



Grade 1 Resource Links

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Body Systems

- AAAS Science NetLinks All Systems Go! <http://sciencenetlinks.com/afterschool-resources/all-systems-go>
- Education.com Worksheets <http://www.education.com/worksheets/body/>
- Human Body for Kids Games, etc. <http://www.sciencekids.co.nz/humanbody.html>
- [Human Body - Science for Kids - You Tube](#)
- [Human Body Systems for Kids Video Lesson and Activity Plan](#)
- Interactive Sites for Education - Body Systems <http://interactivesites.weebly.com/body-systems.html>
- KidsHealth Human Body PreK-2 <https://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body>
- KidsHealth How the Body Works <http://kidshealth.org/en/kids/center/htbw-main-page.html>
- KidsHealth How the Body Works YouTube Video Series <https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- My Senses Tell Me <http://sciencenetlinks.com/lessons/my-senses-tell-me/>
- PBS Arthur Family Health <http://www.pbslearningmedia.org/collection/arthur-family-health/#>
- **Lesson Plans**
 - Amazing Body Systems http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf
 - Anatomy: A Fun Look at the Digestive System <http://mypages.iit.edu/~smile/bi9307.html>
 - Every Body Is Special <https://healthsmartva.org/uploads/rtditor/file/3-Every%20Body%20Is%20Special%20.pdf>
 - Heart Power <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho>
 - My Senses Tell Me <http://sciencenetlinks.com/lessons/my-senses-tell-me/>

- No Bones About It! http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/558/No%20Bones%20About%20It.pdf
- Our Systematic Body http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/1167/1_OurSystematicBody.pdf
- Project Heart for Educators Grade 2 Curriculum <http://www.texasheart.org/ProjectHeart/Educators/Grade2/Curriculum.cfm>
- Straight from the Heart <http://mypages.iit.edu/~smile/bi9514.html>
- Super Hero Fitness <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5895#.V8iAdcdNFho>
- The Circulatory System http://www.pbslearningmedia.org/resource/tdc02.sci.life.stru.lp_circula/the-circulatory-system/
- Top Five Body Shop <https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body-five-senses/>
- What Happens When You Eat? <http://mypages.iit.edu/~smile/bi9706.html>
- What Is Blood and How It Circulates In and Out of the Heart - <http://mypages.iit.edu/~smile/bi9009.html>
- What Makes This Machine of Ours Work? <https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body/>

Community/Environmental Health

- 18 Earth Day Activities <https://www.kindergartenworks.com/kindergarten-teaching-ideas/holidays/18-earth-day-activities/>
- Be a Green Kid <http://kidshealth.org/en/kids/go-green.html>
- Green Schools - Earth Day Activities and Ideas <http://www.greenschools.net/article.php-id=160.html>
- Learning and Teaching about the Environment <https://www.epa.gov/students>
- Project Learning Tree - Earth Day Activities <https://www.plt.org/educator-tips/earth-day-activities/>
- Purdue University - Our Changing Environment Lesson <https://www.doe.in.gov/sites/default/files/elme/kindergarten-lessons-our-changing-environment.pdf>
- Reduce, Reuse, Recycle <http://kids.niehs.nih.gov/topics/reduce/>
- Recycling http://www.k6edu.com/2ndgrade/social_studies/recycling.html
- Ways to Help the Environment <http://www.teachervision.fen.com/conservation/graphic-organizers/32557.html?detoured=1>
- Water on Planet Earth <http://www.teachervision.fen.com/earth/printable/29267.html>
- We Are Teachers - Earth Day Activities <https://www.weareteachers.com/meaningful-earth-day-activities/>
- Why We Recycle? <http://www.instructorweb.com/lesson/recycling.asp>
- MedlinePlus: Evaluating Health Information [b] <http://www.nlm.nih.gov/medlineplus>

Nutrition

- [The 5 Fabulous Food Groups - You Tube](#)
- American Heart Association (AHA) - Elementary Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- BAM! Body and Mind Teacher's Corner Nutrition <http://www.cdc.gov/bam/nutrition/index.html>
- Food Plate Game <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Great Body Shop <https://www.thegreatbodyshop.net/curriculum/k-six/topics>
- [Healthy Eating – 5 Food Groups – You Tube](#)
- Kids Health Teacher's Guides:
 - *Breakfast* <https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/breakfast.pdf>
 - *Food and Cooking Safety* https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food_safety.pdf
 - *Healthy Snacking* https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf
 - *School Lunch* https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school_lunch.pdf
- Learning to Give - What Is a Balanced Menu? <http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu>
- Learning to Give - What Is My Plate? <http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate>
- Learning to Give - World Hunger <http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger>
- My Plate Kids Place <https://www.choosemyplate.gov/kids>
- NIH We Can! Eat Play Grow <http://www.nhlbi.nih.gov/health/educational/wecan/>
- NIH Eat Play Grow Curriculum <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/eatplaygrow.pdf>
- PBS Arthur Nutrition - Eat Well <http://pbskids.org/arthur/health/nutrition/>
- PBS Fizzy's Lunch Lab <http://pbskids.org/lunchlab/>
- PBS Fizzy's Lunch Lab videos <http://www.pbslearningmedia.org/collection/fizzys-lunch-lab/>
- PE Central Lessons <http://www.pecentral.org/lessonideas/pelessonplans.html>
- Together Counts K-2 Nutrition curriculum <http://www.togethercounts.com>
 - *Food for Thought* http://togethercounts.com/wp-content/uploads/2017/11/Lesson_2.3_FoodforThought.pdf
 - *Healthy Eating Patterns* http://togethercounts.com/wp-content/uploads/2017/11/K-2_2.1_Healthy_Eating_Patterns.pdf
 - *Job of a Nutrient* http://togethercounts.com/wp-content/uploads/2017/11/K-2_2.2_Job_of_a_Nutrient.pdf
- USDA - Serving Up My Plate – A Yummy Curriculum Grades 1-2 <https://www.choosemyplate.gov/kids-parents-educators> https://fns-prod.azureedge.net/sites/default/files/tn/sump_level1.pdf <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>

Physical Health/Disease Prevention/Health Promotion

• Physical Activity

- Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- American Heart Association (AHA) - NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WHVKCWVNGs0
- East Carolina University - Energizers for Grades K-2 https://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf
- Fuel Up to Play 60 https://www.fueluptoplay60.com/tools#tab_why-physical-activity
- Fast Breaks https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- Go Noodle - Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Kids Health Teacher's Guides:
 - *Fitness* <https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/fitness.pdf>
 - *Sportsmanship* <https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/sportsmanship.pdf>
- National Institutes of Health (NIH) - We Can! Eat Play Grow <http://www.nhlbi.nih.gov/health/educational/wecan/>
- National Institutes of Health (NIH) Eat Play Grow Curriculum <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/eatplaygrow.pdf>
- PE Central Lessons <http://www.pecentral.org/lessonideas/pelessonplans.html>
- Safe Routes to School <http://www.walkbiketoschool.org>
- SHAPE America - Space Jamming <http://www.shapeamerica.org/events/pesportweek/upload/Space-Jamming-2.pdf>

• Sleep and Hygiene

- Al's Pals: Kids Making Healthy Choices <http://wingspanworks.com>
- CDC Cover Your Cough Poster http://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf
- CDC Hand Washing Experiment https://www.cdc.gov/bam/teachers/documents/epi_4_hand_wash.pdf
- Germs - video <https://www.youtube.com/watch?v=DYKADcR34Y8>
- Getting Ready for Bed <https://www.teachervision.com/healthy-lifestyle/printable/33800.html>
- Hand Washing - It's a Snap (Middle School Curriculum) <http://itsasnap.org/Get-Started/Students>
- Henry the Hand - 4 Principles of Hand Awareness <http://www.henrythehand.com>
- How to Brush Your Teeth Properly - For Kids - video <https://youtu.be/hDZXSMU21Ak>
- How to Wash Your Hands - video <https://www.youtube.com/watch?v=LQ24EfM7sEw>
- Kids Health Teachers Guides:
 - *Germs* <https://classroom.kidshealth.org/classroom/prekto2/personal/hygiene/germs.pdf>
 - *Sleep* <https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf>
- Oral Health Education: Saving Smiles Series - "Healthy Mouth, Healthy Body" http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving_Smiles_K-5_Oral_Health_Education_Curriculum.pdf
- PE Central - Rush to Brush - Grades K-2 http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7_RU8dNFho
- Power Chargers - Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Seuss Sleep Book Lesson Plan <https://www.brighthubeducation.com/lesson-plans-grades-1-2/20926-dr-seuss-sleep-book-lesson-plan/>
- Sleep Education K-2 <http://school.sleepeducation.com/K-2.aspx>
- Sleep - BrainPop <https://www.brainpop.com/science/ecologyandbehavior/sleep/>
- Super Sleep Lesson <http://healthpoweredkids.org/lessons/super-sleep/>

- Virginia Department of Health Dental Program <http://www.vdh.virginia.gov/oral-health/>
 - When and How to Wash Hands <http://www.cdc.gov/handwashing/when-how-handwashing.html>
 - Why We Need Sleep - <http://www.instructorweb.com/lesson/sleep.asp>
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Substance Abuse Prevention

Safety/Injury Prevention

- Bike Safety and Road Signs <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-1-2.html>
- Drugs and Medication Lessons for Pre-K-2 <https://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf>
- Education World Be a Sport for Sport Safety https://www.educationworld.com/a_lesson/lesson233.shtml
- Fire and Life Safety Lessons for Kids <https://www.vafire.com/fire-safety-education/fire-life-safety-lessonsactivities-for-kids/>
- Fire Safety http://alex.state.al.us/lesson_view.php?id=13307
- Fire 911 Kids Activity Book https://www.vafire.com/content/uploads/2016/09/Kids_Activity_Book.pdf
- Fire Safety RAP 9-1-1 https://www.youtube.com/watch?v=s_5FqaWTj9c
- Gun Safety K-5 http://www.doe.virginia.gov/boe/guidance/safety/school_gun_safety_elementary.pdf
- Home Safety K-2 <http://www.safekids.org/home-safety-educators>
- Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_1_lesson_plans.htm
- Keeping it Real - Elementary School DARE Curriculum <https://dare.org/education/>
- KidsHealth.org Bike Safety Lesson Plan and Handouts https://classroom.kidshealth.org/classroom/prekto2/personal/safety/bike_safety.pdf
- KidsHealth.org Water Safety Lesson Plan https://classroom.kidshealth.org/classroom/prekto2/personal/safety/water_safety.pdf
- Maryland DOT Pedestrian Safety Lessons for First Grade <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf>
- National Program for Playground Safety Report Card <http://playgroundsafety.org/resources/safety-checklist>
- NHTSA Bicycle Safety Activity Kit <http://www.nhtsa.gov/people/injury/pedbimot/bike/bskitboth/3152bskit/index.htm>
- NHTSA Pedestrian Safety K-5 <https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum>
- NHTSA Walkability Checklist <http://www.nhtsa.gov/Driving-Safety/Pedestrians/Walkability-Checklist>
- PBS Learning Media - Search Topic: Safety http://www.pbslearningmedia.org/search/?q=safety&selected_facets=&selected_facets=grades_exact%3A1
- Safe Kids 4-H Pedestrian-Bike Safety Curriculum <https://mecklenburg.ces.ncsu.edu/wp-content/uploads/2015/06/FINAL-4-H-Safe-Kids-Pedestrian-Bike-Safety-Safety-1K-Curriculum.pdf? fwd=no>
- Sesame Street - Lets Get Ready <http://www.sesamestreet.org/toolkits/ready?language=en>
- Strangers and Trusted Adults <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-k-1.html>
- Sun Safety: A Summer Safety Activity <http://www.scholastic.com/teachers/lesson-plan/sun-safety-summer-safety-activity>
- SunWise <https://www.neefusa.org/sunwise>
- Support Tree: Who's Safe to Ask for Help Activity <https://www.cfchildren.org/blog/2017/12/support-tree-activity/>
- TeacherVision Safety Resources and Lesson Plans <https://www.teachervision.com/subjects/health-safety/safety>
- US Army Core of Engineers Safe Passages Water Safety Program https://www.usace.army.mil/Missions/Civil-Works/Recreation/Water-Safety/National-Water-Safety-Program/Education_Resources/
- USDOTFHWA Bicycle Safer Journey <https://www.youtube.com/watch?v=dkoVxBnnGko>
- USDOTFHWA Pedestrian Safer Journey <https://www.youtube.com/watch?v=PzghGxEqBMQ>
- Virginia Safe Kids Coalitions <https://www.safekids.org/coalition/safe-kids-virginia>

Mental Wellness/Social Emotional Skills

- **Featured Resources**
 - Health Smart Virginia Feature Section – Social Emotional Health Resources
 - Health Smart Virginia Feature Section – Mental Health Wellness Resources
 - Health Smart Virginia Feature Section – Trauma Informed, Now What?
 - 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](#)
- [Al's Pals: Kids Making Healthy Choices <http://www.wingspanworks.com>](#)
- [An ARTHUR Social, Emotional, and Character Development Curriculum K-5 <https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNFho>](#)
- [BAM! Life <http://www.cdc.gov/bam/life/index.html>](#)
- [Breathing Activity for Elementary Students](#)
- [Butterfly Breathing Video – YouTube](#)

- [Calming Exercises for Kids: Breathing and Stretching - YouTube](#)
- [Centervention SEL Activities https://www.centervention.com/social-emotional-learning-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/](https://www.cfchildren.org/resources/free-classroom-activities/)
- [Daniel Tiger's Neighborhood - Activity Fast and Slow Then Stop https://www.pbslearningmedia.org/resource/7db6cd68-1538-4961-aa11-66bcff9ec328/activity-fast-and-slow-then-stop-daniel-tigers-neighborhood/#.WRpK3WVNFho](https://www.pbslearningmedia.org/resource/7db6cd68-1538-4961-aa11-66bcff9ec328/activity-fast-and-slow-then-stop-daniel-tigers-neighborhood/#.WRpK3WVNFho)
- [Daniels Neighborhood - Katerina Sneaks in Front - Strategy Song/ Activity \(Anger\) https://www.pbslearningmedia.org/resource/25bb2e63-2508-4926-a178-ed01518def6d/25bb2e63-2508-4926-a178-ed01518def6d/#.WRpKUmVNFho](https://www.pbslearningmedia.org/resource/25bb2e63-2508-4926-a178-ed01518def6d/25bb2e63-2508-4926-a178-ed01518def6d/#.WRpKUmVNFho)
- [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](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](https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNFho)
- [Elementary School Counseling - Identifying and Expressing](#)
- [EMOTIONAL ABC Classroom](#)
- [EVERFI - Social Emotional Learning Resources https://everfi.com/offerings/social-emotional-learning/](https://everfi.com/offerings/social-emotional-learning/)
- [Everyday mindfulness - YouTube](#)
- [Feelings http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html](http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html)
- [Fit4TheClassroom - Mood Music Lesson http://stage.fit4theclassroom.com/mood](http://stage.fit4theclassroom.com/mood)
- [Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U](#)
- [Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf](http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf)
- [How to Help Children Manage Fears https://childmind.org/article/help-children-manage-fears/](https://childmind.org/article/help-children-manage-fears/)
- [Interactive Games in Support of Mental Health | Mental Health Delta Division](#)
- [Joyful Mind - Mindfulness in the Classroom Activities http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions](http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions)
- [Generation Rx – Elementary Prescription Rx Toolkit https://www.generationrx.org/toolkits/elementary/](https://www.generationrx.org/toolkits/elementary/)
- [KidsHealth.org Teacher’s Guides for PreK-2:](#)
 - [Self Esteem https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf)
 - [Empathy https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf](https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf)
 - [Feelings https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf)
 - [Stress http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf](http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf)
 - [Sportsmanship https://classroom.kidshealth.org/prekto2/personal/fitness/sportsmanship.pdf](https://classroom.kidshealth.org/prekto2/personal/fitness/sportsmanship.pdf)
 - [Conflict Resolution https://classroom.kidshealth.org/prekto2/personal/growing/conflict_resolution.pdf](https://classroom.kidshealth.org/prekto2/personal/growing/conflict_resolution.pdf)
 - [Getting Along http://classroom.kidshealth.org/prekto2/personal/growing/getting_along.pdf](http://classroom.kidshealth.org/prekto2/personal/growing/getting_along.pdf)
 - [Stress http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf](http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf)
- [Learn to Be Healthy http://www.learntobehealthy.org/health-education/mental-health.aspx](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](http://www.learningtogive.org/lessons/unit156/lesson5.html)
- [Lesson - Responding to Teasing and Put Downs http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20\(Grade%203\).pdf](http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20(Grade%203).pdf)
- [Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness](#)
- [Mental Health Activities for High School Students - The Truthful Tutor](#)
- [Mental Health Awareness: Free Resources & More | Share My Lesson](#)
- [Michigan Education - Online Professional Development for Social Emotional Learning](#)

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

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

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

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

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

- [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](#)
- [No Time For Flash Cards - Circle Time lessons About Emotions](#) <http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html>
- [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>
- [PBS Learning Media; Numerous K-12 Lessons Using Search Term: Social Skills](#) <http://www.pbslearningmedia.orghttp://pbskids.org/daniel/videos/>
- [PBS - Overview of Mindfulness](#) <http://www.pbs.org/thebuddha/teachers-guide/>
- [PE Central lessons](#)
 - [Emotions in Motion](#) <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho>
 - [Lesson on Feelings](#) <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11039#.WR3WfWVNFho>
 - [The Feelings Hop](#) <http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=1636#.WR3W02VNFho>
 - [Yoga Unit - Feelings and Reactions](#) <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFwVNFho>
- [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 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>
- [Sesame Street - Quiet or Loud Video](#) <https://www.pbslearningmedia.org/resource/sesame-quiet-or-loud/quiet-or-loud-song-sesame-street/#.WRpIGGVNFho>
- [Supporting Students' Personal and Social Competencies](#) <https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html>
- [Technology - Mental Health and Stress Reduction](#) <http://www.teach-nology.com>
- [Teacher Vision - Feelings Are Okay](#) <http://www.teachervision.fen.com/mental-health/printable/44813.html>
- [Tennessee Department of Mental Health - BASIC - A Collection of Social Emotional Lesson Plans & Activities \(K-3rdgrade\)](#) <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- [Together Counts - Smart From the Start - Every Body Is Special](#) <https://healthsmartva.org/uploads/rtditor/file/3-Every%20Body%20Is%20Special%20.pdf>

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 - 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>
 - When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20ocuments/grief_guide.pdf
 - Y Project Cornerstone - Teasing and Putdowns Lesson http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf
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Violence Prevention

- Al's Pals: Kids Making Healthy Choices <http://www.wingspanworks.com>
- Committee for Children - Bullying Prevention Unit
- Group Cooperation <http://atozteacherstuff.com/pages/220.shtml>
- Looks Like Respect, Sounds Like Respect, Feels Like <http://www.learningtogive.org/lessons/unit156/lesson4.html>
- 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
- 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/>
- PBS Learning Media; Numerous K-12 Lessons Using Search Term: Social Skills <http://www.pbslearningmedia.org>
- KidsHealth Classroom www.KidsHealth.org