



## **Grade 2 Resource Links**

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

- Health Smart VA 2<sup>nd</sup> 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](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/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
  - Every Body Is Special <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>
  - 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](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](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](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](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](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/](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 2<sup>nd</sup> 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](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 2<sup>nd</sup> 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](http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0)
- Be A Store Explorer, Nutrition <https://ymiclassroom.com/lesson-plans/be-a-store-explorer/>
- BAM! Body and Mind Teacher's Corner Nutrition <http://www.cdc.gov/bam/nutrition/index.html>
- BAM! Body and Mind\_Unit 2: Nutrition <https://www.cdc.gov/healthyschools/bam/nutrition.htm>
- Balanced Diet – AumSum <https://www.youtube.com/watch?v=YimuIdEZSNY>
- Foods that Grow <https://vpm.pbslearningmedia.org/resource/bfe98864-02f2-4885-9553-0dc849536e49/foods-that-grow/>
- Food Plate Game <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Great Body Shop <https://www.thegreatbodyshop.net/curriculum/k-six/topics>
- Healthy Eating – 5 Food Groups – 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](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](https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food_safety.pdf)
  - *Healthy Snacking* [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy\\_snacking.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf)
  - *School Lunch* [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school\\_lunch.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school_lunch.pdf)
- Learning to Give - 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](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](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](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](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 2<sup>nd</sup> 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](http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WHVKCWVNGs0)
  - BAM! Body and Mind\_Unit 2: Physical Education and Activity [https://www.cdc.gov/healthyschools/bam/pe\\_pa.htm](https://www.cdc.gov/healthyschools/bam/pe_pa.htm)
  - East Carolina University - Energizers for Grades K-2 [https://www.ecu.edu/cs-hhp/exss/upload/Energizers\\_for\\_Grades\\_K\\_2.pdf](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](https://www.fueluptoplay60.com/tools#tab_why-physical-activity)
  - Fast Breaks Poster [https://kidshealth.org/classroom/posters/nba\\_fit\\_classroom\\_color.pdf](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](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](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](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](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](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/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>



- Delta Dental Smart Smiles K-5 Program <https://deltadentalva.com/foundation/smart-smiles.html>
- Germs - video <https://www.youtube.com/watch?v=DYKADcR34Y8>
- Getting Ready for Bed <https://www.teachervision.com/healthy-lifestyle/printable/33800.html>
- Hand Washing - It's a Snap (Middle School Curriculum) <http://itsasnap.org/Get-Started/Students>
- Health Start Germs to Yourself <https://www.youtube.com/watch?v=Xoh82feFs0M>
- Healthy Choices A to Z <https://vpm.pbslearningmedia.org/resource/7524fcd9-67d2-4ee7-8340-9d974d8f35ef/healthy-choices-a-to-z/>
- Health Feels Great! <https://vpm.pbslearningmedia.org/resource/17e26dc6-ed92-482b-910a-b703c83a2440/health-feels-great/>
- Hello Body/ The Healthy Kids Project <https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-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](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](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 2<sup>nd</sup> 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](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](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](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 2<sup>nd</sup> 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](https://www.educationworld.com/a_lesson/lesson233.shtml)
- Fire Safety for Kids <https://www.youtube.com/watch?v=AWHGdWOI4kw>
- 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](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 2<sup>nd</sup> 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](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](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](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-3<sup>rd</sup>grade) <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](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](http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf)

## Violence Prevention

- Health Smart VA 2<sup>nd</sup> 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](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>