



Grade 6 Resource Links

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Body Systems

- [Human Body Facts and Worksheets](#)
- KidsHealth.Org How the Body Works: Urinary System <http://kidshealth.org/en/kids/usmovie.html?WT.ac=en-k-htbw-main-page-i>
- Kids Health How the Body Works YouTube Series <https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- Kids Health-Human Body Series <http://classroom.kidshealth.org/index.jsp?Grade=68&Section=body>
- LiveStrong-Does Exercise Affect the Urinary System? <http://www.livestrong.com/article/529262-does-exercise-affect-the-urinary-system/>
- Wisconsin Department on Communicable disease prevention K-12- Communicable Disease Prevention Lesson Plans for Middle Schoolers “ Inspector Bacterium”, “ The Germs Go Marching In”; “Archaeological Dig” (21-39) http://dpi.wi.gov/sites/default/files/imce/sspw/pdf/k_12communicable.pdf
- TED ED Resources
 - [What happens during a heart attack?](#)
 - [What causes migraines?](#)
 - [Can you be awake and asleep at the same time?](#)
 - [What are the floaters in your eye?](#)
 - [How do lungs work?](#)
 - [How your muscular system works](#)
 - [How oxygen circulates through your body](#)
 - [How does the thyroid manage your metabolism?](#)
 - [How do your kidneys work?](#)
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 - [Why does your voice change?](#)
 - [How does the liver work?](#)
 - [How does your digestive system work?](#)
 - [How blood pressure works](#)
 - [What does the pancreas do?](#)
 - [Your skin!](#)
 - [How does the immune system work?](#)

Community/Environmental Health

- EPA Environmental Health 101 Lesson <https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>
- EPA Student Environmental Health Resources <https://www.epa.gov/students>
- Green Schools - Earth Day Activities and Ideas <http://www.greenschools.net/article.php-id=160.html>
- KidsHealth.Org Ozone, Air Quality and Asthma <http://kidshealth.org/en/parents/ozone-asthma.html>
- KidsHealth.Org Smoking <http://kidshealth.org/en/teens/smoking.html>
- NIH Healthy Lungs Exercise and Air Quality – Top 10 Tips <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4666455/pdf/EDU-ELF1-2013.pdf>
- Project Learning Tree - Earth Day Activities <https://www.plt.org/educator-tips/earth-day-activities/>
- TED ED Resources
 - [TedEd - 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 much electricity does it take to power the world?](#)
 - [How do wind turbines work?](#)
 - [What if there were 1 million more trees?](#)
 - [Beauty of Pollination](#)
- Virginia Foundation for Healthy Youth <http://www.vfhy.org>
- Virginia 24/7 Campaign for Tobacco Free Schools <http://247campaignva.com>
- We are Teachers - Earth Day Activities <https://www.weareteachers.com/meaningful-earth-day-activities/>

Nutrition

- The 5 Fabulous Food Groups - You Tube
- 5-2-1-0 Let's Go Middle and High School Toolkit <https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools>
- 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) Middle School Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp?appName=MobileApp
 - AHA - We Jump We Shoot We Save Teacher's Guide 2012-13 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467922.pdf
 - AHA - We Jump We Shoot We Save Teacher's Guide 2013-14 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467933.pdf
 - AHA - What or Who Influences Your Food Choices http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_314238.pdf
 - AHA - Brain Power https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467221.pdf
 - AHA - Garden Growing While on the Move http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467219.pdf
 - AHA - Lesson In Sportsmanship -
 - AHA - Don't Fumble With This Jumble https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306494.pdf
 - AHA - Stepping Across the States - http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306495.pdf
 - AHA - Our Challenge: A Look At the Obesity Epidemic https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452021.pdf
 - AHA - Obesity Trends https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452018.pdf
 - AHA - NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans_UCM_453013_Article.jsp#.V_K0AvArLic
- CA Adolescent Nutrition and Fitness Program - Junk Food Marketing <http://canfit.org/pdf/SchoolLessonPlan.pdf>
- Canada Media Smarts
 - Looking at food advertising lesson <http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
 - Junk food advertising http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Youve_Gotta_Have_a_Gimmick.pdf
 - You've Gotta Have a Gimmick <http://mediasmarts.ca/lessonplan/youve-gotta-have-gimmick-lesson>
- 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 do germs make us sick?](#)
 - [Why our muscles get tired](#)

Physical Health/Disease Prevention/Health Promotion

- CDC BAM! Body and Mind <http://www.cdc.gov/bam/nutrition/index.html>
 - [CDC BAM Teacher's Corner](#) – Body Image Ad lesson
 - [CDC BAM Teacher's Corner](#) – If Those Dolls Were Real People
- Eat Fit - addresses media and body image <https://uccalfresh.ucdavis.edu/curriculum/youth/EF>
- Family Doctor.Org (American Association of Family Physicians) - Finding Reliable Health Information on the Web <https://familydoctor.org/health-information-on-the-web-finding-reliable-information/?adfree=true>
- Food Span - Marketing Lesson 11 - Johns Hopkins Center for a Livable Future <http://foodspanlearning.org/>
- FCS Fast Food Commercials & Nutrition Lesson <http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/>
- Food Day Curriculum <https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267>
- Girlshealth.gov - Nutrition <http://www.girlshealth.gov/nutrition/index.html>
- Girlshealth.gov - Having Body Image Issues <https://www.girlshealth.gov/feelings/bodyimage/index.html>
- Go Noodle – Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Goodheart Wilcox Middle School Health Skills
 - <https://www.g-wlearning.com/health/3085/index.htm>
 - <https://www.g-wlearning.com/health/2958/index.htm>
- Grocery Store Scavenger Hunt <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-savenger-hunt-1140.html>
- [Healthy Eating – 5 Food Groups – You Tube](#)
- [Healthy Eating – What is Healthy Eating? - You Tube](#)
- [Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube](#)
- [Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube](#)
- [Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube](#)
- [Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube](#)
- [Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise](#)
- Hitting Cancer Below the Belt Colon Cancer Education <http://hcb2.org>
- Iowa Children's Hospital - Online Health Information What Can You Trust <https://uichildrens.org/online-health-information-what-can-you-trust>
- Kids Health Media Literacy and Health Teacher's Guide https://classroom.kidshealth.org/classroom/6to8/personal/growing/media_literacy_health.pdf
- Kids Health Fast Breaks https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- Kids Health Teacher Guides - Grades 6-8
 - *NBA Fit Classroom Lesson:*
http://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
 - *Breakfast*
<https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf>
 - *Fitness*
<https://classroom.kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf>
 - *School Lunch*
https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school_lunch.pdf

- *Food Labels*
https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf
- *Food Safety*
https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf
- *Healthy Snacking*
https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf
- *Screen Time*
https://classroom.kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf
- Let's Get Moving Unit - Michigan State University <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- Medline Plus - Evaluating Health Information <https://medlineplus.gov/evaluatinghealthinformation.html>
- Medline Plus - Guide to Healthy Web Surfing <https://medlineplus.gov/healthywebsurfing.html>
- NYTimes- Thinking Critically About Ads http://learning.blogs.nytimes.com/2011/04/25/on-the-market-thinking-critically-about-advertising/?_r=1
- [Nutrition – High School Lesson Plans](#)
- [Nutrition Activities in Any Classroom – Junior and Senior High](#)
- PE Central - Food Pyramid Game <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645>
- PE Central - Calculating Fat, Carbohydrates & Proteins <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
- Power Chargers – Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Read, Write, Think - Advertisement Analysis http://www.readwritethink.org/files/resources/lesson_images/lesson97/advert.pdf
- Scholastic - Body Image and the Media Lesson Plan <https://www.scholastic.com/teachers/lesson-plans/teaching-content/body-image/>
- Sample Physical Activity Log - Michigan State University <http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html>
- Scholastic – Choices – Magazines to “empower students to make positive, real world decisions <https://choices.scholastic.com>
- SENTARA Stroke Education Toolkit <https://sentarastrokeawareness.com/toolkit/>
- TED ED and other 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 do germs make us sick?](#)
 - [Why our muscles get tired](#)
- The Sleep Factor Lessons and Power Points <https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints>
- [SuperTracker Nutrition Lesson Plans for High School Students](#)
- USDA-Serving Up My Plate. A Yummy Curriculum for grades 5 and 6 <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum> http://www.fns.usda.gov/sites/default/files/sump_level3.pdf
- UC Davis Youth Nutrition Education Materials <http://fsnep.ucdavis.edu/curriculum/youth-materials>
 - Nutrition to Grow On Curriculum <http://cns.ucdavis.edu/resources/ntgo/index.html>
 - Eat Fit <https://uccalfresh.ucdavis.edu/curriculum/youth/EF>
- World Sleep Day Education Kit
https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes_Ages%2011-18%20years.pdf

Substance Abuse Prevention

- Featured Resource
[Health Smart Virginia Feature Section - Alcohol, Tobacco, Drug Use Prevention Resources](#)
- [14 Drug Education Activities, Scholastic Printable Skills Pages](#)
- [Biological Sciences Curriculum Study \(BSCS\) - Drug Abuse, Addiction, and the Adolescent Brain <https://bscs.org/resources/educator-resource-center/drug-abuse-addiction-and-the-adolescent-brain>](#)
- [CATCH My Breath E-cigarette/JUUL youth prevention program for Middle and High School students. <https://catchinfo.org/enroll/>](#)
- [Catch My Breath – A Nicotine Vaping Prevention Program](#)
- [Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy](#)
- [Discovery Education - Deadly Highs – Grades 6-8 <http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm>](#)
- [E-Cigarettes and Vaping – Lesson 1: Why Should I care? and Lesson 2: Don't get \(e-\)Hooked!](#)
- [Everfi Marijuana Lesson Plans <https://everfik12hc.wpengine.com/marijuana-lesson-plans/>](#)
- [Everfi Prescription Drug Safety Lesson Plan – Introduction to the Opioid Crisis \[http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf\]\(http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf\)](#)
- [Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills \(Rx, Opioids\)](#)
- [Everfi Prescription Drug Safety Lesson Plan – Understanding Opioids \[http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf\]\(http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf\)](#)
- [Everfi Prescription Drug Safety Lesson Plan – Resisting Opioids \[http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf\]\(http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf\)](#)
- [Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar](#)
- [FDA Anti-Juuling Video for Teens <https://youtu.be/zYuyS1Oq8gY>](#)
- [FDA Medicines in My Home <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm>](#)
- [Generation RX – Teen Prescription Rx Toolkit <https://www.generationrx.org/toolkits/teen/>](#)
- [Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers](#)
- [Girls Health Website <https://www.girlshealth.gov/substance/>](#)
- [Handling stress / Dealing with pressures - Teaching guide for 5-9 peer pressure; activities and great discussion questions <http://www.goodcharacter.com/BCBC/Pressures.html>](#)
- [Harding University Alcohol, Family, Community Lesson Plan \[alcohol-family-community\]\(#\)](#)
- [Heads Up – Methamphetamine <http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf>](#)
- [How your brain responds to the reward circuit <https://www.youtube.com/watch?v=s27f7Jzy2k0>](#)
- [Internet4Kids Drug Lesson Plans K-12 \[https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm\]\(https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm\)](#)
- [Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals \[http://poisoncontrol.utah.edu/publiced/pdfs/InhalantLesson_6thgr.pdf\]\(http://poisoncontrol.utah.edu/publiced/pdfs/InhalantLesson_6thgr.pdf\)](#)

- Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals and Poison Prevention (Grade 6-above) <http://poisoncontrol.utah.edu/publiced/pdfs/InhalantComboLesson.pdf>
- Keeping it Real –Middle, High School DARE Curriculum <https://dare.org/education/>
- KidsHealth.org <https://kidshealth.org/en/teens>
- KidsHealth – Methamphetamine – Teen Tip Sheet
- KidsHealth.org – Teachers Guide: Dealing with Peer Pressure -Grades 6-8 https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer_pressure.pdf
- KidsHealth.Org Teachers Guides - Alcohol, Smoking, Drugs www.KidsHealth.org/classroom
- LA Health - E-cig & vaping Informational video (Loudoun schools)https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig_Vaping_Cut.1.mp4
- Lesson: The Mysterious Vaping Illness that’s Becoming and Epidemic
- Little Lungs in a Great Big World <https://www.youtube.com/watch?v=fmKply2PfmI>
- [Marijuana – Download the Facts – Printables and Lessons](#)
- Marijuana and Teens – American Academy of Child and Adolescent Psychiatry https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Marijuana-and-Teens-106.aspx
- Meth Mouse – Interactive Lesson on Effects of Methamphetamines
- National Education Association’s *Rx for Understanding: Prescription Drug Abuse Prevention Program- Grades 5-8 Lesson Plans* https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/Documents/Prescription%20Drug%20Abuse%20Prevention%20Program_Grades%205-8%20Lesson%20Plans.pdf
- NIDA Easy-to-Read/ESL Drug Facts and videos <https://easyread.drugabuse.gov/>
- NIDA - Mind Matters – The Body’s Response to Marijuana
- NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
- NIDA Teacher’s Edition Resources on Methamphetamine
- Nicotine Addiction – Toolkit for Schools
- NIH – Meth Mouse Game<https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse>
- NIH Video on synthetic cannabinoids - bath salts <https://youtu.be/cRA54zeGAnM>
- Online game/ad FDA <https://whatsinavape.com>
- PBS Frontline – The Meth Epidemic
- PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction -Grades 6-12 <https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/>
 - Myth or Fact Lesson – Grades 6-12 <https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/>
 - Learning About Opioids – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/>
 - Science of Addiction – Grades 6-12<https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/>
 - Accessibility – Grades 6-12
 - <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/>
 - Signs and Symptoms – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/>

- The Cycle of Addiction- Grades 6-12 <https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbfcf86/>
- Contemplating Nature vs Nurture Grades 6-12 <https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/>
- Full Educators Guide <https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/>
- Community and Family Guide <https://www.pbslearningmedia.org/resource/b1e0862a-131f-4df2-ae55-4b343a65d366/community-and-family-guide/>
- PBS – Teachers Guide: The Meth Epidemic <https://www.pbs.org/wgbh/pages/frontline/teach/meth/>
PBS video on juuling epidemic <https://youtu.be/INs19kGANLU>
- PE Central - The Pressure Is On! <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4134#.WEJDSmVNFho>
- Physician Advocacy Network - Lesson Plan – Vaping and Juuling
- Positive Choices – Numerous Drug Education Resources for Teachers
- Reality Matters: Under the Influence - Lesson plan teaching about addiction and the effects on the brain and body <http://school.discoveryeducation.com/lessonplans/programs/underTheInfluence/>
- Resources to Reduce Methamphetamine Use
- Risky Business - Lesson Plan: Risky choices, stats about risky choice, consequences of risky choices <http://school.discoveryeducation.com/lessonplans/programs/riskyBusiness/>
- Scholastic
 - Heads Up Series <http://headsup.scholastic.com>
 - Heads Up- Real News About Drugs and Your Body – 14 Activities <http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf>
 - Youth Vaping Risks http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109////FDA/////&ET_CID=20190109_SNP_FDA_ACQ_24770&ET_RID=1708294776
 - Alcohol and Your Body alcohol and your body - scholastic gr 6-8 <https://healthsmartva.org/uploads/rtditor/file/alcohol%20and%20your%20body%20-%20scholastic%20gr%206-8.pdf>
 - OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)
 - 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/>
 - 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/>
 - 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/>
 - 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/>
 - 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/>
 - Distinguishing Between Over the Counter and Prescription Medicine (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/distinguishing-between-over-the-counter-and-prescription-medicin/>
 - Obtaining Information From a Drug Facts Label (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/obtaining-information-from-a-drug-facts-label/>

- The Importance of Medicine Measuring, Tools, Storage and Safe Disposal <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/the-importance-of-medicine-measuring-tools-storage-and-safe-disp/>
- Understanding the Dangers of Misuse (grades 6-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-the-dangers-of-medicine-misuse/>
- Medicine Safety Text Analysis (grades 6-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/medicine-safety-text-analysis--identifying-the-authors-purpose/>
- SODAT NJ – Drug Prevention Lesson Plans <http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html>
- 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>
 - Everything Tobacco
 - Unit 1- General Tobacco – Health Effects and Social Effects <https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html>
 - Unit 2 - What’s Menthol Got to Do With It? <https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html>
 - E-Cigs/Vapes & Pod-Based
 - Unit 1 – Where did E Cigarettes and Vape Pens Come From? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html>
 - Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html>
 - Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html>
 - Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html>
 - Unit 5-What Can I Do About It? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html>
 - Unit 6- What are JUULS & Other Pod-Based Systems? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html>
 - Hookah
 - Lesson - Understanding Hookah and Its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html>
 - Smokeless Tobacco
 - Lesson – Understanding Smokeless Tobacco and its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html>
 - Nicotine Addiction
 - Unit 1 – The Brain <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html>
 - Unit 2- Addiction 101 <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html>
 - Unit 3 – Nicotine Addiction <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html>
 - Positive Youth Development
 - Refusal Skills Activities <https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html>
- The real cost: anti-vaping commercial (Hacked) <https://www.youtube.com/watch?v=EzU4ihBbf3g>
- The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
- Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos

- TED Ed Resources:
 - [How do drugs affect the brain?](#)
 - [Is Marijuana bad for your brain?](#)
 - [How do steroids affect your muscles](#)
 - [What you should know about vaping](#)
- Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
- Teen vaping <https://www.pbs.org/video/teen-vaping-1531870790/>
- Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth
- Treating Marijuana Addiction <https://www.youtube.com/watch?v=md4IRQsLlnE>
- Why Are Drugs so Hard to Quit? <https://www.youtube.com/watch?v=Xbk35VFpUPI>
- Why Is Meth so Addictive? Hazelden Betty Ford Foundation – You Tube
- Why Is vaping so popular <https://www.pbs.org/video/why-is-vaping-so-popular-hzpx8/>
- US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide <http://nahimgood.org/Docs/JustThinkTwice.pdf>

Safety/Injury Prevention

- 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
- Emergency CPR Activities from the American Heart Association <http://bethebeat.heart.org/>
- FEMA Youth Emergency Preparedness https://www.fema.gov/media-library-data/bb917e271da92ac61b0e717074f5281e/FEMA_MS_TG_082613_508.pdf
- KidsHealth.org Safety Tip Sheets <http://kidshealth.org/en/kids/watch/>
- PE Central- Fire Safety Skills Tag <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6852>
- PE Central First Aid Booklet <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1328>
- Safe Routes to School <http://www.walkbiketoschool.org>
- US Fire Administration Info <https://www.usfa.fema.gov/prevention/outreach/children.html>

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 Adolescent Mental Health Curriculum - A Starter Kit for Schools <http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools>
- Breathing Activity for Elementary Students
- Butterfly Breathing Video – YouTube
- Calming Exercises for Kids: Breathing and Stretching - YouTube
- Canadian Mental Health Association - Mental Health and High School Curriculum Guide http://www.cibhs.org/sites/main/files/file-attachments/mental_health_and_high_school_curriculum_guide.pdf
- CA Media Smarts - Avatars and Body Image <http://mediasmarts.ca/teacher-resources/avatars-body-image>
- CA Media Smarts - Gender Body Image <http://mediasmarts.ca/lessonplan/gender-stereotypes-and-body-image-lesson>
- Caution: Thin Ice! (6th)
- CDC Healthy Relationships Talking Points <http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf>
- CDC Healthy Communication Skills Teachers Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- Classroom Activities - MACMH | MACMH
- Classroom Physical Activity Helps Students with Mental Health and Anxiety
- Color Your Community
- Color Your Destiny
- Committee for Children (CFC) Free Classroom Activities <https://www.centervention.com/social-emotional-learning-activities/>
- Committee for Children (CFC) Free Classroom Activities <https://www.cfchildren.org/resources/free-classroom-activities/>
- 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
- Discovery - Self Esteem <http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm>
- EMOTIONAL ABC Classroom
- EVERFI - Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
- Everyday mindfulness - YouTube
- 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
- Getting Caught in the Web Lesson 1
- 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

- How to Help Children Manage Fears <https://childmind.org/article/help-children-manage-fears/>
- [Ingredients of a Relationship Recipe \(6th\)](#)
- [Interactive Games in Support of Mental Health | Mental Health Delta Division](#)
- KidsHealth.org Teacher's Guides for Grades 6-8:
 - Conflict Resolution https://classroom.kidshealth.org/6to8/personal/growing/conflict_resolution.pdf
 - Depression <https://classroom.kidshealth.org/classroom/6to8/problems/emotions/depression.pdf>
 - Empathy <https://classroom.kidshealth.org/6to8/personal/growing/empathy.pdf>
 - Eating Disorders https://classroom.kidshealth.org/6to8/problems/conditions/eating_disorders.pdf
 - Getting Along http://classroom.kidshealth.org/6to8/personal/growing/getting_along.pdf
 - Healthy Relationships http://classroom.kidshealth.org/6to8/personal/growing/healthy_relationships.pdf
 - Peer Pressure http://classroom.kidshealth.org/6to8/personal/growing/peer_pressure.pdf
 - Self Esteem http://classroom.kidshealth.org/6to8/personal/growing/self_esteem.pdf
 - Stress <https://classroom.kidshealth.org/6to8/problems/emotions/stress.pdf>
 - Suicide Prevention <http://classroom.kidshealth.org/6to8/problems/emotions/suicide.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](#)
- [Mental Health First Aid https://www.thenationalcouncil.org](#)
- [Mental Health HS Curriculum Guide - Teen Mental Health.org http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/](#)
- [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 - NIDA CDC What Does Respect Mean To You https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence](#)
- [Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans](#)
- [Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine http://headsip.scholastic.com/teachers/teens-and-decision-making-lesson](#)
- [Open Up Magazine, Minnesota Association for Children's Mental Health - It's All in Your Viewpoint](#)
- [PBS - Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/](#)
- [PBS - It's My Life http://pbskids.org/itsmylife/index.html](#)
- [PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides http://www.pbs.org/inthemix/educators/lessons/](#)

- PE Central lessons
 - Emotions in Motion <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho>
 - Sounds of Music (Stress Management) <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho>
 - What is Stress <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9659>
- ProCon.org - Social Networking <http://socialnetworking.procon.org/>
- Purdue Healthy Body Image Middle School Lessons <https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf>
- Reach Out - Asking students if they are okay <https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day>
- [Responsibility Knocks, But It Costs, Too! \(6th\)](#)
- Rossier USC - Creating Safe Spaces - Social Emotional Lessons <https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/>
- Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources <https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening>
- SCDA Girls Only Toolkit <http://www.sdca.org/office/girlsonlytoolkit/>
- Scholastic 6-8 Social Emotional Lessons <https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/>
- Scholastic Mind Up Curriculum - brain centered teaching strategies <http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- Screening for Mental Health - depression, suicide, and self-injury <https://mentalhealthscreening.org/programs/sos-signs-of-suicide>
- Signs of Suicide and ACT <https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum>
- [So Much to Do, So little time: How Do I tie all of the loose ends together Lesson 2](#)
- Social Networking <http://socialnetworking.procon.org/>
- Striking Out Stress: A “Gallery Walk” Activity http://www.educationworld.com/a_tsl/archives/02-1/lesson045.shtml
- [A Student’s Guide to Using Social Media](#)
- Substance Abuse and Mental Health Services Administration www.SAMHSA.gov
- Suicide Prevention Resource Center www.sprc.org
- Supporting Students’ Personal and Social Competencies <https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html>
- TED ED Resources:
 - [The psychology of PTSD](#)
 - [How to stay calm under pressure](#)
- [UNICEF Kid Power Videos for Children and Families](#)
- Virginia Department of Behavioral Health Services <http://www.dbhds.virginia.gov/>
- “Walk in Our Shoes” Lesson Plan http://walkinourshoes.org/content/Classroom_Lesson_Plans.pdf
- 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>
- [What is important to me?](#)
- When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf

Violence Prevention

- Blueprints for Healthy Youth Development site <http://www.blueprintsprograms.com>
- CDC Violence Prevention <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
- [Committee for Children - Bullying Prevention Unit](#)
- Olweus Schoolwide Bullying Prevention Program <http://olweus.sites.clemson.edu>
- Positive Behavior Interventions and Supports (PBIS) <https://www.pbis.org>
- Teaching Tolerance at http://www.tolerance.org/school_climate_resources
- Building Community and Combating Hate - Middle School Lesson http://www.partnersagainsthate.org/educators/middle_school_lesson_plans.pdf
- 10 Conflict Resolution Lessons, Fairfax County Schools http://crededucation.net/resources/CR_Guidelines_and_10_CR_lessons_FCPS.pdf
- Coaching Boys into Men Toolkits <http://www.coachescorner.org>
- Discovery Online - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
- Healthy Communication Skills Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- Kids Health Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
- In the Mix - Thinking it Through <https://www.youtube.com/watch?v=xDoQIpe5TxA>
- National Crime Prevention Council: Youth Gangs - Know the Facts <http://archive.npc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf>
- National Gang Center <https://www.nationalgangcenter.gov>,
- Olweus - Class Meetings That Matter - Grades 6-8 http://www.hazelden.org/OA_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:22372:US
- Ophelia Project - It Has a Name: Relational Aggression <http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf>
- PACER Classroom Resources (Bullying) <https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd>
- PACER Middle/High School Activities (Bullying) <https://www.pacer.org/bullying/classroom/middle-highschool/>
- PACER Middle/High School Education Curriculum (Bullying) <https://www.pacer.org/bullying/classroom/mid-high-curr/>
- PACER Middle and High School - Engaging Students in Anti-Bullying Leadership <https://www.pacer.org/bullying/wewillgen/>
- Pacer National Bullying Prevention Center <http://www.pacer.org/bullying/>
- Pacer Student Action Plan <http://www.pacerkidsagainstabullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf>
- Pacer Teens Against Bullying <http://www.pacerteensagainstabullying.org>
- Respect Others Respect Yourself <http://headsup.scholastic.com/teachers/respect-others-respect-yourself>
- SDCDA Girls Only Toolkit <http://www.sdcdca.org/office/girlsonlytoolkit/>
- Stop Bullying.gov Youth Engagement Kit <https://www.stopbullying.gov/what-you-can-do/teens/index.html>
- Stop Bullying Video Clips <https://www.cartoonnetwork.com/stop-bullying>
- Teaching Health and Happiness - Communication <https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf>
- Teaching Tolerance - What's a Clique <https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique> Cliques in School <https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools>
- Virginia Rules https://virginiarules.org/varules_topics/gangs/