



Grade 5 Resource Links

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

Table of Contents

Body Systems

Community/Environmental Health

Nutrition

Physical Health/Disease Prevention/Health Promotion

Substance Abuse Prevention

Safety/Injury Prevention

Mental Wellness/Social Emotional Skills

Violence Prevention

Body Systems

- Health Smart Virginia 5th Grade Page <https://healthsmartva.org/5th-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- AAAS Skin Deep Project <http://sciencenetlinks.com/collections/skin-deep-project/>
- BrainPop Jr. – Bones <https://jr.brainpop.com/health/bodies/bones/>
- BrainPop Jr. – Lungs <https://jr.brainpop.com/health/bodies/lungs/>
- BrainPop Jr. – Senses <https://jr.brainpop.com/health/bodies/senses/>
- BrainPop Jr. – Muscles <https://jr.brainpop.com/health/bodies/muscles/>
- BrainPop Jr. – Heart <https://jr.brainpop.com/health/bodies/heart/>
- BrainPop Jr. – Exercise <https://jr.brainpop.com/health/bodies/exercise/>
- BrainPop Jr. – Digestive System <https://jr.brainpop.com/health/bodies/digestivesystem/>
- *How The Body Works*-YouTube Video Series <https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- [Human Body - Science for Kids - You Tube](#)
[Human Body Systems for Kids Video Lesson and Activity Plan](#)
- Human Body Systems – Science Queens <https://www.thesciencequeen.net/human-body-systems.htm>
- KidsHealth.org –
 - Human body series <http://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body>
 - Interactive site - *How the Body Works: Skin* <http://kidshealth.org/en/kids/skin-movie.html>
 - Teacher’s Guide - Skin <https://classroom.kidshealth.org/classroom/3to5/body/parts/skin.pdf>
- Muscles - Science Trek <https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/>
- Magic School Bus Explores the Human Body Part 1 (Kids Global) <https://www.youtube.com/watch?v=HcgNh4hVi4k>
- Magic School Bus Explores the Human Body Part 2 (Kids Global)
<https://www.youtube.com/watch?v=aDQIFbMbChw>
- Magic School Bus Explores the Human Body Part 3 (Kids Global)
<https://www.youtube.com/watch?v=KTSLeXjvorM>
- Magic School Bus Explores the Human Body Part 4 (Kids Global)
<https://www.youtube.com/watch?v=vodfA3MDkTM>
- Magic School Bus Explores the Human Body Part 5
https://www.youtube.com/watch?v=hkZ2X3Fzm6U&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=5
- Magic School Bus Explores the Human Body Part 6
https://www.youtube.com/watch?v=NW2-g2xAqs4&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=6
- Magic School Bus Explores the Human Body Part 7
https://www.youtube.com/watch?v=JvLCTm8y8EU&list=PL4_ZUN-XIZuiEcG_HSjtsWK4W6f-sLwn-&index=7
- The Human Brain <https://www.youtube.com/watch?v=1aCYsYSM1MA>
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- TED Ed Resources:

Can you be awake and asleep at the same time?

What are the floaters in your eye?

How do lungs work?

How oxygen circulates through your body

How does the liver work?

How does your digestive system work?

Your skin!

How does the immune system work?

Community/Environmental Health

- Health Smart Virginia 5th Grade Page <https://healthsmartva.org/5th-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- CT Environmental Health Curricula for Health Teachers http://www.ct.gov/dph/lib/dph/environmental_health/eoha/pdf/ieq_curriculum.pdf
- Community Health Fair
 - Action For Healthy Kids - Health and Wellness Fair <http://www.actionforhealthykids.org/tools-for-schools/find-challenges/gymnasium-challenges/1237-health-and-wellness-fair>
 - Action for Healthy Kids - How to Host a Health Fair - 7 Strategies for Success <http://www.actionforhealthykids.org/success-stories/1187-how-to-host-a-health-fair-7-strategies-for-success>
 - Good Health - It's Elementary! An Elementary School Health Fair <http://resources21.org/cl/contextual.asp?projectnumber=14>
 - Texas A & M Health Fair Planning Guide <http://fcs.tamu.edu/files/2015/02/health-fair-planning-guide.pdf>
 - Virginia Department of Health www.vdh.virginia.gov
- EPA Games and Quizzes <https://www.epa.gov/students/games-quizzes-and-more>
- EPA Student Resources <https://www.epa.gov/students>
- Go Green <http://kidshealth.org/en/kids/go-green.html>
- How Do Chemicals Affect Animals and Their Kids? <https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/>
- IDAHO Environmental Health Education – Lesson Plans for All Grade Levels <http://healthandwelfare.idaho.gov/Portals/0/Health/EnvironmentalHealth/Lesson%20Plans-Reduced%20File%20Size.pdf>
- Reduce, Reuse, Recycle <http://kids.niehs.nih.gov/topics/reduce/>
- The Science of Safety (Natural Hazards) <https://ymiclassroom.com/lesson-plans/science-of-safety/>
- What happens to plastic in the soil? <https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/>
- TED Ed Resources:
 - [What is in the air you breathe?](#)
 - [Microbial Jungles- How Microbes form communities](#)
 - [Conserving our Coral Reefs](#)
 - [Why do we wear sunscreen?](#)
 - [Do we really need pesticides?](#)
 - [Meet the Blue Fin Tuna](#)
 - [How to Create Cleaner Coal](#)
 - [How much land does it take to power the world?](#)
 - [How do wind turbines work?](#)
 - [What if there were 1 million more trees?](#)
 - [Beauty of Pollination](#)

Nutrition

- Health Smart Virginia 5th Grade Page <https://healthsmartva.org/5th-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- American Heart Association (AHA) - Elementary Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- AHA Balance It Out Teacher's Guide http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_448421.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2012-2013 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467892.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2013-2014 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467893.pdf
- Balanced Diet – AumSum <https://www.youtube.com/watch?v=YimuIdEZSNY>
- BAM! Body and Mind Teacher's Corner Nutrition <http://www.cdc.gov/bam/nutrition/index.html>
- BAM! Body and Mind_Unit 2: Nutrition <https://www.cdc.gov/healthyschools/bam/nutrition.htm>
- Be A Store Explorer, Nutrition <https://ymiclassroom.com/lesson-plans/be-a-store-explorer/>
- CA Media Smarts - Looking at Food Advertising <http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
- Education World Popcorn Nutrition - How Nutritious Are Your Snacks http://www.educationworld.com/a_lesson/03/lp324-04.shtml
- Check Out What's Chilling - Nutrition <https://ymiclassroom.com/lesson-plans/nfra/>
- FCS Fast Food <https://healthsmartva.pwnet.org/uploads/rteditor/file/FCS%20Fast%20Food%20Commercials%20Lesson.pdf>
- Food Plate Game <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Fuel It! – Nutrition <https://vpm.pbslearningmedia.org/collection/move-it/t/fuel-it/>
- Health Start Foundation – Brain Foods <https://www.healthstartfoundation.org/snackscience-360028-489536-881576-358809-315160-753867-895845.html>
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- How the food you eat affects your brain <https://www.youtube.com/watch?v=xyQY8a-ng6g>
- How the food you eat affects your gut <https://www.youtube.com/watch?v=1sISguPDlhY>
- [Healthy Eating – 5 Food Groups – You Tube](#)
- Jump Into Foods - Grades 3-5 https://www.canr.msu.edu/jump_into_foods_and_fitness_jiff/index
- Kids Health Teacher's Guides:
 - *Breakfast* <https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/breakfast.pdf>
 - *Food Labels* https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food_labels.pdf
 - *Healthy Snacking* http://classroom.kidshealth.org/3to5/personal/nutrition/healthy_snacking.pdf
 - *School Lunch* https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/school_lunch.pdf
- Shape America - What's in My Fast Food <http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2>
- TED Ed Resources:
 - [Which type of milk is best for you?](#)

Fruit and Veggies for Kids

The five fabulous food groups

How does your body know you're full?

What is a calorie?

How do vitamins work?

How the food you eat affects your brain

- The 5 Fabulous Food Groups - You Tube
- Together Counts - What Is Energy Balance? http://www.togethercounts.com/sites/togethercounts.com/files/lesson_plans/documents/3-5_1.1.pdf
- Together Counts - What Is the Pattern? http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/Lesson_2.1_WhatsthePattern.pdf_Activity2015.pdf
- USDA - Serving Up My Plate - A Yummy Curriculum Grades 5-6 https://www.fns.usda.gov/sites/default/files/sump_level3.pdf
- Utah Education Network - Calorie Burning <http://www.uen.org/Lessonplan/preview.cgi?LPid=103>
- Utah Education Network - Design a Meal <http://www.uen.org/Lessonplan/preview.cgi?LPid=68>
- Smart Snacking Action Plan <https://healthpoweredkids.org/lessons/smart-snacking/>
- Sports and Energy Drinks <https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/>
- With The Whole Grain for Kids <https://ymiclassroom.com/lesson-plans/go-with-the-whole-grain/>
- Zach Lunch: Funky Fruit <https://vpm.pbslearningmedia.org/resource/zach-lunch-funky-fruit-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Veggies <https://vpm.pbslearningmedia.org/resource/veggies-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Grain <https://vpm.pbslearningmedia.org/resource/grain-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Daring Dairy <https://vpm.pbslearningmedia.org/resource/zach-lunch-daring-dairy-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Protein <https://vpm.pbslearningmedia.org/resource/zach-lunch-protein-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Lunchtime <https://vpm.pbslearningmedia.org/resource/zach-lunch-lunchtime-video/rise-and-shine-health-and-wellness-time/>

Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia 5th Grade Page <https://healthsmartva.org/5th-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- **Physical Activity**
- Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- American Heart Association (AHA) - Elementary Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- AHA Balance It Out Teacher's Guide http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_448421.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2012-2013 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467892.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2013-2014 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467893.pdf
- AHA NFL Fuel Up to Play 60 http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WIBGbGVNFho
- BAM! Body and Mind_Unit 2: Physical Education and Activity https://www.cdc.gov/healthyschools/bam/pe_pa.htm
- BAM! Body and Mind_Unit 4: Health Conditions and Disease <https://www.cdc.gov/healthyschools/bam/diseases.htm>
- CDC BAM! Physical Activity <http://www.cdc.gov/bam/activity/index.html>
- Get Moving Unit - Michigan State University <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- K-2 Sleep Education <http://school.sleepeducation.com/K-2.aspx>
- KidsHealth - Backpacks Tip Sheet <http://kidshealth.org/en/parents/backpack.html>
- KidsHealth Fast Breaks - NBA Fit Classroom Lesson https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- KidsHealth Grades 3-5 Teacher's Guides
 - Fitness* <https://classroom.kidshealth.org/classroom/3to5/personal/fitness/fitness.pdf>
 - Sleep* <https://classroom.kidshealth.org/classroom/3to5/body/functions/sleep.pdf>
 - Screen Time* https://classroom.kidshealth.org/classroom/3to5/personal/fitness/screen_time.pdf
 - Sports Safety* https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sports_safety.pdf
 - Sportsmanship* <https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmanship.pdf>
- Fitness Bingo Lesson Plan <https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140aeb54f9a4/fitness-bingo-lesson-plan/>
- Go Noodle - Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Health Start Build Strong Bones <https://www.youtube.com/watch?v=AI25GY5-U68>
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- Hitting Cancer Below the Belt Colon Cancer Unboxing Video <https://vimeo.com/324984889>
- KidsHealth - Can Loud Music Hurt My Ears? <http://kidshealth.org/en/kids/rock-music.html>
- KidsHealth - Glasses and Contact Lenses <http://kidshealth.org/en/kids/glasses.html>

- KidsHealth - Earbuds <http://kidshealth.org/en/teens/earbuds.html?WT.ac=t-ra>
- KidsHealth - What's Hearing Loss <http://kidshealth.org/en/kids/hearing-impairment.html>
- KidsHealth - Your Eyes <http://kidshealth.org/en/kids/eyes.html>
- Listen to Your Buds Program <http://www.asha.org/buds/>
- Move It! - Physical Activity <https://vpm.pbslearningmedia.org/collection/move-it/t/move-it-physical-activity/>
- National Eye Institute (NEI) for Kids All About Vision <https://nei.nih.gov/kids>
- NEI for Kids - Healthy Vision Tips https://nei.nih.gov/kids/healthy_vision_tips
- NEI Ask a Scientist - Eye Myths and Facts <https://www.youtube.com/watch?v=h83zPt2A-aU>
- Noise Induced Hearing Loss - Tips for Teaching Kids <https://www.noisyplanet.nidcd.nih.gov/educators/tips-to-teach-kids>
- PE Central Physical Activity Lesson Ideas and Resources <http://www.pecentral.org>
- PE Central Interactive Heart Rate Worksheet - <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4874>
- PE Central Let's Get Moving! - <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- Power Chargers - Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Safe Routes <http://www.walkbiketoschool.org>
- Season Fitness Lesson Plan <https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness-lesson-plan/>
- Serving Up My Plate Tipsheet - Be a Fit Kid https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet2_BeAFitKid.pdf
- SHAPE America - Healthy Heart http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf
- SHAPE America - Musical Spots Fitness Edition http://www.shapeamerica.org/events/pesportweek/upload/Musical_Spots.pdf
- SunWise Tool Kit <https://www.neefusa.org/sunwise>
- SunWise Activities for Grades 3-5 <https://www.epa.gov/sites/production/files/documents/grades3-5.pdf>
- SunWise Activities for Grades 6-8 <https://www.epa.gov/sites/production/files/documents/grades6-8.pdf>
- Ted Ed Resources:
 - [How do we know if we have a virus?](#)
 - [How playing sports benefits your body and brain](#)
 - [Yoga does for body and brain](#)
 - [What is obesity?](#)
 - [How playing an instrument benefits your brain](#)
 - [Why our muscles get tired](#)
- Wheel of Fitness Lesson Plan <https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness-lesson-plan/>
- World Sleep Day Education Kit https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes_Ages%2011-18%20years.pdf
- **Hygiene**
- Dental Care Quizzes <https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
- Delta Dental Smart Smiles K-5 Program <https://deltadentalva.com/foundation/smart-smiles.html>
- Health Start Germs to Yourself <https://www.youtube.com/watch?v=Xoh82fefs0M>
- KidsHealth - How the Immune System Works <http://kidshealth.org/en/kids/ismovie.html>
- KidsHealth – Taking Care of Your Teeth <http://kidshealth.org/en/kids/teeth-care.html?ref=search>
- KidsHealth – What are Germs? <http://kidshealth.org/en/kids/germs.html?WT.ac=k-ra>

- KidsHealth – Why Do I Need to Wash My Hands? <http://kidshealth.org/en/kids/wash-hands.html>
- KidsHealth Grades 3-5 Germs Teacher’s Guide <https://classroom.kidshealth.org/classroom/3to5/personal/hygiene/germs.pdf>
- KidsHealth Poster – Wash Your Hands https://classroom.kidshealth.org/classroom/3to5/problems/conditions/wash_your_hands_k5.pdf
- KidsHealth Poster -Don’t Share Germs https://classroom.kidshealth.org/classroom/prekto2/problems/conditions/dont_spread_germs_k5.pdf
- Sleep Well <https://ymiclassroom.com/lesson-plans/sleep/>
- **Community Action**
- Action For Healthy Kids - Health and Wellness Fair <http://www.actionforhealthykids.org/tools-for-schools/find-challenges/gymnasium-challenges/1237-health-and-wellness-fair>
- Action for Healthy Kids - How to Host a Health Fair - 7 Strategies for Success <http://www.actionforhealthykids.org/success-stories/1187-how-to-host-a-health-fair-7-strategies-for-success>
- Good Health - It's Elementary! An Elementary School Health Fair <http://resources21.org/cl/contextual.asp?projectnumber=14>
- Texas A & M Health Fair Planning Guide <http://fcs.tamu.edu/files/2015/02/health-fair-planning-guide.pdf>
- Virginia Department of Health www.vdh.virginia.gov
- American Cancer Society www.cancer.org
- American Diabetes Association www.diabetes.org
- American Heart Association www.heart.org
- Scholastic – Choices – Magazines to “empower students to make positive, real world decisions <https://choices.scholastic.com>
- The Sleep Factor Lessons and Power Points <https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints>
- Virginia Safe Kids Coalition <https://www.safekids.org/coalition/safe-kids-virginia>

Substance Abuse Prevention

- Health Smart Virginia 5th Grade Page <https://healthsmartva.org/5th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Addiction and the Brain- for kids! https://youtu.be/s0bqT_hxMwI
- ABC Virginia Elementary Guide <https://www.abc.virginia.gov/education/publications>
- Alcohol, Tobacco, Drugs <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-3-5.html> or <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-4-5.html>
- Alcohol, Tobacco, Drugs http://alex.state.al.us/lesson_view.php?id=6932
- Bam! Body and Mind_Unit 8: E-cigarettes and Alcohol https://www.cdc.gov/healthyschools/bam/e_cigarettes_and_alcohol.htm
- Brain Power! <https://www.drugabuse.gov/parents-educators>
- Drug Abstinence Skills <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929>
- Generation Rx – Elementary Prescription Rx Toolkit <https://www.generationrx.org/toolkits/elementary/>
- GirlsHealth.gov <http://www.girlshealth.gov>
- It's My Life <http://pbskids.org/itsmylife/index.html>
- Keeping Medicine Safe <https://youtu.be/UHvPSwIX4aQ>
- Lessons for Responsible Medicine Use <https://ymiclassroom.com/otcmedsafety/>
- LifeSkills Training <http://www.lifeskillstraining.com>
- Medicines in My Home <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm>
- National Crime Prevention <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-4-5.html>
- On the Rocks Resource Guide http://www.connectwithkids.com/LHI/pdf/OnTheRocks_ResourceGuide.pdf
- Operation Prevention - opioid use prevention <https://www.operationprevention.com/classroom>
- (Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)
- (Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
- Mind Matters - The Body's Response to Marijuana (NIDA) (grades 5-9)
- Practice Saying No <http://www.nea.org/tools/practice-saying-no.html>
- Refusal Skills <http://www.uen.org/Lessonplan/preview.cgi?LPid=30959>
- Refusal: Sample Animation Activity <https://www.youtube.com/watch?v=PEEEJLrJcM>
- Registries of Programs Effective in Reducing Youth Risk Behaviors www.cdc.gov/HealthyYouth/AdolescentHealth/registries.htm
- Scholastic OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)
 - Reading about Medication Safety – A Review (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-about-medicine-safety-a-review-of-informational-text-fea/>

- Exploring the Harms of Medication Misuse (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/exploring-the-harms-of-medicine-misuse/>
- Understanding Medication Measuring Tools, Storage and Safe Disposal (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-medicine-measuring-tools-storage-and-safe-disposal/>
- Reading and Understanding the Drug Facts Label (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-and-understanding-the-drug-facts-label/>
- Comparing Over the Counter Medication (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/comparing-over-the-counter-and-prescription-medicine/>
- Stanford Tobacco Prevention Toolkit– lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) <http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
- TED Ed Resources:
 - [How do drugs affect the brain?](#)
 - [Is Marijuana bad for your brain?](#)
 - [What you should know about vaping](#)
- Together Counts - Decision Making <https://togethercounts.com/grades-k-5/>
- Virginia Rules https://virginiarules.org/varules_topics/alcohol-and-tobacco/

Safety/Injury Prevention

- Health Smart Virginia 5th Grade Page <https://healthsmartva.org/5th-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- BAM! Safety <http://www.cdc.gov/bam/safety>
- BAM! Body and Mind_Unit 7: Injury Prevention and Safety Promotion <https://www.cdc.gov/healthyschools/bam/injury.htm>
- Bicycle Safer Journey <https://youtu.be/dkoVxBnnGko>
- Bicycle Safety <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-3-5.html>
- Bicycle Helmet Safety <https://youtu.be/sV9GjU7cA7o>
- Build a Kit <https://www.ready.gov/kit>
- Education World Be A Sport for Sport Safety https://www.educationworld.com/a_lesson/lesson233.shtml
- FEMA Be a Hero Youth Emergency Preparedness https://www.fema.gov/media-library-data/a09faf19c5354c01beb9f30125a785cb/FEMA%20UE%20TG_082613_508.pdf
- Fire Safety for Kids <https://www.youtube.com/watch?v=AWHGdWOI4kw>
- Gun Safety http://www.doe.virginia.gov/boe/guidance/safety/school_gun_safety_elementary.pdf
- Gun Safety <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/gun-safety-grades-4-5.html>
- Home Alone <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-3-5.html>
- Internet Safety http://www.safesurfingkids.com/lesson_plans_grades_3_12.htm
- Kids Fire Safety Awareness <https://www.youtube.com/watch?v=Lc2aCmxG6II>
- National Head and Spinal Cord Injury Prevention Program www.thinkfirst.org
- Pedestrian Safety Curriculum <https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum>
- Pedestrian Safer Journey <https://youtu.be/E5BFdJu-pjE>
- Playground Safety Check http://www.educationworld.com/a_lesson/01-1/lp233_03.shtml
- Risk Watch Safety Videos <http://dasmus.weebly.com/risk-watch.html>
- Road Safety Video https://www.youtube.com/watch?v=_NeEF1fwT4k
- Safety Adventures: Home Safety <https://youtu.be/QSWC75raMx4>
- Safety Lessons <https://mecklenburg.ces.ncsu.edu/youthsafety>
- SafeKids Home Safety <http://www.safekids.org/home-safety-educators>
- SafeKids Pedestrian Safety http://www.safekids.org/sites/default/files/documents/educators/pedestrian_safety_lesson_plan_0.pdf
- The Concussion Conundrum <https://healthpoweredkids.org/lessons/concussion-conundrum/>
- Top 10 Bike Safety Rules <https://youtu.be/PT1-mDIVyal>
- Traffic Signs and Rules <https://youtu.be/PpEWVxNj2xo>
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- Youth Emergency Kit Checklist and Youth Family Emergency Plan pages from <https://www.ready.gov/kids/kids>

Mental Wellness/Social Emotional Skills

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

- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 3 Committee for Children (CFC) Free SEL Classroom Activities
- 4 Inventive Games that Teach Students Social Skills
- 5 Activities to Support Students Through the Holidays
- 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
- 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
- 7 Fun Communication Games that Increase Understanding
- 7 SEL Activities for Students to Do at Home
- 8 Social Emotional Learning Activities for a Classroom
- 8 Downloadable SEL Activities for Home and School
- 9 mental health activities to do with your children - BelievePerform
- 10 Activities to Help Children Explore Emotions
- 10 Activities to Integrate Social Emotional Learning into the Classroom
- 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
- 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
- 10 Tips to Help Your Child with Anger, Aha! Parenting
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 12 Games to Teach Social-Emotional Learning - Playworks
- 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
- 12 Ways Teachers Can Build Their Own Resilience
- 13 Powerful SEL Activities | Edutopia
- 15 Activities for Teaching CASEL Core Competencies | Waterford.org
- 16 Anger Management Activities, School Counseling Files
- 16 Social and Emotional Learning Activities - Aperture Education
- 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
- 25 Ways to Integrate Social Emotional Learning into Your Classroom
- 25 At Home SEL Activities - Choice Board
- 28 Mental Health Activities, Worksheets & Books for Adults & Students
- 30 Character-Building Ideas and Activities for School, Sign Up Genius

- 30 + Free Choice SEL Activities
- 73 Social Emotional Learning Activity Sheets
- 97 SEL Skills Activities – InspiredStudents.org
- 100 Kid Activities to Build Character, Moments a Day
- 101 Ways to Teach Children Social Skills
- 132 SEL Apps, Games, Activities for Building Character in the Classroom
- Attitude of Gratitude <https://healthpoweredkids.org/lessons/gratefulsandgrumbles/>
- Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids <https://www.youtube.com/watch?v=ZBnPlqQFPKs>
- BAM! Life <http://www.cdc.gov/bam/life/index.html>
- BAM! Body and Mind_Unit 6: Mental Health, Child Development and Hygiene https://www.cdc.gov/healthyschools/bam/child_development.htm
- Breathing Activity for Elementary Students
- Butterfly Breathing Video – YouTube
- Cool It! - Self Awareness (Yoga) <https://vpm.pbslearningmedia.org/collection/move-it/t/cool-it/>
- Calming Exercises for Kids: Breathing and Stretching - YouTube
- Centervention SEL Activities <https://www.centervention.com/social-emotional-learning-activities/>
- Classroom Activities - MACMH | MACMH
- Classroom Physical Activity Helps Students with Mental Health and Anxiety
- Committee for Children (CFC) Free Classroom Activities <https://www.cfchildren.org/resources/free-classroom-activities/>
- Daniels Neighborhood - Feel So Mad t You Want to Roar – Strategy Song /Activity (Anger) <https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNfho>
- Elementary School Counseling - Identifying and Expressing Feelings <http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html>
- EMOTIONAL ABC Classroom
- EVERFI-Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
- Everyday mindfulness - YouTube
- Exercise and your brain <https://healthpoweredkids.org/lessons/exerciseandbrain/>
- Fit4TheClassroom – Mood Music Lesson <http://stage.fit4theclassroom.com/mood>
- [Free-Anger-Worksheets](#) An anger log to help kids track their triggers for anger. Elementary, Middle
- [Free-Calming-Poster](#) Simple calming posters for a calm down area that remind kids to relax and breathe. Elementary, Middle
- [Free-Coping-Strategies-Challenge](#) Have students learn 30 coping strategies in 30 days to teach about managing emotions. Elementary, Middle
- [Free-Coping-Strategies-Notebook](#) A tool that helps kids to practice and use their coping strategies when they need them. Elementary, Middle
- [Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U](#)
- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
- Go Noodle - Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- How to Help Children Manage Fears <https://childmind.org/article/help-children-manage-fears/>
- How Your Brain Works – I Have a Go <https://www.youtube.com/watch?v=mFuHKJqpxPw>

- [Interactive Games in Support of Mental Health | Mental Health Delta Division](#)
- Joyful Mind – Mindfulness in the Classroom Activities <http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions>
- KidsHealth.org Teacher’s Guides for Grades 3-5:
 - Self Esteem https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf
 - Empathy <http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf>
 - Conflict Resolution https://classroom.kidshealth.org/3to5/personal/growing/conflict_resolution.pdf
 - Getting Along http://classroom.kidshealth.org/3to5/personal/growing/getting_along.pdf
 - Peer Pressure <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
 - Stress <https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf>
 - Feeling Sad <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
- Learn to Be Healthy <http://www.learntobehealthy.org/health-education/mental-health.aspx>
- Learning Mindfulness Through Movement <https://healthpoweredkids.org/lessons/mindfulness-through-movement/>
- Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
- Mental Health Activities for High School Students - The Truthful Tutor
- Mental Health Awareness: Free Resources & More | Share My Lesson
- Michigan Education - Online Professional Development for Social Emotional Learning
 - Introduction to SEL <https://plp.mivu.org/Registration.aspx?section=3195>
 - Embedding SEL Schoolwide <https://plp.mivu.org/Registration.aspx?course=542>
 - Creating a Professional Culture Based on SEL <https://plp.mivu.org/Registration.aspx?section=3224>
 - Integrating SEL - Culturally Responsive Classrooms <https://plp.mivu.org/Registration.aspx?section=3226>
 - Trauma Informed Support <https://plp.mivu.org/Registration.aspx?section=2960>
- [Mindful Moments – MCPS Be Well 365 - Student Activity Videos](#)
- [Mindful Movement for Young Learners - YouTube](#)
- Mindful Schools – Lesson - Introduction to Mindful Bodies and Listening <http://www.mindfulschools.org/resources/explore-mindful-resources/>
- Mindful Schools <http://www.mindfulschools.org/resources/explore-mindful-resources>
- Mindful Teachers Site <http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html>
- [Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans](#)
- Mr. Steve, The Music Man Positive Mental Attitude <https://vpm.pbslearningmedia.org/resource/pma-mr-steve-the-music-man-video/rise-and-shine-health-and-wellness-time/>
- Noticing Walk and Reflection <https://healthpoweredkids.org/lessons/noticingwalk/>
- Open Up Magazine, Minnesota Association for Children’s Mental Health – *Getting to Know You, Empathy – How are You Feeling, It’s All in Your Viewpoint* <http://www.macmh.org/open-up-magazine/classroom-activities/>
- PBS - Overview of Mindfulness <http://www.pbs.org/thebuddha/teachers-guide/>
- PBS - It's My Life <http://pbskids.org/itsmylife/index.html>
- PE Central lessons
 - Emotions in Motion <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho>
 - Emotion Discovery with DDR <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10126#.WR42smVNFho>
 - Lesson on Feelings <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11039#.WR3WfWVNFho>

- The Feelings Hop <http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=1636#.WR3W02VNFho>
- Yoga Unit – Feelings and Reactions <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFWVNFho>
- Problem Solving Door <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3584#.WR41J2VNFho>
- Stress Hot Potato <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6604#.WR41RmVNFho>
- Reach Out - Asking students if they are okay <https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day>
- Rossier USC - Creating Safe Spaces – Social Emotional Lessons <https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/>
- Scholastic - Mind Up Curriculum - brain centered management and teaching strategies <http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-e-commerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- Stress, Trauma and the Brain - Insights for Educators <https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/>
- Self-Esteem and Body Image <https://healthpoweredkids.org/lessons/self-esteem-and-body-image/>
- Supporting Students' Personal and Social Competencies <https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html>
- Teachnology - Mental Health and Stress Reduction <http://www.teach-nology.com>
- The Compassion Project consists of 15 online lessons and 3 digital activities. http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12_compassion_course_outline.pdf
- Together Counts - Smart From the Start - Every Body is Special <https://healthsmartva.org/uploads/rtditor/file/3-Every%20Body%20Is%20Special%20.pdf>
- Together Counts - Energy Balance 1.2. Full Esteem Ahead <https://togethercounts.com/grades-k-5/>
- Together Counts - Foundations of Wellness http://togethercounts.com/wp-content/uploads/2017/11/Lesson_1.1_FoundationsofWellness.pdf
- UNICEF Kid Power Videos for Children and Families
- Wall Street Journal - Overview of Mindfulness - <https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647>
- We Are Teachers: Resources for Social and Emotional Learning <http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>
- Wellbeing Healthy Habits <https://www.youtube.com/watch?v=dhpCdqOtuJ0>
- When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf
- Y Project Cornerstone - Teasing and Putdowns Lesson http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf

Violence Prevention

- Health Smart Virginia 5th Grade Page <https://healthsmartva.org/5th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Al's Pals: Kids Making Healthy Choices <http://wingspanworks.com>
- Anti-Bullying Squad <https://youtu.be/3ypxq2C4JuY>
- BAM! Life <http://www.cdc.gov/bam/life/index.html>
- Be an Upstander - Prevent Bullying <https://youtu.be/eeqQCyQOCPg>
- Bullying and Harassment Prevention Curriculum <http://studentservices.dadeschools.net/#!/fullWidth/3697>
- Bullying Prevention Lesson Plans <https://rossieronline.usc.edu/bullying-prevention-lesson-plans/>
- Collection of Social Emotional Lesson Plans <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- Committee for Children - Bullying Prevention Unit
- Decision Making and Assertiveness <http://www.uen.org/Lessonplan/preview.cgi?LPid=160>
- Emotional Development Resources <https://www.teachervision.com/emotional-development/teacher-resources/32913.html>
- Five Ways to Stop Bullying <https://youtu.be/vGV5jzPYvm0>
- Intel Education: "Flat Stanley" <http://www97.intel.com/en/ProjectDesign/UnitPlanIndex/FlatStanley>
- Kids against Bullying <http://www.pacerkidsagainstbullying.org/kab/>
- Kids Bullying Kids http://www.educationworld.com/a_lesson/00-2/1p2055.shtml
- LifeSkills Training <http://www.lifeskillstraining.com>
- Olweus Bullying Prevention Program http://www.olweus.org/public/school_bullying.page
- Olweus - Class Meetings That Matter: A Year's Worth of Resources for Grades K-5 http://www.hazelden.org/OA_HTML/ibeCCtpItmDspRte.jsp?item=13746&sitex=10020:22372:US
- Online Safety <https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/>
- PACER Classroom Resources (Bullying) <https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd>
- PACER Elementary School Activities (Bullying) <https://www.pacer.org/bullying/classroom/elementary/>
- PACER Elementary School Curriculum (Bullying) <https://www.pacer.org/bullying/classroom/ele-curr/>
- Peaceful Schools <http://peacefulschoolsinternational.org>
- Robot Bullies <https://youtu.be/YTQxTvcMjng>
- Social Emotional Learning K-5 <http://www.scholastic.com/teachers/lesson-plans/free-lesson-plans/search?query=&subject%5B%5D=912>
- Teaching Guide: Bullying and Teasing <http://www.goodcharacter.com/GROARK/Bullying.html>
- We Are Teachers: Resources for Social and Emotional Learning <http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>