



Grade 4 Resource Links

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

- Health Smart Virginia 4th Grade Page <https://healthsmartva.org/4th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- BrainPop Jr. – Bones <https://jr.brainpop.com/health/bodies/bones/>
- BrainPop Jr. – Lungs <https://jr.brainpop.com/health/bodies/lungs/>
- BrainPop Jr. – Senses <https://jr.brainpop.com/health/bodies/senses/>
- BrainPop Jr. – Muscles <https://jr.brainpop.com/health/bodies/muscles/>
- BrainPop Jr. – Heart <https://jr.brainpop.com/health/bodies/heart/>
- BrainPop Jr. – Exercise <https://jr.brainpop.com/health/bodies/exercise/>
- BrainPop Jr. – Digestive System <https://jr.brainpop.com/health/bodies/digestivesystem/>
- BrainPop Jr. – Exercise <https://jr.brainpop.com/health/bodies/exercise/>
- Dental Care Quizzes <https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
- Human Body 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/midl111.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=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/>
- 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/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
- Delta Dental Smart Smiles K-5 Program <https://deltadentalva.com/foundation/smart-smiles.html>
- Fitness Bingo Lesson Plan <https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140aeb54f9a4/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=PEEEJLtRJcM>

Safety/Injury Prevention

- Health Smart Virginia 4th Grade Page <https://healthsmartva.org/4th-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- BAM! Safety <http://www.cdc.gov/bam/safety>
- 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.ncpc.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.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>
- 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-mDIVyaI>
- 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
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- 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-ecommerce/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>
- 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>
- 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>
- 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://www.97.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/YTQxTvcMjng>
- Social Emotional Learning K-5 <http://www.scholastic.com/teachers/lesson-plans/free-lesson-plans/search?query=&subject%5B%5D=912>
- Teaching Guide: Bullying and Teasing <http://www.goodcharacter.com/GROARK/Bullying.html>
- Together Counts – Decision Making
- We Are Teachers: Resources for Social and Emotional Learning <http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>