



Grade K Resource Links

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Body Systems

- Al's Pals: Kids Making Healthy Choices <http://wingspanworks.com>
- Body Worksheets and Printables <http://www.education.com/worksheets/body/>
- Body Systems <http://interactivesites.weebly.com/body-systems.html>
- The Five Senses <https://www.teachervision.com/body-parts/curriculum-planning/6209.html?page=2#activities>
- Health Conscious Activities for Young Children - Anatomy <http://www.dshs.texas.gov/kids/lessonplans/kanatomy.shtm>
- Human Body Printables - K-2 <https://www.teachervision.com/body-parts/teacher-resources/6632.html>
- Human Body <https://www.brainpop.com/health/bodysystems/bodysystems/>
- How the Body Works <http://kidshealth.org/en/kids/center/htbw-main-page.html>
- Human Body for Kids <http://www.sciencekids.co.nz/humanbody.html>
- [Human Body - Science for Kids - You Tube](#)
- [Human Body Systems for Kids Video Lesson and Activity Plan](#)
- KidsHealth - human body series <http://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body>
- My 5 Senses Learning About My World http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/1119/K_MyFiveSensesLearningAboutMyWorld.pdf
- Making Sense of Our Senses <http://www.scholastic.com/teachers/lesson-plan/making-sense-our-senses>
- ScienceNet - My Senses <http://sciencenetlinks.com/lessons/my-senses-tell-me/>

Community/Environmental Health

- 18 Earth Day Activities <https://www.kindergartenworks.com/kindergarten-teaching-ideas/holidays/18-earth-day-activities/>
- Purdue University - Our Changing Environment Lesson <https://www.doe.in.gov/sites/default/files/elme/kindergarten-lessons-our-changing-environment.pdf>

Nutrition

- American Heart Association (AHA) - Elementary Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- Food Plate Game <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Great Body Shop <https://www.thegreatbodyshop.net/curriculum/k-six/topics>
- KidsHealth 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/browse-by-audience/view-all-audiences/children/kid>
- 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 site <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 - 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 http://www.fueluptoplay60.com/tools#tab_why-physical-activity
- Fast Breaks https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- KidsHealth 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 Site <http://www.pecentral.org/lessonideas/pelessonplans.html>
- Power Chargers - Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Safe Routes to School <http://www.walkbiketoschool.org>

- **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/healthyschools/bam/teachers/epi-handwashing.html>
- 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>
- KidsHealth 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
- 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>

Substance Abuse Prevention

Safety/Injury Prevention

- Classroom Health Educator <http://poison.vcu.edu/public/>
- Fire Safety Activities <https://www.vafire.com/fire-safety-education/fire-life-safety-lessonsactivities-for-kids/>
- Kids Fire Safety Activity Book https://www.vafire.com/content/uploads/2016/09/Kids_Activity_Book.pdf
- Maryland DOT Pedestrian Safety Lessons for Kindergarten <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf>
- Mr. Yuk <http://www.chp.edu/injury-prevention/teachers-and-parents/poison-center/mr-yuk>
- NHTSA Walkability Checklist <http://www.nhtsa.gov/Driving-Safety/Pedestrians/Walkability-Checklist>
- Poison Center Poster Comparing Medicines and Candy <http://poison.vcu.edu/media/va-poison-center/img/materials/candy-medicine-20110626-192832.jpg>
- 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>
- Safe Routes to School Pedestrian Safety Lessons <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf>
- Scholastic - Activities to Teach About Safety <http://www.scholastic.com/teachers/lesson-plan/activities-teach-safety>
- Sesame Street Get Ready Tool Kit <http://www.sesamestreet.org/toolkits/ready>
- Spike Poison Prevention DVD (ages 3-6/10 minute video for loan) <http://poison.vcu.edu/public/dvd.html>
- Spike Poison Prevention YouTube Lesson Illustration <https://www.youtube.com/watch?v=nKkAGH0bGnY>
- Stop! Ask First! (6 minute video) https://www.youtube.com/watch?v=YZO-drzD1_M
- Strangers and Trusted Adults <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-k-1.html>
- SunWise Tool Kit <https://www.neefusa.org/sunwise>
- Sun Safety: A Summer Safety Activity <http://www.scholastic.com/teachers/lesson-plan/sun-safety-summer-safety-activity>
- Summer Safety Activity: "Its an Emergency" <http://www.scholastic.com/teachers/lesson-plan/summer-safety-activity-its-emergency>
- Support Tree: Who's Safe to Ask for Help Activity <https://www.cfchildren.org/blog/2017/12/support-tree-activity/>
- Teaching Your Child About 9-1-1 <http://kidshealth.org/en/parents/911.html>
- Virginia Poison Center <http://poison.vcu.edu>

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 Minute Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 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
- Breathing Activity for Elementary Students
- Butterfly Breathing Video – YouTube
- Calming Exercises for Kids: Breathing and Stretching - YouTube
- 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/>

- Elementary School Counseling - Activity Ideas and Worksheets - Identifying and Expressing Feelings <http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html>
- EMOTIONAL ABC Classroom
- Everyday mindfulness - YouTube
- Fit4TheClassroom – Mood Music Lesson <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
- How to 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>
- KidsHealth.org Teacher’s Guides for PreK-2:
 - Self Esteem https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf
 - Empathy <https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf>
 - Feelings <https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf>
 - Stress <http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf>
- Learn to Be Healthy <http://www.learntobehealthy.org/health-education/mental-health.aspx>
- 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 <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 - 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#.WR3WVmVNFho>
 - 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 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>
- Share My Lesson SEL Learning Resources https://sharemylesson.com/search?grade%5B0%5D=preschool&subject%5B0%5D=social_emotional_learning
- Supporting Students' Personal and Social Competencies <https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html>
- Teachology - Mental Health and Stress Reduction <http://www.teach-nology.com>
- Tennessee Department of Mental Health - BASIC - A Collection of Social Emotional Lesson Plans & Activities (K-3rd grade) <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.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>
- When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf

Violence Prevention

- Al's Pals: Kids Making Healthy Choices <http://wingspanworks.com>
- [Committee for Children - Bullying Prevention Unit](#)
- Friends, Cooperative Games <https://www.learningtogive.org/units/unity-community/friends>
- Help Children Make a Friend <http://www.kindergarten-lessons.com/help-children-make-friends/>
- Key to Making Good Friends Poster and Class Friendship Book Activity <http://www.elementaryschoolcounseling.org/making-and-keeping-friends.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
- KidsHealth Classroom www.KidsHealth.org
- 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 - www.pbslearningmedia.org