

**Grade 4 Resource Links**

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

*This 2023 Update was funded by the* *Office of Behavioral Health Wellness**, Virginia Department of Behavioral Health and Developmental Services*

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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=aDQlFbMbChw
* Magic School Bus Explores the Human Body Part 3 (Kids Global)
* https://www.youtube.com/watch?v=KTSLeXjvorM
* Magic School Bus Explores the Human Body Part 4 (Kids Global)
* https://www.youtube.com/watch?v=vodfA3MDkTM
* Magic School Bus Explores the Human Body Part 5
* https://www.youtube.com/watch?v=hkZ2X3Fzm6U&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=5
* Magic School Bus Explores the Human Body Part 6
* Https://www.youtube.com/watch?v=NW2-g2xAqs4&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=6
* Magic School Bus Explores the Human Body Part 7
* Https://www.youtube.com/watch?v=JvLCtm8y8EU&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=7
* The Human Brain https://www.youtube.com/watch?v=1aCYsYSM1MA
* Muscles - Science Trek https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/
* Scholastic Study Jams! http://studyjams.scholastic.com/studyjams/jams/science/human-body/human-body.htm
* TED Ed Resources:

Can you be awake and asleep at the same time?

What are the floaters in your eye?

How do lungs work?

How oxygen circulates through your body

How does the liver work?

How does your digestive system work?

Your skin!

How does the immune system work?

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

**Community/Environmental Health**

* Health Smart Virginia 4th Grade Page https://healthsmartva.org/4th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Benefits of Volunteering https://kidshealth.org/en/kids/volunteering.html?ref=search&WT.ac=msh-p-dtop-en-search-clk
* CT Environmental Health Curricula For Health Teachers http://www.ct.gov/dph/lib/dph/environmental\_health/eoha/pdf/ieq\_curriculums.pdf
* EPA Environmental Health 101 Lesson https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101
* EPA Games and Quizzes https://www.epa.gov/students/games-quizzes-and-more
* EPA Student Environmental Health Resources https://www.epa.gov/students
* EPA Student Resources https://www.epa.gov/students
* Exploring Community http://www.discoveryeducation.com/teachers/free-lesson-plans/exploring-your-community.cfm
* Go Green http://kidshealth.org/en/kids/go-green.html
* Green Schools - Earth Day Activities and Ideas http://www.greenschools.net/article.php-id=160.html
* How Do Chemicals Affect Animals and Their Kids? https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/
* IDAHO Environmental Health Education – Lesson Plans for All Grade Levels http://healthandwelfare.idaho.gov/Portals/0/Health/EnvironmentalHealth/Lesson%20Plans-Reduced%20File%20Size.pdf
* Project Learning Tree - Earth Day Activities https://www.plt.org/educator-tips/earth-day-activities/
* Reduce, Reuse, Recycle - http://kids.niehs.nih.gov/topics/reduce/
* TED Ed Resources:

What is in the air you breathe?

Microbial Jungles- How Microbes form communities

Conserving our Coral Reefs

Why do we wear sunscreen?

Do we really need pesticides?

Meet the Blue Fin Tuna

How to Create Cleaner Coal

How much land does it take to power the world?

How do wind turbines work?

What if there were 1 million more trees?

Beauty of Pollination

* The Science of Safety (Natural Hazards) https://ymiclassroom.com/lesson-plans/science-of-safety/
	+ - We are Teachers - Earth Day Activities https://www.weareteachers.com/meaningful-earth-day-activities/
* What happens to plastic in the soil? https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/

**Nutrition**

* Health Smart Virginia 4th Grade Page https://healthsmartva.org/4th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* American Heart Association (AHA) - Elementary Lesson Plans

http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans\_UCM\_001258\_Article.jsp#.WHVMj2VNGs0

* AHA Balance It Out Teacher’s Guide http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_448421.pdf
* AHA It Takes a Heart to be a Hero Teacher’s Guide 2012-2013 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467892.pdf
* AHA It Takes a Heart to be a Hero Teacher’s Guide 2013-2014 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467893.pdf
* AHA Food Is Fuel https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\_305557.pdf
* Balanced Diet – AumSum https://www.youtube.com/watch?v=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.pecentral.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-mDlVyaI
* Traffic Signs and Rules https://youtu.be/PpEWVxNj2xo

**Mental Wellness/Social Emotional Skills**

* Health Smart Virginia 4th Grade Page https://healthsmartva.org/4th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Health Smart Home Page Social Emotional Resources
* 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
* 3 Committee for Children (CFC) Free SEL Classroom Activities
* 4 Inventive Games that Teach Students Social Skills
* 5 Activities to Support Students Through the Holidays
* 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
* 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
* 7 Fun Communication Games that Increase Understanding
* 7 SEL Activities for Students to Do at Home
* 8 Social Emotional Learning Activities for a Classroom
* 8 Downloadable SEL Activities for Home and School
* 9 mental health activities to do with your children - BelievePerform
* 10 Activities to Help Children Explore Emotions
* 10 Activities to Integrate Social Emotional Learning into the Classroom
* 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
* 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
* 10 Tips to Help Your Child with Anger, Aha! Parenting
* 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
* 12 Games to Teach Social-Emotional Learning - Playworks
* 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
* 12 Ways Teachers Can Build Their Own Resilience
* 13 Powerful SEL Activities | Edutopia
* 15 Activities for Teaching CASEL Core Competencies | Waterford.org
* 16 Anger Management Activities, School Counseling Files
* 16 Social and Emotional Learning Activities - Aperture Education
* 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
* 25 Ways to Integrate Social Emotional Learning into Your Classroom
* 25 At Home SEL Activities - Choice Board
* 28 Mental Health Activities, Worksheets & Books for Adults & Students
* 30 Character-Building Ideas and Activities for School, Sign Up Genius
* 30 + Free Choice SEL Activities
* 73 Social Emotional Learning Activity Sheets
* 97 SEL Skills Activities – InspiredStudents.org
* 100 Kid Activities to Build Character, Moments a Day
* 101 Ways to Teach Children Social Skills
* 132 SEL Apps, Games, Activities for Building Character in the Classroom
* An ARTHUR Social, Emotional, and Character Development Curriculum K-5 https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNFho
* Attitude of Gratitude https://healthpoweredkids.org/lessons/gratefulsandgrumbles/
* Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids https://www.youtube.com/watch?v=ZBnPlqQFPKs
* BAM! Life http://www.cdc.gov/bam/life/index.html
* BAM! Body and Mind\_Unit 6: Mental Health, Child Development and Hygiene https://www.cdc.gov/healthyschools/bam/child\_development.htm
* Breathing Activity for Elementary Students
* Butterfly Breathing Video – YouTube
* CA Media Smarts Avatars and Body Image http://mediasmarts.ca/teacher-resources/avatars-body-image
* Calming Exercises for Kids: Breathing and Stretching - YouTube
* Centervention SEL Activities https://www.centervention.com/social-emotional-learning-activities/
* Classroom Activities - MACMH | MACMH
* Classroom Physical Activity Helps Students with Mental Health and Anxiety
* Committee for Children (CFC) Free Classroom Activities https://www.cfchildren.org/resources/free-classroom-activities/
* Cool It! - Self Awareness (Yoga) https://vpm.pbslearningmedia.org/collection/move-it/t/cool-it/
* Daniel Tiger's Neighborhood - Scared of Thunder https://www.pbslearningmedia.org/resource/2335e27f-5ac0-4973-a0b9-c5ccd94677b2/daniel-and-o-are-scared-of-the-thunder/#.WRpJHmVNFho
* Daniel Tiger's Neighborhood - You Feel So Mad You Want to Roar - Strategy Song / Activity (Anger) https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNFho
* Elementary School Counseling - Identifying and Expressing Feelings http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html
* EMOTIONAL ABC Classroom
* EVERFI-Social Emotional Learning Resources https://everfi.com/offerings/social-emotional-learning/
* Everyday mindfulness - YouTube
* Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
* Fit4TheClassroom - Mood Music Lesson http://stage.fit4theclassroom.com/mood
* Free-Anger-Worksheets - An anger log to help kids track their triggers for anger. Elementary, Middle
* Free-Calming-Poster- Simple calming posters for a calm down area that remind kids to relax and breathe. Elementary, Middle
* Free-Coping-Strategies-Challenge- Have students learn 30 coping strategies in 30 days to teach about managing emotions. Elementary, Middle
* Free-Coping-Strategies-Notebook- A tool that helps kids to practice and use their coping strategies when they need them. Elementary, Middle
* Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
* Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
* Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education   http://www.arkansased.gov/public/userfiles/Learning\_Services/GUIDE\_for\_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
* How to Help Children Manage Fears https://childmind.org/article/help-children-manage-fears/
* How Your Brain Works – I Have a Go https://www.youtube.com/watch?v=mFuHKJqpxPw
* Interactive Games in Support of Mental Health | Mental Health Delta Division
* Joyful Mind - Mindfulness in the Classroom Activities http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions
* KidsHealth.org Teacher’s Guides for Grades 3-5:
	+ Self Esteem https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\_esteem.pdf
	+ Empathy http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf
	+ Conflict Resolution https://classroom.kidshealth.org/3to5/personal/growing/conflict\_resolution.pdf
	+ Getting Along http://classroom.kidshealth.org/3to5/personal/growing/getting\_along.pdf
	+ Peer Pressure http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf
	+ Stress https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf
	+ Feeling Sad http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf
* Learning Mindfulness Through Movement https://healthpoweredkids.org/lessons/mindfulnesthroughmovement/
* 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
* Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
* Mental Health Activities for High School Students - The Truthful Tutor
* ‎Mental Health Awareness: Free Resources & More | Share My Lesson
* Michigan Education - Online Professional Development for Social Emotional Learning

Introduction to SEL https://plp.mivu.org/Registration.aspx?section=3195

Embedding SEL Schoolwide https://plp.mivu.org/Registration.aspx?course=542

Creating a Professional Culture Based on SEL https://plp.mivu.org/Registration.aspx?section=3224

Integrating SEL - Culturally Responsive Classrooms https://plp.mivu.org/Registration.aspx?section=3226

Trauma Informed Support https://plp.mivu.org/Registration.aspx?section=2960

* Mindful Moments – MCPS Be Well 365 - Student Activity Videos
* Mindful Movement for Young Learners - YouTube
* Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening http://www.mindfulschools.org/resources/explore-mindful-resources/
* Mindful Schools http://www.mindfulschools.org/resources/explore-mindful-resources
* Mindful Teachers Site http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html
* Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
* Mr. Steve, The Music Man Positive Mental Attitude https://vpm.pbslearningmedia.org/resource/pma-mr-steve-the-music-man-video/rise-and-shine-health-and-wellness-time/
* Noticing Walk and Reflection https://healthpoweredkids.org/lessons/noticingwalk/
* No Time for Flash Cards - Circle Time Lessons about Emotions http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html http://pbskids.org/daniel/videos/
* Open Up Magazine, Minnesota Association for Children’s Mental Health - Getting to Know You, Empathy - How are You Feeling, It’s All in Your Viewpoint http://www.macmh.org/open-up-magazine/classroom-activities/
* PBS - Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/
* PBS - It's My Life http://pbskids.org/itsmylife/index.html
* PE Central lessons
	+ Emotions in Motion http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho
	+ Emotion Discovery with DDR http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10126#.WR42smVNFho
	+ Lesson on Feelings http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11039#.WR3WfWVNFho
	+ The Feelings Hop http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=1636#.WR3W02VNFho
	+ Yoga Unit - Feelings and Reactions http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFWVNFho
	+ Problem Solving Door http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3584#.WR41J2VNFho
	+ Stress Hot Potato http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6604#.WR41RmVNFho
* Reach Out - Asking students if they are okay http://au.professionals.reachout.com/r-u-ok
* Rossier USC - Creating Safe Spaces - Social Emotional Lessons https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/
* Scholastic - Learning About Emotions (Gr. K) https://www.scholastic.com/teachers/lesson-plans/teaching-content/activity-plan-4-5-learning-about-emotions/
* Scholastic - Mind Up Curriculum - brain centered management and teaching strategies http://teacher.scholastic.com/products/mindup/
* Scholastic - Social and Emotional Learning: Essential Lessons for Student Success https://shop.scholastic.com/teachers-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/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf
* Together Counts - Energy Balance 1.2. Full Esteem Ahead https://togethercounts.com/grades-k-5/
* Together Counts - Foundations of Wellness http://togethercounts.com/wp-content/uploads/2017/11/Lesson\_1.1\_FoundationsofWellness.pdf
* UNICEF Kid Power Videos for Children and Families
* Wall Street Journal - Overview of Mindfulness https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647
* We Are Teachers: Resources for Social and Emotional Learning http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources
* What is SEL
* WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
* Teaching Activities to Support Core SEL Competencies
* Wellbeing Healthy Habits https://www.youtube.com/watch?v=dhpCdqOtuj0
* When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\_guide.pdf
* Y Project Cornerstone - Teasing and Putdowns Lesson http://www.projectcornerstone.org/html/pdfs/PC\_ABCsamplelessonplan.pdf

**Violence Prevention**

* Health Smart Virginia 4th Grade Page https://healthsmartva.org/4th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Al's Pals: Kids Making Healthy Choices http://wingspanworks.com
* Anti-Bullying Squad https://youtu.be/3ypxq2C4JuY
* Be an Upstander - Prevent Bullying https://youtu.be/eeqQCyQOCPg
* Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
* Bullying Prevention Lesson Plans https://rossieronline.usc.edu/bullying-prevention-lesson-plans/
* Collection of Social Emotional Lesson Plans http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf
* Committee for Children - Bullying Prevention Unit
* Decision Making and Assertiveness http://www.uen.org/Lessonplan/preview.cgi?LPid=160
* Emotional Development Resources https://www.teachervision.com/emotional-development/teacher-resources/32913.html
* Five Ways to Stop Bullying https://youtu.be/vGV5jzPYvm0
* Intel Education: "Flat Stanley” http://www97.intel.com/en/ProjectDesign/UnitPlanIndex/FlatStanley
* Kids against Bullying http://www.pacerkidsagainstbullying.org/kab/
* Kids Bullying Kids http://www.educationworld.com/a\_lesson/00-2/lp2055.shtml
* LifeSkills Training http://www.lifeskillstraining.com
* Olweus - Class Meetings That Matter: A Year’s Worth of Resources for Grades K-5 - http://www.hazelden.org/OA\_HTML/ibeCCtpItmDspRte.jsp?item=13746&sitex=10020:22372:US
* Olweus Bullying Prevention Program http://www.olweus.org/public/school\_bullying.page
* Online Safety https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/
* PACER Classroom Resources (Bullying)

https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd

* PACER Elementary School Activities (Bullying) https://www.pacer.org/bullying/classroom/elementary/
* PACER Elementary School Curriculum (Bullying) https://www.pacer.org/bullying/classroom/ele-curr/
* Peaceful Schools http://peacefulschoolsinternational.org
* Robot Bullies https://youtu.be/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