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**Grade K Resource Links**

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

*This 2023 Update was funded by the* [*Office of Behavioral Health Wellness*](about:blank)*, Virginia Department of Behavioral Health and Developmental Services*

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**Violence Prevention**

**Body Systems**

* Health Smart Virginia Kindergarten Page [https://healthsmartva.org/kindergarten](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* The Human Brain [https://www.youtube.com/watch?v=1aCYsYSM1MA](about:blank)
* Al's Pals: Kids Making Healthy Choices [http://wingspanworks.com](about:blank)
* BAM! Body and Mind\_Unit 4: Health Conditions and Disease [https://www.cdc.gov/healthyschools/bam/diseases.htm](about:blank)
* Body Worksheets and Printables [http://www.education.com/worksheets/body/](about:blank)
* Body Systems [http://interactivesites.weebly.com/body-systems.html](about:blank)
* BrainPop Jr. – Bones [https://jr.brainpop.com/health/bodies/bones/](about:blank)
* BrainPop Jr. – Lungs [https://jr.brainpop.com/health/bodies/lungs/](about:blank)
* BrainPop Jr. – Senses [https://jr.brainpop.com/health/bodies/senses/](about:blank)
* BrainPop Jr. – Muscles [https://jr.brainpop.com/health/bodies/muscles/](about:blank)
* BrainPop Jr. – Heart [https://jr.brainpop.com/health/bodies/heart/](about:blank)
* BrainPop Jr. – Exercise [https://jr.brainpop.com/health/bodies/exercise/](about:blank)
* BrainPop Jr. – Digestive System [https://jr.brainpop.com/health/bodies/digestivesystem/](about:blank)
* Dental Care Quizzes [https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/](about:blank)
* The Five Senses [https://www.teachervision.com/body-parts/curriculum-planning/6209.html?page=2#activities](about:blank#activities)
* Health Conscious Activities for Young Children - Anatomy [http://www.dshs.texas.gov/kids/lessonplans/kanatomy.shtm](about:blank)
* Human Body Printables - K-2 [https://www.teachervision.com/body-parts/teacher-resources/6632.html](about:blank)
* Human Body [https://www.brainpop.com/health/bodysystems/bodysystems/](about:blank)
* How the Body Works [http://kidshealth.org/en/kids/center/htbw-main-page.html](about:blank)
* Human Body for Kids [http://www.sciencekids.co.nz/humanbody.html](about:blank)
* [Human Body - Science for Kids - You Tube](about:blank)
* [Human Body Systems for Kids Video Lesson and Activity Plan](about:blank)
* KidsHealth - human body series [http://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body](about:blank)
* Magic School Bus Explores the Human Body Part 1 (Kids Global) [https://www.youtube.com/watch?v=HcgNh4hVi4k](about:blank)
* Magic School Bus Explores the Human Body Part 2 (Kids Global)
* [https://www.youtube.com/watch?v=aDQlFbMbChw](about:blank)
* Magic School Bus Explores the Human Body Part 3 (Kids Global)
* [https://www.youtube.com/watch?v=KTSLeXjvorM](about:blank)
* Magic School Bus Explores the Human Body Part 4 (Kids Global)
* [https://www.youtube.com/watch?v=vodfA3MDkTM](about:blank)
* Magic School Bus Explores the Human Body Part 5
* [https://www.youtube.com/watch?v=hkZ2X3Fzm6U&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=5](about:blank)
* Magic School Bus Explores the Human Body Part 6
* [Https://www.youtube.com/watch?v=NW2-g2xAqs4&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=6](about:blank)
* Magic School Bus Explores the Human Body Part 7
* [Https://www.youtube.com/watch?v=JvLCtm8y8EU&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=7](about:blank)
* My 5 Senses Learning About My World  [http://www.coreknowledge.org/mimik/mimik\_uploads/lesson\_plans/1119/K\_MyFiveSensesLearningAboutMyWorld.pdf](about:blank)
* Making Sense of Our Senses [http://www.scholastic.com/teachers/lesson-plan/making-sense-our-senses](about:blank)
* Muscles - Science Trek [https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/](about:blank)
* ScienceNet - My Senses [http://sciencenetlinks.com/lessons/my-senses-tell-me/](about:blank)
* We Have Bodies/The Healthy Kids Project [https://vpm.pbslearningmedia.org/resource/ddb402fe-71b8-444a-85ab-a56e3f962bbc/we-have-bodies/](about:blank)

**Community/Environmental Health**

* Health Smart Virginia Kindergarten Page [https://healthsmartva.org/kindergarten](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* 18 Earth Day Activities [https://www.kindergartenworks.com/kindergarten-teaching-ideas/holidays/18-earth-day-activities/](about:blank)
* Do Fish Have a Home? [https://www.sciencejournalforkids.org/articles/do-fish-have-a-home/](about:blank)
* Purdue University - Our Changing Environment Lesson [https://www.doe.in.gov/sites/default/files/elme/kindergarten-lessons-our-changing-environment.pdf](about:blank)
* [World Wildlife Educational Resources](about:blank)
* What happens to plastic in the soil? [https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/](about:blank)

**Nutrition**

* Health Smart Virginia Kindergarten Page [https://healthsmartva.org/kindergarten](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* American Heart Association (AHA) - Elementary Lesson Plans

[http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans\_UCM\_001258\_Article.jsp#.WHVMj2VNGs0](about:blank#.WHVMj2VNGs0)

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

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

* Health Smart Virginia Kindergarten Page [https://healthsmartva.org/kindergarten](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* Health Start Build Strong Bones [https://www.youtube.com/watch?v=AI25GY5-U68](about:blank)
* Health Tips – Mocomi Kids [https://www.youtube.com/watch?v=fagLa\_46HkY](about:blank)
* The Healthy Kids Project - Disease Prevention/Health Promotion [https://vpm.pbslearningmedia.org/collection/the-healthy-kids-project/](about:blank)
* Hello Body/ The Healthy Kids Project [https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/](about:blank)
* Healthy Choices A to Z [https://vpm.pbslearningmedia.org/resource/7524fcd9-67d2-4ee7-8340-9d974d8f35ef/healthy-choices-a-to-z/](about:blank)
* Health Feels Great! [https://vpm.pbslearningmedia.org/resource/17e26dc6-ed92-482b-910a-b703c83a2440/health-feels-great/](about:blank)

**Physical Activity**

* Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers [http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers](about:blank)
* American Heart Association - NFL Play 60 Challenge [http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge\_UCM\_304278\_Article.jsp#.WHVKCWVNGs0](about:blank#.WHVKCWVNGs0)
* BAM! Body and Mind\_Unit 2: Physical Education and Activity [https://www.cdc.gov/healthyschools/bam/pe\_pa.htm](about:blank)
* East Carolina University - Energizers for Grades K-2 [https://www.ecu.edu/cs-hhp/exss/upload/Energizers\_for\_Grades\_K\_2.pdf](about:blank)
* Fast Breaks [https://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf](about:blank)
* Fitness Bingo Lesson Plan [https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140aeb54f9a4/fitness-bingo-lesson-plan/](about:blank)
* Fuel Up to Play 60 [https://www.fueluptoplay60.com/tools#tab\_why-physical-activity](about:blank#tab_why-physical-activity)
* KidsHealth Teacher’s Guides:
  + Fitness [https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/fitness.pdf](about:blank)
  + Sportsmanship [https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/sportsmanship.pdf](about:blank)
* National Institutes of Health (NIH) - We Can! Eat Play Grow [http://www.nhlbi.nih.gov/health/educational/wecan/](about:blank)
* National Institutes of Health (NIH) - Eat Play Grow Curriculum [https://www.nhlbi.nih.gov/health/educational/wecan/downloads//eatplaygrow.pdf](about:blank)
* PE Central Lessons Site [http://www.pecentral.org/lessonideas/pelessonplans.html](about:blank)
* Power Chargers - Quick Activity Breaks [http://healthpoweredkids.org/power-chargers/](about:blank)
* Safe Routes to School [http://www.walkbiketoschool.org](about:blank)
* The Couch Potato Blues [https://vpm.pbslearningmedia.org/resource/c5f6efdb-b93f-49a5-9096-25418906b54c/the-couch-potato-blues/](about:blank)
* Wheel of Fitness Lesson Plan [https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness-lesson-plan/](about:blank)
* Season Fitness Lesson Plan [https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness-lesson-plan/](about:blank)

**Sleep and Hygiene**

* + Al's Pals: Kids Making Healthy Choices [http://wingspanworks.com](about:blank)
  + CDC Cover Your Cough Poster [http://www.cdc.gov/flu/pdf/protect/cdc\_cough.pdf](about:blank)
  + CDC Hand Washing Experiment [https://www.cdc.gov/healthyschools/bam/teachers/epi-handwashing.html](about:blank)
* Delta Dental Smart Smiles K-5 Program [https://deltadentalva.com/foundation/smart-smiles.html](about:blank)
  + Dental Care Quizzes [https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/](about:blank)
  + Germs - video [https://www.youtube.com/watch?v=DYKADcR34Y8](about:blank)
  + Getting Ready for Bed [https://www.teachervision.com/healthy-lifestyle/printable/33800.html](about:blank)
  + Hand Washing - It’s a Snap (Middle School Curriculum) [http://itsasnap.org/Get-Started/Students](about:blank)
* Health Start Germs to Yourself [https://www.youtube.com/watch?v=Xoh82fefs0M](about:blank)
  + Henry the Hand - 4 Principles of Hand Awareness [http://www.henrythehand.com](about:blank)
  + How to Brush Your Teeth Properly - For Kids - video [https://youtu.be/hDZXSMU2lAk](about:blank)
  + How to Wash Your Hands - video [https://www.youtube.com/watch?v=LQ24EfM7sEw](about:blank)
  + KidsHealth Teachers Guides:
    - Germs [https://classroom.kidshealth.org/classroom/prekto2/personal/hygiene/germs.pdf](about:blank)
    - Sleep [https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf](about:blank)
  + Oral Health Education: Saving Smiles Series - “Healthy Mouth, Healthy Body” [http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving\_Smiles\_K-5\_Oral\_Health\_Education\_Curriculum.pdf](about:blank)
  + PE Central - Rush to Brush - Grades K-2 [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7\_RU8dNFho](about:blank#.V7_RU8dNFho)
  + Sleep Education K-2 [http://school.sleepeducation.com/K-2.aspx](about:blank)
  + Sleep - BrainPop [https://www.brainpop.com/science/ecologyandbehavior/sleep/](about:blank)
  + Super Sleep Lesson [http://healthpoweredkids.org/lessons/super-sleep/](about:blank)
  + Virginia Department of Health Dental Program [http://www.vdh.virginia.gov/oral-health/](about:blank)
  + When and How to Wash Hands [http://www.cdc.gov/handwashing/when-how-handwashing.html](about:blank)
  + Why We Need Sleep [http://www.instructorweb.com/lesson/sleep.asp](about:blank)
  + Wash Your Hands [https://vpm.pbslearningmedia.org/resource/wash-your-hands-video/meet-the-helpers/](about:blank)

**Substance Abuse Prevention**

* Health Smart Virginia Kindergarten Page [https://healthsmartva.org/kindergarten](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* Keeping Medicine Safe [https://youtu.be/UHvPSwIX4aQ](about:blank)

**Safety/Injury Prevention**

* Health Smart Virginia Kindergarten Page [https://healthsmartva.org/kindergarten](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* BAM! Body and Mind\_Unit 7: Injury Prevention and Safety Promotion [https://www.cdc.gov/healthyschools/bam/injury.htm](about:blank)
* Bicycle Helmet Safety [https://youtu.be/sV9GjU7cA7o](about:blank)
* Bicycle Safer Journey [https://youtu.be/dkoVxBnnGko](about:blank)
* Caregiver Tips for Talking About Emergencies [https://vpm.pbslearningmedia.org/resource/caregiver-tips-for-talking-about-emergencies-video/meet-the-helpers/](about:blank)
* Classroom Health Educator [http://poison.vcu.edu/public/](about:blank)
* Fire Safety Activities [https://www.vafire.com/fire-safety-education/fire-life-safety-lessonsactivities-for-kids/](about:blank)
* Fire Safety for Kids [https://www.youtube.com/watch?v=AWHGdWOI4kw](about:blank)
* Kids Fire Safety Awareness [https://www.youtube.com/watch?v=Lc2aCmxG6II](about:blank)
* Kids Fire Safety Activity Book [https://www.vafire.com/content/uploads/2016/09/Kids\_Activity\_Book.pdf](about:blank)
* Maryland DOT Pedestrian Safety Lessons for Kindergarten [https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf](about:blank)
* Mr. Yuk [http://www.chp.edu/injury-prevention/teachers-and-parents/poison-center/mr-yuk](about:blank)
* NHTSA Walkability Checklist [http://www.nhtsa.gov/Driving-Safety/Pedestrians/Walkability-Checklist](about:blank)
* Pedestrian Safer Journey [https://youtu.be/E5BFdJu-pjE](about:blank)
* Poison Center Poster Comparing Medicines and Candy [http://poison.vcu.edu/media/va-poison-center/img/materials/candy-medicine-20110626-192832.jpg](about:blank)
* Road Safety [https://open.alberta.ca/dataset/d474215a-e90c-4bca-85ae-8ae1456d07be/resource/ce8ea229-cee5-41cd-8348-925d43d89ed1/download/4430231-2009-Street-Safe-Kindergarten-Teacher-Resource-Guide-TRG-2009-08.pdf](about:blank)
* Safe Routes to School Pedestrian Safety Lessons [https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf](about:blank)
* Safety Adventures: Home Safety [https://youtu.be/QSWC75raMx4](about:blank)
* Scholastic - Activities to Teach About Safety [http://www.scholastic.com/teachers/lesson-plan/activities-teach-safety](about:blank)
* Sesame Street Get Ready Tool Kit [http://www.sesamestreet.org/toolkits/ready](about:blank)
* Spike Poison Prevention DVD (ages 3-6/10 minute video for loan) [http://poison.vcu.edu/public/dvd.html](about:blank)
* Spike Poison Prevention YouTube Lesson Illustration [https://www.youtube.com/watch?v=nKkAGH0bGnY](about:blank)
* Stop! Ask First! (6 minute video) [https://www.youtube.com/watch?v=YZO-drzD1\_M](about:blank)
* Strangers and Trusted Adults [http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-k-1.html](about:blank)
* SunWise Tool Kit [https://www.neefusa.org/sunwise](about:blank)
* Sun Safety: A Summer Safety Activity [http://www.scholastic.com/teachers/lesson-plan/sun-safety-summer-safety-activity](about:blank)
* Summer Safety Activity: “Its an Emergency”[http://www.scholastic.com/teachers/lesson-plan/summer-safety-activity-its-emergency](about:blank)
* Support Tree: Who’s Safe to Ask for Help Activity [https://www.cfchildren.org/blog/2017/12/support-tree-activity/](about:blank)
* Teaching Your Child About 9-1-1 [http://kidshealth.org/en/parents/911.html](about:blank)
* Top 10 Bike Safety Rules [https://youtu.be/PT1-mDlVyaI](about:blank)
* Traffic Signs and Rules [https://youtu.be/PpEWVxNj2xo](about:blank)
* Virginia Poison Center [http://poison.vcu.edu](about:blank)
* Meet the Helpers - 911 Operators are Helpers [https://vpm.pbslearningmedia.org/resource/meet-the-helpers-911-operators-helpers-in-depth/](about:blank)
* Meet the Helpers - Doctors are Helpers [https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-helpers-in-depth](about:blank)
* Meet the Helpers - Doctors are Helpers – Emergencies [https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-are-helpers-emergencies](about:blank)
* Meet the Helpers - Firefighters are Helpers [https://vpm.pbslearningmedia.org/resource/meet-the-helpers-firefighters-helpers-in-depth/](about:blank)

**Mental Wellness/Social Emotional Skills**

* Health Smart Virginia Kindergarten Page [https://healthsmartva.org/kindergarten](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)  
  [WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?](about:blank)  
  [Teaching Activities to Support Core SEL Competencies](about:blank)
* [3 Minute Body Scan Meditation - Mindfulness For Kids And Adults - YouTube](about:blank)
* [4 Inventive Games that Teach Students Social Skills](about:blank)
* [5 Activities to Support Students Through the Holidays](about:blank)
* [5-Minute Film Festival: Resources for Teaching About Character, Edutopia](about:blank)
* [5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes](about:blank)
* [7 Fun Communication Games that Increase Understanding](about:blank)
* [7 SEL Activities for Students to Do at Home](about:blank)
* [8 Social Emotional Learning Activities for a Classroom](about:blank)
* [8 Downloadable SEL Activities for Home and School](about:blank)
* [9 mental health activities to do with your children - BelievePerform](about:blank)
* [10 Activities to Help Children Explore Emotions](about:blank)
* [10 Activities to Integrate Social Emotional Learning into the Classroom](about:blank)
* [10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools](about:blank)
* [10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics](about:blank)
* [10 Tips to Help Your Child with Anger, Aha! Parenting](about:blank)
* [10 Important Conflict Resolution Skills for Teenagers, Mom Junction](about:blank)
* [12 Games to Teach Social-Emotional Learning - Playworks](about:blank)
* [12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students](about:blank)
* [12 Ways Teachers Can Build Their Own Resilience](about:blank)
* [13 Powerful SEL Activities | Edutopia](about:blank)
* [15 Activities for Teaching CASEL Core Competencies | Waterford.org](about:blank)
* [16 Anger Management Activities, School Counseling Files](about:blank)
* [16 Social and Emotional Learning Activities - Aperture Education](about:blank)
* [21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day](about:blank)
* [25 Ways to Integrate Social Emotional Learning into Your Classroom](about:blank)
* [25 At Home SEL Activities - Choice Board](about:blank)
* [28 Mental Health Activities, Worksheets & Books for Adults & Students](about:blank)
* [30 Character-Building Ideas and Activities for School, Sign Up Genius](about:blank)
* [30 + Free Choice SEL Activities](about:blank)
* [73 Social Emotional Learning Activity Sheets](about:blank)
* [97 SEL Skills Activities – InspiredStudents.org](about:blank)
* [100 Kid Activities to Build Character, Moments a Day](about:blank)
* [101 Ways to Teach Children Social Skills](about:blank)
* [132 SEL Apps, Games, Activities for Building Character in the Classroom](about:blank)
* Attitude of Gratitude [https://healthpoweredkids.org/lessons/gratefulsandgrumbles/](about:blank)
* Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids [https://www.youtube.com/watch?v=ZBnPlqQFPKs](about:blank)
* BAM! Body and Mind\_Unit 6: Mental Health, Child Development and Hygiene [https://www.cdc.gov/healthyschools/bam/child\_development.htm](about:blank)
* [Breathing Activity for Elementary Students](about:blank)
* [Butterfly Breathing Video – YouTube](about:blank)
* [Calming Exercises for Kids: Breathing and Stretching - YouTube](about:blank)
* [Classroom Activities - MACMH | MACMH](about:blank)
* [Classroom Physical Activity Helps Students with Mental Health and Anxiety](about:blank)
* Committee for Children (CFC) Free Classroom Activities [https://www.cfchildren.org/resources/free-classroom-activities/](about:blank)
* Elementary School Counseling - Activity Ideas and Worksheets - Identifying and Expressing Feelings [http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html](about:blank)
* [EMOTIONAL ABC Classroom](about:blank)
* [Everyday mindfulness - YouTube](about:blank)
* Exercise and your brain [https://healthpoweredkids.org/lessons/exerciseandbrain/](about:blank)
* Fit4TheClassroom – Mood Music Lesson [http://stage.fit4theclassroom.com/mood](about:blank)
* [Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U](about:blank)
* Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education

[http://www.arkansased.gov/public/userfiles/Learning\_Services/GUIDE\_for\_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf](about:blank)

* Help Each Other [https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/](about:blank)
* How to Help Children Manage Fears [https://childmind.org/article/help-children-manage-fears/](about:blank)
* How Your Brain Works – I Have a Go [https://www.youtube.com/watch?v=mFuHKJqpxPw](about:blank)
* [Interactive Games in Support of Mental Health | Mental Health Delta Division](about:blank)
* Joyful Mind – Mindfulness in the Classroom Activities [http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions](about:blank)
* KidsHealth.org Teacher’s Guides for PreK-2:
  + Self Esteem [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\_esteem.pdf](about:blank)
  + Empathy [https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf](about:blank)
  + Feelings [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf](about:blank)
  + Stress [http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf](about:blank)
* Learn to Be Healthy [http://www.learntobehealthy.org/health-education/mental-health.aspx](about:blank)
* Learning Mindfulness Through Movement [https://healthpoweredkids.org/lessons/mindfulnesthroughmovement/](about:blank)
* [Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness](about:blank)
* [Mental Health Activities for High School Students - The Truthful Tutor](about:blank)
* [‎Mental Health Awareness: Free Resources & More | Share My Lesson](about:blank)
* Michigan Education - Online Professional Development for Social Emotional Learning
  + Introduction to SEL [https://plp.mivu.org/Registration.aspx?section=3195](about:blank)
  + Embedding SEL Schoolwide [https://plp.mivu.org/Registration.aspx?course=542](about:blank)
  + Creating a Professional Culture Based on SEL [https://plp.mivu.org/Registration.aspx?section=3224](about:blank)
  + Integrating SEL - Culturally Responsive Classrooms [https://plp.mivu.org/Registration.aspx?section=3226](about:blank)
  + Trauma Informed Support [https://plp.mivu.org/Registration.aspx?section=2960](about:blank)
* [Mindful Moments - MCPS Be Well 365 - Student Activity Videos](about:blank)
* [Mindful Movement for Young Learners - YouTube](about:blank)
* Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening [http://www.mindfulschools.org/resources/explore-mindful-resources/](about:blank)
* Mindful Schools [http://www.mindfulschools.org/resources/explore-mindful-resources](about:blank)
* Mindful Teachers [http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html](about:blank)
* [Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans](about:blank)
* Mr. Steve, The Music Man Positive Mental Attitude [https://vpm.pbslearningmedia.org/resource/pma-mr-steve-the-music-man-video/rise-and-shine-health-and-wellness-time/](about:blank)
* Not About Perfection/Healthy Kids Project [https://vpm.pbslearningmedia.org/resource/6ed1e16d-c01c-41d6-9046-e2f92685d4fb/not-about-perfection/](about:blank)
* No Time for Flash Cards - Circle Time Lessons about Emotions [http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html](about:blank)
* PBS Kids - Impulse Control Fast and Slow Then Stop [https://www.pbslearningmedia.org/resource/7db6cd68-1538-4961-aa11-66bcff9ec328/activity-fast-and-slow-then-stop-daniel-tigers-neighborhood/#.WR3V12VNFho](about:blank#.WR3V12VNFho)
* PBS - Overview of Mindfulness [http://www.pbs.org/thebuddha/teachers-guide/](about:blank)
* PE Central Lessons - Emotions in Motion [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho](about:blank#.WR3WWmVNFho)
  + Lesson on Feelings [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11039#.WR3WfWVNFho](about:blank#.WR3WfWVNFho)
  + The Feelings Hop [http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=1636#.WR3W02VNFho](about:blank#.WR3W02VNFho)
* Yoga Unit - Feelings and Reactions [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFWVNFho](about:blank#.WR3XFWVNFho)
* Rossier USC - Creating Safe Spaces - Social Emotional Lessons [https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/](about:blank)
* Scholastic - Learning About Emotions (Gr. K) [https://www.scholastic.com/teachers/lesson-plans/teaching-content/activity-plan-4-5-learning-about-emotions/](about:blank)
* Scholastic - Mind Up Curriculum - brain centered management and teaching strategies [http://teacher.scholastic.com/products/mindup/](about:blank)
* Scholastic - Social and Emotional Learning: Essential Lessons for Student Success [https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html](about:blank)
* Share My Lesson SEL Learning Resources [https://sharemylesson.com/search?grade%5B0%5D=preschool&subject%5B0%5D=social\_emotional\_learning](about:blank)
* Stress, Trauma and the Brain - Insights for Educators [https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/](about:blank)
* Supporting Students’ Personal and Social Competencies [https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html](about:blank)
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* Tennessee Department of Mental Health - BASIC - A Collection of Social Emotional Lesson Plans & Activities (K-3rdgrade) [http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf](about:blank)
* [UNICEF Kid Power Videos for Children and Families](about:blank)
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[http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\_guide.pdf](about:blank)

* Wellbeing Healthy Habits [https://www.youtube.com/watch?v=dhpCdqOtuj0](about:blank)

**Violence Prevention**

* Health Smart Virginia Kindergarten Page [https://healthsmartva.org/kindergarten](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* Al's Pals: Kids Making Healthy Choices [http://wingspanworks.com](about:blank)
* Anti-Bullying Squad [https://youtu.be/3ypxq2C4JuY](about:blank)
* Be an Upstander - Prevent Bullying [https://youtu.be/eeqQCyQOCPg](about:blank)
* Bullying and Harassment Prevention Curriculum [http://studentservices.dadeschools.net/#!/fullWidth/3697](about:blank#!/fullWidth/3697)
* [Committee for Children - Bullying Prevention Unit](about:blank)
* Five Ways to Stop Bullying [https://youtu.be/vGV5jzPYvm0](about:blank)
* Friends, Cooperative Games [https://www.learningtogive.org/units/unity-community/friends](about:blank)
* Help Children Make a Friend [http://www.kindergarten-lessons.com/help-children-make-friends/](about:blank)
* Help Each Other [https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/](about:blank)
* Key to Making Good Friends Poster and Class Friendship Book Activity [http://www.elementaryschoolcounseling.org/making-and-keeping-friends.html](about:blank)
* KidsHealth Classroom [www.KidsHealth.org](about:blank)
* Olweus - Class Meetings That Matter: A Year’s Worth of Resources for Grades K-5 [http://www.hazelden.org/OA\_HTML/ibeCCtpItmDspRte.jsp?item=13746&sitex=10020:22372:US](about:blank)
* PACER Elementary School Activities (Bullying) [https://www.pacer.org/bullying/classroom/elementary/](about:blank)
* PACER Elementary School Curriculum (Bullying) [https://www.pacer.org/bullying/classroom/ele-curr/](about:blank)
* PBS Learning Media - [www.pbslearningmedia.org](about:blank)