-mindful-resources/](about:blank)
* Mindful Schools [http://www.mindfulschools.org/resources/explore-mindful-resources](about:blank)
* Mindful Teachers Site [http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html](about:blank)
* [Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans](about:blank)
* 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/](about:blank)
* Not About Perfection/Healthy Kids Project [https://vpm.pbslearningmedia.org/resource/6ed1e16d-c01c-41d6-9046-e2f92685d4fb/not-about-perfection/](about:blank)
* No Time For Flash Cards - Circle Time lessons About Emotions [http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html](about:blank)
* 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](about:blank#.WR3V12VNFho)
* PBS Learning Media; Numerous K-12 Lessons Using Search Term: Social Skills [http://www.pbslearningmedia.orghttp://pbskids.org/daniel/videos/](about:blank)
* PBS - Overview of Mindfulness [http://www.pbs.org/thebuddha/teachers-guide/](about:blank)
* PE Central lessons
  + Emotions in Motion [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho](about:blank#.WR3WWmVNFho)
  + Lesson on Feelings [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11039#.WR3WfWVNFho](about:blank#.WR3WfWVNFho)
  + The Feelings Hop [http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=1636#.WR3W02VNFho](about:blank#.WR3W02VNFho)
  + Yoga Unit - Feelings and Reactions [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFWVNFho](about:blank#.WR3XFWVNFho)
* Rossier USC - Creating Safe Spaces - Social Emotional Lessons [https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/](about:blank)
* Scholastic - Learning About Emotions (Gr. K) [https://www.scholastic.com/teachers/lesson-plans/teaching-content/activity-plan-4-5-learning-about-emotions/](about:blank)
* Scholastic - Mind Up Curriculum - brain centered teaching strategies [http://teacher.scholastic.com/products/mindup/](about:blank)
* 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](about:blank)
* Sesame Street - Quiet or Loud Video [https://www.pbslearningmedia.org/resource/sesame-quiet-or-loud/quiet-or-loud-song-sesame-street/#.WRpIGGVNFho](about:blank#.WRpIGGVNFho)
* Stress, Trauma and the Brain - Insights for Educators [https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/](about:blank)
* Supporting Students’ Personal and Social Competencies [https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html](about:blank)
* Teachnology - Mental Health and Stress Reduction [http://www.teach-nology.com](about:blank)
* Teacher Vision - Feelings Are Okay [http://www.teachervision.fen.com/mental-health/printable/44813.html](about:blank)
* 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](about:blank)
* Together Counts - Smart From the Start - Every Body Is Special [https://healthsmartva.org/uploads/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf](about:blank)
* [Together Counts - Energy Balance 1.2. Full Esteem Ahead](about:blank) [https://togethercounts.com/grades-k-5/](about:blank)
* [UNICEF Kid Power Videos for Children and Families](about:blank)
* Wall Street Journal - Overview of Mindfulness [https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647](about:blank)
* Wellbeing Healthy Habits [https://www.youtube.com/watch?v=dhpCdqOtuj0](about:blank)
* We Are Teachers: Resources for Social and Emotional Learning [http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources](about:blank)
* When Grief Enters the Classroom [http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\_guide.pdf](about:blank)
* Y Project Cornerstone - Teasing and Putdowns Lesson [http://www.projectcornerstone.org/html/pdfs/PC\_ABCsamplelessonplan.pdf](about:blank)

**Violence Prevention**

* Health Smart Virginia 1st Grade Page [https://healthsmartva.org/1st-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* Al's Pals: Kids Making Healthy Choices [http://www.wingspanworks.com](about:blank)
* Be an Upstander - Prevent Bullying [https://youtu.be/eeqQCyQOCPg](about:blank)
* Bullying and Harassment Prevention Curriculum [http://studentservices.dadeschools.net/#!/fullWidth/3697](about:blank#!/fullWidth/3697)
* [Committee for Children - Bullying Prevention Unit](about:blank)
* Group Cooperation [http://atozteacherstuff.com/pages/220.shtml](about:blank)
* Help Each Other [https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/](about:blank)
* KidsHealth Classroom [www.KidsHealth.org](about:blank)
* Looks Like Respect, Sounds Like Respect, Feels Like [http://www.learningtogive.org/lessons/unit156/lesson4.html](about:blank)
* 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](about:blank)
* PACER Classroom Resources (Bullying)

[https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd](about:blank)

* PACER Elementary School Activities (Bullying) [https://www.pacer.org/bullying/classroom/elementary/](about:blank)
* PACER Elementary School Curriculum (Bullying) [https://www.pacer.org/bullying/classroom/ele-curr/](about:blank)
* PBS Learning Media; Numerous K-12 Lessons Using Search Term: Social Skills [http://www.pbslearningmedia.org](about:blank)