



## Grade 4 Resource Links

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### **Body Systems**

- [Human Body - Science for Kids - You Tube](#)
- [Human Body Systems for Kids Video Lesson and Activity Plan](#)
- [KidsHealth.org](http://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>
- [Scholastic Study Jams!](#) <http://studyjams.scholastic.com/studyjams/jams/science/human-body/human-body.htm>

## Community/Environmental Health

- CT Environmental Health Curricula For Health Teachers [http://www.ct.gov/dph/lib/dph/environmental\\_health/eoha/pdf/ieq\\_curriculum.pdf](http://www.ct.gov/dph/lib/dph/environmental_health/eoha/pdf/ieq_curriculum.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>
- 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>
- 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/>
- We are Teachers - Earth Day Activities <https://www.weareteachers.com/meaningful-earth-day-activities/>
- Exploring Community <http://www.discoveryeducation.com/teachers/free-lesson-plans/exploring-your-community.cfm>
- Benefits of Volunteering <https://kidshealth.org/en/kids/volunteering.html?ref=search&WT.ac=msh-p-dtop-en-search-clk>

## 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](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](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](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](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](https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305557.pdf)
- [Healthy Eating – 5 Food Groups – You Tube](#)
- 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](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](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](http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2_Activity2015.pdf)
- Utah Education Network Design a Meal <http://www.uen.org/Lessonplan/preview.cgi?LPid=68>
- 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](http://togethercounts.com/wp-content/uploads/2017/11/Lesson_2.1_WhatsthePattern.pdf)

## Physical Health/Disease Prevention/Health Promotion

- Go Noodle – Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- 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](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](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](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](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>
- Fuel Up to Play 60 [https://www.fueluptoplay60.com/tools#tab\\_why-physical-activity](https://www.fueluptoplay60.com/tools#tab_why-physical-activity)
- Kids Health Fast Breaks - NBA Fit Classroom Lesson [https://kidshealth.org/classroom/posters/nba\\_fit\\_classroom\\_color.pdf](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>
- Let's Get Moving! <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- Safe Routes <http://www.walkbiketoschool.org>
- Utah Education Network - Calorie Burning <http://www.uen.org/Lessonplan/preview.cgi?LPid=18870>
- Jump Rope for the Heart Event - [https://www2.heart.org/site/SPageServer;jsessionid=00000000.app318a?pagename=khc\\_resources\\_search&NONCE\\_TOKEN=3EDCDC062F849EB05174C95E83D6B834](https://www2.heart.org/site/SPageServer;jsessionid=00000000.app318a?pagename=khc_resources_search&NONCE_TOKEN=3EDCDC062F849EB05174C95E83D6B834)
- 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](https://classroom.kidshealth.org/classroom/3to5/personal/fitness/screen_time.pdf)
- 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](http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf)
  - Musical Spots Fitness Edition [http://www.shapeamerica.org/events/pesportweek/upload/Musical\\_Spots.pdf](http://www.shapeamerica.org/events/pesportweek/upload/Musical_Spots.pdf)

## Substance Abuse Prevention

- Featured Resource

[Health Smart Virginia Feature Section - Alcohol, Tobacco, Drug Use Prevention Resources](#)

- ABC Virginia Elementary Guide <https://www.abc.virginia.gov/education/publications>
- Alcohol, Tobacco, Drugs <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-3-5.html> 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>
- 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](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/>
- 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](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>
- 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=PEEEJLiRJcM>

## Safety/Injury Prevention

- BAM! Safety <http://www.cdc.gov/bam/safety>
- Build a Kit <https://www.ready.gov/kids/kids>
- 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](https://www.educationworld.com/a_lesson/lesson233.shtml)
- Jello Brain - ShawTV Edmonton <https://www.youtube.com/watch?v=BBbxCT5whN0>
- KidsHealth.org Concussions [https://www.youtube.com/watch?v=FkLT\\_aZ2u5k](https://www.youtube.com/watch?v=FkLT_aZ2u5k)
- Gun Safety [http://www.doe.virginia.gov/boe/guidance/safety/school\\_gun\\_safety\\_elementary.pdf](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](http://www.safesurfingkids.com/lesson_plans_grades_3_12.htm)
- 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>
- Philly Safe Routes to School [http://saferoutesphilly.org/wp-content/uploads/2011/09/Egg\\_Drop.pdf](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](http://www.educationworld.com/a_lesson/01-1/lp233_03.shtml)
- Risk Watch Safety Videos <http://dasmus.weebly.com/risk-watch.html>
- 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](http://www.safekids.org/sites/default/files/documents/educators/pedestrian_safety_lesson_plan_0.pdf)

**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](#)
- [An ARTHUR Social, Emotional, and Character Development Curriculum K-5 <https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNfho>](#)
- [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/>
- 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>
- BAM! Life <http://www.cdc.gov/bam/life/index.html>
- 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
- 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](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 Grades 3-5:
  - 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 <http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf>
  - Conflict Resolution [https://classroom.kidshealth.org/3to5/personal/growing/conflict\\_resolution.pdf](https://classroom.kidshealth.org/3to5/personal/growing/conflict_resolution.pdf)
  - Getting Along [http://classroom.kidshealth.org/3to5/personal/growing/getting\\_along.pdf](http://classroom.kidshealth.org/3to5/personal/growing/getting_along.pdf)
  - Peer Pressure <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
  - Stress <https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf>
  - Feeling Sad <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
- Learn to Be Healthy <http://www.learntobehealthy.org/health-education/mental-health.aspx>
- Learning 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](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> <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-e-commerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- 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>
- 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>
- 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](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>
- When Grief Enters the Classroom [http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20ocuments/grief\\_guide.pdf](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](http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf)

## Violence Prevention

- Al's Pals: Kids Making Healthy Choices <http://wingspanworks.com>
- 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>
- Intel Education: "Flat Stanley" <http://www97.intel.com/en/ProjectDesign/UnitPlanIndex/FlatStanley>
- Kids against Bullying <http://www.pacerkidsagainstabullying.org/kab/>
- Kids Bullying Kids [http://www.educationworld.com/a\\_lesson/00-2/lp2055.shtml](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](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](http://www.olweus.org/public/school_bullying.page)
- 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>
- 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>