



Grade 5 Resource Links

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Body Systems

- AAAS Skin Deep Project <http://sciencenetlinks.com/collections/skin-deep-project/>
- [Human Body - Science for Kids - You Tube](#)
[Human Body Systems for Kids Video Lesson and Activity Plan](#)
- KidsHealth.org –
 - Human body series <http://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body>
 - Interactive site - *How the Body Works: Skin* <http://kidshealth.org/en/kids/skin-movie.html>
 - Teacher's Guide - Skin <https://classroom.kidshealth.org/classroom/3to5/body/parts/skin.pdf>
- *How The Body Works*-YouTube Video Series <https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- 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?](#)

Community/Environmental Health

- CT Environmental Health Curricula for Health Teachers 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>
- IDAHO Environmental Health Education – Lesson Plans for All Grade Levels <http://healthandwelfare.idaho.gov/Portals/0/Health/EnvironmentalHealth/Lesson%20Plans-Reduced%20File%20Size.pdf>
- 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](#)

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
- AHA Balance It Out Teacher's Guide 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
- 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
- BAM! Body and Mind Teacher's Corner Nutrition <http://www.cdc.gov/bam/nutrition/index.html>
- CA Media Smarts - Looking at Food Advertising <http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
- Education World Popcorn Nutrition - How Nutritious Are Your Snacks http://www.educationworld.com/a_lesson/03/lp324-04.shtml
- FCS Fast Food <https://healthsmartva.pwnet.org/uploads/rtditor/file/FCS%20Fast%20Food%20Commercials%20Lesson.pdf>
- Food Plate Game <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Healthy Eating – 5 Food Groups – You Tube
- Jump Into Foods - Grades 3-5 https://www.canr.msu.edu/jump_into_foods_and_fitness_jiff/index
- 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
 - Healthy Snacking* http://classroom.kidshealth.org/3to5/personal/nutrition/healthy_snacking.pdf
 - School Lunch* https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/school_lunch.pdf
- Shape America - What's in My Fast Food <http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2>
- 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 - What Is Energy Balance? http://www.togethercounts.com/sites/togethercounts.com/files/lesson_plans/documents/3-5_1.1.pdf
- Together Counts - What Is the Pattern? http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/Lesson_2.1_WhatsthePattern.pdf_Activity2015.pdf
- USDA - Serving Up My Plate - A Yummy Curriculum Grades 5-6 https://www.fns.usda.gov/sites/default/files/sump_level3.pdf
- Utah Education Network - Calorie Burning <http://www.uen.org/Lessonplan/preview.cgi?LPid=103>
- Utah Education Network - Design a Meal <http://www.uen.org/Lessonplan/preview.cgi?LPid=68>

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) - Elementary Lesson Plans 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
- 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
- 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
- AHA NFL Fuel Up to Play 60 http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WIBGbGVNFho
- CDC BAM! Physical Activity <http://www.cdc.gov/bam/activity/index.html>
- Get Moving Unit - Michigan State University <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- K-2 Sleep Education <http://school.sleepeducation.com/K-2.aspx>
- KidsHealth - Backpacks Tip Sheet <http://kidshealth.org/en/parents/backpack.html>
- KidsHealth Fast Breaks - NBA Fit Classroom Lesson https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- KidsHealth 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
 - Sports Safety* https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sports_safety.pdf
 - Sportsmanship* <https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmanship.pdf>
- Go Noodle - Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Hitting Cancer Below the Belt Colon Cancer Unboxing Video <https://vimeo.com/324984889>
- KidsHealth - Can Loud Music Hurt My Ears? <http://kidshealth.org/en/kids/rock-music.html>
- KidsHealth - Glasses and Contact Lenses <http://kidshealth.org/en/kids/glasses.html>
- KidsHealth - Earbuds <http://kidshealth.org/en/teens/earbuds.html?WT.ac=t-ra>
- KidsHealth - What's Hearing Loss <http://kidshealth.org/en/kids/hearing-impairment.html>
- KidsHealth - Your Eyes <http://kidshealth.org/en/kids/eyes.html>
- Listen to Your Buds Program <http://www.asha.org/buds/>
- National Eye Institute (NEI) for Kids All About Vision <https://nei.nih.gov/kids>
- NEI for Kids - Healthy Vision Tips https://nei.nih.gov/kids/healthy_vision_tips
- NEI Ask a Scientist - Eye Myths and Facts <https://www.youtube.com/watch?v=h83zPt2A-aU>
- Noise Induced Hearing Loss - Tips for Teaching Kids <https://www.noisyplanet.nidcd.nih.gov/educators/tips-to-teach-kids>

- PE Central Physical Activity Lesson Ideas and Resources <http://www.pecentral.org>
- PE Central Interactive Heart Rate Worksheet - <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4874>
- PE Central Let's Get Moving! - <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- Power Chargers - Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Safe Routes <http://www.walkbiketoschool.org>
- Serving Up My Plate Tipsheet - Be a Fit Kid https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet2_BeAFitKid.pdf
- SHAPE America - Healthy Heart http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf
- SHAPE America - Musical Spots Fitness Edition http://www.shapeamerica.org/events/pesportweek/upload/Musical_Spots.pdf
- SunWise Tool Kit <https://www.neefusa.org/sunwise>
- SunWise Activities for Grades 3-5 <https://www.epa.gov/sites/production/files/documents/grades3-5.pdf>
- SunWise Activities for Grades 6-8 <https://www.epa.gov/sites/production/files/documents/grades6-8.pdf>
- 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](#)
- World Sleep Day Education Kit https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes_Ages%2011-18%20years.pdf
- Hygiene
 - KidsHealth - How the Immune System Works <http://kidshealth.org/en/kids/ismovie.html>
 - KidsHealth – Taking Care of Your Teeth <http://kidshealth.org/en/kids/teeth-care.html?ref=search>
 - KidsHealth – What are Germs? <http://kidshealth.org/en/kids/germs.html?WT.ac=k-ra>
 - KidsHealth – Why Do I Need to Wash My Hands? <http://kidshealth.org/en/kids/wash-hands.html>
 - KidsHealth Grades 3-5 Germs Teacher’s Guide <https://classroom.kidshealth.org/classroom/3to5/personal/hygiene/germs.pdf>
 - KidsHealth Poster – Wash Your Hands https://classroom.kidshealth.org/classroom/3to5/problems/conditions/wash_your_hands_k5.pdf
 - KidsHealth Poster -Don’t Share Germs https://classroom.kidshealth.org/classroom/prekto2/problems/conditions/dont_spread_germs_k5.pdf
- **Community Action**
 - Action For Healthy Kids - Health and Wellness Fair <http://www.actionforhealthykids.org/tools-for-schools/find-challenges/gymnasium-challenges/1237-health-and-wellness-fair>
 - Action for Healthy Kids - How to Host a Health Fair - 7 Strategies for Success <http://www.actionforhealthykids.org/success-stories/1187-how-to-host-a-health-fair-7-strategies-for-success>
 - Good Health - It's Elementary! An Elementary School Health Fair <http://resources21.org/cl/contextual.asp?projectnumber=14>
 - Texas A & M Health Fair Planning Guide <http://fcs.tamu.edu/files/2015/02/health-fair-planning-guide.pdf>
 - Virginia Department of Health www.vdh.virginia.gov
- American Cancer Society www.cancer.org
- American Diabetes Association www.diabetes.org

- American Heart Association www.heart.org
- Scholastic – Choices – Magazines to “empower students to make positive, real world decisions” <https://choices.scholastic.com>
- The Sleep Factor Lessons and Power Points
<https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints>
- Virginia Safe Kids Coalition <https://www.safekids.org/coalition/safe-kids-virginia>

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> or <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-4-5.html>
- Alcohol, Tobacco, Drugs http://alex.state.al.us/lesson_view.php?id=6932
- Brain Power! <https://www.drugabuse.gov/parents-educators>
- Drug Abstinence Skills <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929>
- Generation Rx – Elementary Prescription Rx Toolkit <https://www.generationrx.org/toolkits/elementary/>
- GirlsHealth.gov <http://www.girlshealth.gov>
- It's My Life <http://pbskids.org/itsmylife/index.html>
- LifeSkills Training <http://www.lifeskillstraining.com>
- Medicines in My Home <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm>
- National Crime Prevention <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-4-5.html>
- On the Rocks Resource Guide http://www.connectwithkids.com/LHI/pdf/OnTheRocks_ResourceGuide.pdf
- Operation Prevention - opioid use prevention <https://www.operationprevention.com/classroom>
- Practice Saying No <http://www.nea.org/tools/practice-saying-no.html>
- Refusal Skills <http://www.uen.org/Lessonplan/preview.cgi?LPid=30959>
- Refusal: Sample Animation Activity <https://www.youtube.com/watch?v=PEEEJLrJcM>
- Registries of Programs Effective in Reducing Youth Risk Behaviors www.cdc.gov/HealthyYouth/AdolescentHealth/registries.htm
- Scholastic OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)
 - Reading about Medication Safety – A Review (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-about-medicine-safety-a-review-of-informational-text-fea/>
 - Exploring the Harms of Medication Misuse (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/exploring-the-harms-of-medicine-misuse/>
 - Understanding Medication Measuring Tools, Storage and Safe Disposal (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-medicine-measuring-tools-storage-and-safe-disposal/>
 - Reading and Understanding the Drug Facts Label (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-and-understanding-the-drug-facts-label/>
 - Comparing Over the Counter Medication (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/comparing-over-the-counter-and-prescription-medicine/>
- Stanford Tobacco Prevention Toolkit– lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) <http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
- TED Ed Resources:

[How do drugs affect the brain?](#)

[Is Marijuana bad for your brain?](#)

[What you should know about vaping](#)

- Together Counts - Decision Making <https://togethercounts.com/grades-k-5/>
- Virginia Rules https://virginiarules.org/varules_topics/alcohol-and-tobacco/

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
- FEMA Be a Hero Youth Emergency Preparedness 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
- 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
- National Head and Spinal Cord Injury Prevention Program www.thinkfirst.org
- Pedestrian Safety Curriculum <https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum>
- Playground Safety Check 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
- Youth Emergency Kit Checklist and Youth Family Emergency Plan pages from <https://www.ready.gov/kids/kids>

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
- 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/>
- 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/>
- Daniels Neighborhood - Feel So Mad t 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
- 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
- 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
 - Empathy <http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf>

- Conflict Resolution https://classroom.kidshealth.org/3to5/personal/growing/conflict_resolution.pdf
- Getting Along 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>
- 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
- 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 <https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day>
- Rossier USC - Creating Safe Spaces – Social Emotional Lessons <https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/>
- 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>

- Supporting Students' Personal and Social Competencies <https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html>
- Teachnology - Mental Health and Stress Reduction <http://www.teach-nology.com>
- The Compassion Project consists of 15 online lessons and 3 digital activities. http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12_compassion_course_outline.pdf
- Together Counts - Smart From the Start - Every Body is Special <https://healthsmartva.org/uploads/rtditor/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
- 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%20documents/grief_guide.pdf
- Y Project Cornerstone - Teasing and Putdowns Lesson http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf

Violence Prevention

- AI's Pals: Kids Making Healthy Choices <http://wingspanworks.com>
- BAM! Life <http://www.cdc.gov/bam/life/index.html>
- 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.pacerkidsagainstbullying.org/kab/>
- Kids Bullying Kids http://www.educationworld.com/a_lesson/00-2/lp2055.shtml
- LifeSkills Training <http://www.lifeskillstraining.com>
- Olweus Bullying Prevention Program http://www.olweus.org/public/school_bullying.page
- 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/>
- 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>
- We Are Teachers: Resources for Social and Emotional Learning <http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>