



### Grade 3 Resource Links

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## Body Systems

- Amazing Body Systems ([http://www.coreknowledge.org/mimik/mimik\\_uploads/lesson\\_plans/271/Amazing%20Body%20Systems.pdf](http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf))
- Body Systems Lesson Plan <http://inside.mines.edu/~nstambac/Body%20Systems%20Lesson%20Plan.pdf>
- Human Body - Science for Kids - You Tube
- Human Body Systems for Kids Video Lesson and Activity Plan
- KidsHealth.org <http://kidshealth.org>
- Kids Health How the Body Works YouTube Video Series <https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- Kids Health - human body series <http://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body>
- Scholastic Study Jams! <http://studyjams.scholastic.com>
- TED Ed Resources:
  - [Can you be awake and asleep at the same time?](#)
  - [What are the floaters in your eye?](#)
  - [How do lungs work?](#)
  - [How oxygen circulates through your body](#)
  - [How does the liver work?](#)
  - [How does your digestive system work?](#)
  - [Your skin!](#)
  - [How does the immune system work?](#)
- What Happens When You Eat? <http://mypages.iit.edu/~smile/bi9706.html>

## Community/Environmental Health

- CT Environmental Health Curricula for Health Teachers [http://www.ct.gov/dph/lib/dph/environmental\\_health/eoha/pdf/ieq\\_curriculums.pdf](http://www.ct.gov/dph/lib/dph/environmental_health/eoha/pdf/ieq_curriculums.pdf)
- EPA Games and Quizzes <https://www.epa.gov/students/games-quizzes-and-more>
- 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/>
- TED Ed Resources:
  - [What is in the air you breathe?](#)
  - [Microbial Jungles- How Microbes form communities](#)
  - [Conserving our Coral Reefs](#)
  - [Why do we wear sunscreen?](#)
  - [Do we really need pesticides?](#)
  - [Meet the Blue Fin Tuna](#)
  - [How to Create Cleaner Coal](#)
  - [How much land does it take to power the world?](#)
  - [How do wind turbines work?](#)
  - [What if there were 1 million more trees?](#)
  - [Beauty of Pollination](#)
- We Are Teachers - Earth Day Activities <https://www.weareteachers.com/meaningful-earth-day-activities/>
- [World Wildlife Educational Resources](#)

## Nutrition

- **Nutrition**

- [The 5 Fabulous Food Groups - You Tube](#)
- 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)
- BAM! Body and Mind Teacher's Corner Nutrition <http://www.cdc.gov/bam/nutrition/index.html>
- Education World Popcorn Nutrition [http://www.educationworld.com/a\\_lesson/03/lp324-04.shtml](http://www.educationworld.com/a_lesson/03/lp324-04.shtml)
- Food Plate Game <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- [Healthy Eating – 5 Food Groups – You Tube](#)
- Kids Health Teacher's Guides:
  - *Breakfast* <https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/breakfast.pdf>
  - *Food Labels* [https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food\\_labels.pdf](https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food_labels.pdf)
  - *Healthy Snacking* [http://classroom.kidshealth.org/3to5/personal/nutrition/healthy\\_snacking.pdf](http://classroom.kidshealth.org/3to5/personal/nutrition/healthy_snacking.pdf)
  - *School Lunch* [https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/school\\_lunch.pdf](https://classroom.kidshealth.org/classroom/3to5/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>
- NIH We Can! Eat Play Grow <http://www.nhlbi.nih.gov/health/educational/wecan/>
- PBS Nutrition for Educators <http://pbskids.org/arthur/health/nutrition/educators.html>
- PBS Learning Media Nutrition Resources [http://www.pbslearningmedia.org/search/?q=nutrition&order=&selected\\_facets=&selected\\_facets=grades\\_exact%3A3](http://www.pbslearningmedia.org/search/?q=nutrition&order=&selected_facets=&selected_facets=grades_exact%3A3)
- PE Central Lessons <http://www.pecentral.org/lessonideas/pelessonplans.html>
- PE Central Nutrition Station Circuit <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5786#.V8jDZMdnFho>
- Science NetLinks - Got Broccoli? <http://sciencenetlinks.com/lessons/nutrition-3-got-broccoli/>
- TED Ed Resources:
  - [Which type of milk is best for you?](#)
  - [Fruit and Veggies for Kids](#)
  - [The five fabulous food groups](#)
  - [How does your body know you're full?](#)
  - [What is a calorie?](#)
  - [How do vitamins work?](#)
  - [How the food you eat affects your brain](#)

- Together Counts - nutrition curriculum <http://www.togethercounts.com>
- USDA My Plate Kids' Place <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids>
- Utah Education Network Design a Meal <http://www.uen.org/Lessonplan/preview.cgi?LPid=68>
- USDA - Serving Up My Plate – A Yummy Curriculum Grades 3-4 <https://www.choosemyplate.gov/kids-parents-educators> [https://fns-prod.azureedge.net/sites/default/files/tn/sump\\_level2.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/sump_level2.pdf)<http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>

## Physical Health/Disease Prevention/Health Promotion

- 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)
- 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](http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WHVKCWVNGs0)
- BAM! Oral Health <http://www.cdc.gov/bam/body/smile.html>
- East Carolina University -Energizers for Grades K-2 [https://www.ecu.edu/cs-hhp/exss/upload/Energizers\\_for\\_Grades\\_K\\_2.pdf](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](https://www.fueluptoplay60.com/tools#tab_why-physical-activity)
- Fast Breaks Poster [https://kidshealth.org/classroom/posters/nba\\_fit\\_classroom\\_color.pdf](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/3to5/personal/fitness/fitness.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)
  - *Sports Safety* [https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sports\\_safety.pdf](https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sports_safety.pdf)
  - *Sportsmanship* <https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmanship.pdf>
- National Institutes of Health (NIH) - We Can! Eat Play Grow <http://www.nhlbi.nih.gov/health/educational/wecan/>
- PBS Kids It's My Life Interactive <http://pbskids.org/itsmylife/index.html>
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- PE Central Lessons <http://www.pecentral.org/lessonideas/pelessonplans.html>
- PE Central - Heart Power <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho>
- Power Chargers - Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Safe Routes to School <http://www.walkbiketoschool.org>
- SHAPE America Lessons:
  - *PE Musical Spots Fitness Edition* [http://www.shapeamerica.org/events/pesportweek/upload/Musical\\_Spots.pdf](http://www.shapeamerica.org/events/pesportweek/upload/Musical_Spots.pdf)
  - *Healthy Heart Transport* [http://www.shapeamerica.org/events/pesportweek/upload/Heart\\_Healthy.pdf](http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf)
- Super Sleep Lesson <http://healthpoweredkids.org/lessons/super-sleep/>
- TED Ed Resources:
  - [How do we know if we have a virus?](#)
  - [How playing sports benefits your body and brain](#)
  - [Yoga does for body and brain](#)
  - [What is obesity?](#)
  - [How playing an instrument benefits your brain](#)
  - [Why our muscles get tired](#)

## Substance Abuse Prevention

- Featured Resource  
[Health Smart Virginia Feature Section - Alcohol, Tobacco, Drug Use Prevention Resources](#)
- Alcohol, Tobacco, Drugs (NCPC)
  - <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-2-3.html>
  - <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-3-5.html>
- Brain Power! <https://www.drugabuse.gov/parents-educators>
- Got Weirdos Video [https://www.youtube.com/watch?v=kIzN5lk6iUM&list=PLC\\_m\\_qYDT0jMooPITWRSqJy5La7oFc6lE](https://www.youtube.com/watch?v=kIzN5lk6iUM&list=PLC_m_qYDT0jMooPITWRSqJy5La7oFc6lE)
- 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/>
- Generation Rx – Elementary Prescription Rx Toolkit <https://www.generationrx.org/toolkits/elementary/>
- KidsHealth.org, Smoking, Alcohol and Drugs Teacher's Guides:
  - <http://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf>
  - <https://classroom.kidshealth.org/classroom/3to5/problems/drugs/alcohol.pdf>
  - <https://classroom.kidshealth.org/classroom/3to5/problems/drugs/drugs.pdf>
  - <https://classroom.kidshealth.org/classroom/3to5/problems/drugs/smoking.pdf>
- LifeSkills Training <http://www.lifeskillstraining.com>
- NEA Practice Saying No <http://www.nea.org/tools/practice-saying-no.html>
- NIDA Brain Power Curriculum <https://www.drugabuse.gov/brain-power>
- Operation Prevention - opioid use prevention <https://www.operationprevention.com/classroom>
- Poison Control Center, Children's Hospital of Philadelphia <http://media.chop.edu/data/files/pdfs/poison-control-center-medicine-is-not-candy.pdf>
- PE Central Drug Abstinence Skills Lesson <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929#.WD2wuWVNGs0>
- Practice Saying No <http://www.nea.org/tools/practice-saying-no.html>
- Refusal: Sample Animation Activity <https://www.youtube.com/watch?v=PEEEJLrJcM>
- SAMHSA [www.samhsa.gov](http://www.samhsa.gov)
- Together Counts - Decision Making <https://togethercounts.com/grades-k-5/>
- Wise Owl's Drug Safety Kit: What Is Medicine Video [https://www.youtube.com/watch?v=9OK6\\_OdWxTA](https://www.youtube.com/watch?v=9OK6_OdWxTA)

## Safety/Injury Prevention

- BAM! Safety <http://www.cdc.gov/bam/safety>
- Build a Kit <https://www.ready.gov/kit>
- Bicycle Safety <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-3-5.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)
- FEMA Be a Hero Youth Emergency Preparedness [https://www.fema.gov/media-library-data/a09faf19c5354c01beb9f30125a785cb/FEMA%20UE%20TG\\_082613\\_508.pdf](https://www.fema.gov/media-library-data/a09faf19c5354c01beb9f30125a785cb/FEMA%20UE%20TG_082613_508.pdf)
- 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)
- Home Alone <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-2-3.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)
- KidsHealth.Org Personal Safety – Strangers and 911 Lesson [http://kidshealth.org/classroom/prekto2/personal/safety/strangers\\_911.pdf](http://kidshealth.org/classroom/prekto2/personal/safety/strangers_911.pdf)
- KidsHealth.org Video: Concussion [https://www.youtube.com/watch?v=FkLT\\_aZ2u5k](https://www.youtube.com/watch?v=FkLT_aZ2u5k)
- KidsHealth.org Bicycle Safety Lesson [https://classroom.kidshealth.org/classroom/3to5/personal/safety/bike\\_safety.pdf](https://classroom.kidshealth.org/classroom/3to5/personal/safety/bike_safety.pdf)
- NHTSA Bicycle Safety Activity Kit <https://one.nhtsa.gov/people/injury/pedbimot/bike/bskitboth/3152bskit/index.htm>
- NHTSA Pedestrian Safety Curriculum <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.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)
- Strangers <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-2-3.html>
- Smart Choices Curriculum Grade 3 <http://www.youthsafenb.ca/en/smartchoices/pdf/smart%20choices%20grade%203.pdf>
- Staying Safe Online/Safety Net Kids Tip Sheet <http://www.safetynetkids.org.uk/personal-safety/staying-safe-online/>
- Support Tree: Who’s Safe to Ask for Help Activity <https://www.cfchildren.org/blog/2017/12/support-tree-activity/>
- USDOTFHWA Bicycle Safer Journey Video [https://www.youtube.com/watch?v=dkoVxBnnGko&list=PL5\\_sm9g9d4T3BymMO8D8FcNn9PyuynSoG](https://www.youtube.com/watch?v=dkoVxBnnGko&list=PL5_sm9g9d4T3BymMO8D8FcNn9PyuynSoG)
- Water Safety Video: Danger Rangers Everybody Be Water Safe <https://www.youtube.com/watch?v=6AoOXxVOPUw>
- Water Safety Video: Modeling Water Safety <https://www.youtube.com/watch?v=v3cID86hw0k>
- Kidshealth.org Educators Site <http://classroom.kidshealth.org>
- Youth Emergency Kit Checklist and Youth Family Emergency Plan <https://www.ready.gov/kids/family-emergency-planning/build-a-kit>



## 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
- Arthur Interactive Media Buddy Project - 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
- 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>
- EVERFI-Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
- BAM! Life <http://www.cdc.gov/bam/life/index.html>
- Daniel Tiger's Neighborhood - When You Feel So Mad that You Want to Roar – Strategy Song and Activity (Anger) <https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNFho>
- 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>
- 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
- 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)
- Go Noodle – Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- 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>
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## Violence Prevention

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