

**Grade 2 Resource Links**

*These resource lists are intended to jumpstart the research and development of K-10 Health Instruction.*

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**Violence Prevention**

**Body Systems**

* Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* AAAS Science NetLinks All Systems Go! http://sciencenetlinks.com/afterschool-resources/all-systems-go
* Education.Com Worksheets http://www.education.com/worksheets/body/
* How does the immune system work? (TED Ed)
* Human Body for Kids Games, etc. http://www.sciencekids.co.nz/humanbody.html
* Human Body - Science for Kids - You Tube
* Human Body Systems for Kids Video Lesson and Activity Plan
* Interactive Sites for Education-Body Systems http://interactivesites.weebly.com/body-systems.html
* Kids Health Human Body PreK-2 https://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body
* Kids Health How the Body Works http://kidshealth.org/en/kids/center/htbw-main-page.html
* Kids Health How the Body Works YouTube Video Series https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z
* My Senses Tell Me http://sciencenetlinks.com/lessons/my-senses-tell-me/
* PBS Arthur Family Health http://www.pbslearningmedia.org/collection/arthur-family-health/#
* **Lesson Plans**
	+ - Amazing Body Systems http://www.coreknowledge.org/mimik/mimik\_uploads/lesson\_plans/271/Amazing%20Body%20Systems.pdf
	+ Anatomy: A Fun Look at the Digestive System http://mypages.iit.edu/~smile/bi9307.html
	+ BAM! Body and Mind-Unit 4: Health Conditions and Disease https://www.cdc.gov/healthyschools/bam/diseases.htm
	+ BrainPop Jr. – Bones https://jr.brainpop.com/health/bodies/bones/
	+ BrainPop Jr. – Lungs https://jr.brainpop.com/health/bodies/lungs/
	+ BrainPop Jr. – Senses https://jr.brainpop.com/health/bodies/senses/
	+ BrainPop Jr. – Muscles https://jr.brainpop.com/health/bodies/muscles/
	+ BrainPop Jr. – Heart https://jr.brainpop.com/health/bodies/heart/
	+ BrainPop Jr. – Exercise https://jr.brainpop.com/health/bodies/exercise/
	+ BrainPop Jr. – Digestive System https://jr.brainpop.com/health/bodies/digestivesystem/
	+ BrainPop Jr. – Exercise https://jr.brainpop.com/health/bodies/exercise/
	+ Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
	+ Every Body Is Special https://healthsmartva.org/uploads/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf
	+ Heart Power http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho
	+ Hello Body/ The Healthy Kids Project https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/
	+ Human Body Systems – Science Queens https://www.thesciencequeen.net/human-body-systems.htm
	+ Magic School Bus Explores the Human Body Part 1 (Kids Global) https://www.youtube.com/watch?v=HcgNh4hVi4k
	+ Magic School Bus Explores the Human Body Part 2 (Kids Global)
	+ https://www.youtube.com/watch?v=aDQlFbMbChw
	+ Magic School Bus Explores the Human Body Part 3 (Kids Global)
	+ https://www.youtube.com/watch?v=KTSLeXjvorM
	+ Magic School Bus Explores the Human Body Part 4 (Kids Global)
	+ https://www.youtube.com/watch?v=vodfA3MDkTM
	+ Magic School Bus Explores the Human Body Part 5
	+ https://www.youtube.com/watch?v=hkZ2X3Fzm6U&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=5
	+ Magic School Bus Explores the Human Body Part 6
	+ Https://www.youtube.com/watch?v=NW2-g2xAqs4&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=6
	+ Magic School Bus Explores the Human Body Part 7
	+ Https://www.youtube.com/watch?v=JvLCtm8y8EU&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=7
	+ No Bones About It! http://www.coreknowledge.org/mimik/mimik\_uploads/lesson\_plans/558/No%20Bones%20About%20It.pdf
	+ Our Systematic Body http://www.coreknowledge.org/mimik/mimik\_uploads/lesson\_plans/1167/1\_OurSystematicBody.pdf
	+ Project Heart for Educators Grade 2 Curriculum http://www.texasheart.org/ProjectHeart/Educators/Grade2/Curriculum.cfm
	+ Straight from the Heart http://mypages.iit.edu/~smile/bi9514.html
	+ Super Hero Fitness http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5895#.V8iAdcdNFho
	+ The Circulatory System http://www.pbslearningmedia.org/resource/tdc02.sci.life.stru.lp\_circula/the-circulatory-system/
	+ The Human Brain https://www.youtube.com/watch?v=1aCYsYSM1MA
	+ Top Five Body Shop https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body-five-senses/
	+ We Have Bodies/The Healthy Kids Project https://vpm.pbslearningmedia.org/resource/ddb402fe-71b8-444a-85ab-a56e3f962bbc/we-have-bodies/
	+ What Happens When You Eat? http://mypages.iit.edu/~smile/bi9706.html
	+ What Is Blood and How It Circulates In and Out of the Heart http://mypages.iit.edu/~smile/bi9009.html
	+ What Makes This Machine of Ours Work? https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body/

**Community/Environmental Health**

* Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* CT Environmental Health Curricula For Health Teachers http://www.ct.gov/dph/lib/dph/environmental\_health/eoha/pdf/ieq\_curriculums.pdf
* Do Fish Have a Home? https://www.sciencejournalforkids.org/articles/do-fish-have-a-home/
* 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/
* What happens to plastic in the soil? https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/
* World Wildlife Educational Resources

**Nutrition**

* Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 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

* Be A Store Explorer, Nutrition https://ymiclassroom.com/lesson-plans/be-a-store-explorer/
* BAM! Body and Mind Teacher’s Corner Nutrition http://www.cdc.gov/bam/nutrition/index.html
* BAM! Body and Mind\_Unit 2: Nutrition https://www.cdc.gov/healthyschools/bam/nutrition.htm
* Balanced Diet – AumSum https://www.youtube.com/watch?v=YimuIdEZSNY
* Foods that Grow https://vpm.pbslearningmedia.org/resource/bfe98864-02f2-4885-9553-0dc849536e49/foods-that-grow/
* Food Plate Game https://lesson-plans.theteacherscorner.net/health/food-plate-game.php
* Great Body Shop https://www.thegreatbodyshop.net/curriculum/k-six/topics
* Healthy Eating – 5 Food Groups – You Tube
* Health Start Foundation – Brain Foods https://www.healthstartfoundation.org/snackscience-360028-489536-881576-358809-315160-753867-895845.html
* Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa\_46HkY
* How the food you eat affects your brain https://www.youtube.com/watch?v=xyQY8a-ng6g
* How the food you eat affects your gut https://www.youtube.com/watch?v=1sISguPDlhY
* Kids Health Teacher’s Guides:
	+ Breakfast https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/breakfast.pdf
	+ Food and Cooking Safetyhttps://classroom.kidshealth.org/classroom/prekto2/personal/safety/food\_safety.pdf
	+ Healthy Snackinghttps://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy\_snacking.pdf
	+ School Lunch https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school\_lunch.pdf
* Learning to Give - What Is a Balanced Menu? http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu
* Learning to Give - What Is My Plate? http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate
* Learning to Give - World Hunger http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger
* My Plate Kids Place https://www.choosemyplate.gov/kids
* NIH We Can! Eat Play Grow site http://www.nhlbi.nih.gov/health/educational/wecan/
* NIH Eat Play Grow Curriculum https://www.nhlbi.nih.gov/health/educational/wecan/downloads//eatplaygrow.pdf
* PBS Arthur Nutrition - Eat Well http://pbskids.org/arthur/health/nutrition/
* PBS Fizzy’s Lunch Lab site http://pbskids.org/lunchlab/
* PBS Fizzy’s Lunch Lab videos http://www.pbslearningmedia.org/collection/fizzys-lunch-lab/
* PE Central Lessons http://www.pecentral.org/lessonideas/pelessonplans.html
* Smart Snacking Action Plan https://healthpoweredkids.org/lessons/smart-snacking/
* Sugar: Master of Disguise https://vpm.pbslearningmedia.org/resource/c67ae734-c4f8-48e8-9dc7-b2a777c94033/sugar-master-of-disguise/
* The Water Song https://vpm.pbslearningmedia.org/resource/97e04eaa-4af0-4371-8764-f86965c9cfcb/the-water-song/
* 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 K-2 Nutrition curriculum http://www.togethercounts.com
	+ Food for Thought http://togethercounts.com/wp-content/uploads/2017/11/Lesson\_2.3\_FoodforThought.pdf
	+ Healthy Eating Patterns http://togethercounts.com/wp-content/uploads/2017/11/K-2\_2.1\_Healthy\_Eating\_Patterns.pdf
	+ Job of a Nutrient http://togethercounts.com/wp-content/uploads/2017/11/K-2\_2.2\_Job\_of\_a\_Nutrient.pdf
* USDA - Serving Up My Plate - A Yummy Curriculum Grades 1-2 https://www.choosemyplate.gov/kids-parents-educators https://fns-prod.azureedge.net/sites/default/files/tn/sump\_level1.pdfhttp://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum
* Water Every Day https://ymiclassroom.com/lesson-plans/water-every-day/
* Zach Lunch: Funky Fruit https://vpm.pbslearningmedia.org/resource/zach-lunch-funky-fruit-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Veggies https://vpm.pbslearningmedia.org/resource/veggies-zach-lunch-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Grain https://vpm.pbslearningmedia.org/resource/grain-zach-lunch-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Daring Dairy https://vpm.pbslearningmedia.org/resource/zach-lunch-daring-dairy-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Protein https://vpm.pbslearningmedia.org/resource/zach-lunch-protein-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Lunchtime https://vpm.pbslearningmedia.org/resource/zach-lunch-lunchtime-video/rise-and-shine-health-and-wellness-time/

**Physical Health/Disease Prevention/Health Promotion**

* Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* **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) - NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge\_UCM\_304278\_Article.jsp#.WHVKCWVNGs0
	+ BAM! Body and Mind\_Unit 2: Physical Education and Activity https://www.cdc.gov/healthyschools/bam/pe\_pa.htm
	+ East Carolina University - Energizers for Grades K-2 https://www.ecu.edu/cs-hhp/exss/upload/Energizers\_for\_Grades\_K\_2.pdf
	+ Fuel Up to Play 60 https://www.fueluptoplay60.com/tools#tab\_why-physical-activity
	+ Fast Breaks Poster https://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf
	+ Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
	+ Health Start Build Strong Bones https://www.youtube.com/watch?v=AI25GY5-U68
	+ Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa\_46HkY
	+ Kids Health Teacher’s Guides:
		- Fitness https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/fitness.pdf
		- Sportsmanship https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/sportsmanship.pdf
	+ National Institutes of Health (NIH) - We Can! Eat Play Grow http://www.nhlbi.nih.gov/health/educational/wecan/
	+ National Institutes of Health (NIH) Eat Play Grow Curriculum https://www.nhlbi.nih.gov/health/educational/wecan/downloads//eatplaygrow.pdf
	+ PE Central Lessons Site http://www.pecentral.org/lessonideas/pelessonplans.html
	+ 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
		- Space Jamming http://www.shapeamerica.org/events/pesportweek/upload/Space-Jamming-2.pdf
		- Healthy Heart Transport http://www.shapeamerica.org/events/pesportweek/upload/Heart\_Healthy.pdf
* **Sleep and Hygiene**
	+ Al's Pals: Kids Making Healthy Choices http://wingspanworks.com
	+ CDC Cover Your Cough Poster http://www.cdc.gov/flu/pdf/protect/cdc\_cough.pdf
	+ CDC Hand Washing Experiment https://www.cdc.gov/bam/teachers/documents/epi\_4\_hand\_wash.pdf
	+ CDC Healthy Habits to Help Prevent Flu Stop Germs Stop Germs https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm?CDC\_AA\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fflu%2Fprotect%2Fhabits%2Findex.htm
	+ Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
	+ Delta Dental Smart Smiles K-5 Program https://deltadentalva.com/foundation/smart-smiles.html
	+ Germs - video https://www.youtube.com/watch?v=DYKADcR34Y8
	+ Getting Ready for Bed https://www.teachervision.com/healthy-lifestyle/printable/33800.html
	+ Hand Washing - It’s a Snap (Middle School Curriculum) http://itsasnap.org/Get-Started/Students
	+ Health Start Germs to Yourself https://www.youtube.com/watch?v=Xoh82fefs0M
	+ Healthy Choices A to Z https://vpm.pbslearningmedia.org/resource/7524fcd9-67d2-4ee7-8340-9d974d8f35ef/healthy-choices-a-to-z/
	+ Health Feels Great! https://vpm.pbslearningmedia.org/resource/17e26dc6-ed92-482b-910a-b703c83a2440/health-feels-great/
	+ Hello Body/ The Healthy Kids Project https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/
	+ Henry the Hand - 4 Principles of Hand Awareness http://www.henrythehand.com
	+ How to Brush Your Teeth Properly - For Kids - video https://youtu.be/hDZXSMU2lAk
	+ How to Wash Your Hands - video https://www.youtube.com/watch?v=LQ24EfM7sEw
	+ Kids Health Teachers Guides:
		- Germs https://classroom.kidshealth.org/classroom/prekto2/personal/hygiene/germs.pdf
		- Sleep https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf
	+ Oral Health Education: Saving Smiles Series - “Healthy Mouth, Healthy Body” http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving\_Smiles\_K-5\_Oral\_Health\_Education\_Curriculum.pdf
	+ PE Central - Rush to Brush - Grades K-2 http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7\_RU8dNFho
	+ Seuss Sleep Book Lesson Plan https://www.brighthubeducation.com/lesson-plans-grades-1-2/20926-dr-seuss-sleep-book-lesson-plan/
	+ Sleep Education K-2 http://school.sleepeducation.com/K-2.aspx
	+ Sleep - BrainPop https://www.brainpop.com/science/ecologyandbehavior/sleep/
	+ Super Sleep Lesson http://healthpoweredkids.org/lessons/super-sleep/
	+ The Couch Potato Blues https://vpm.pbslearningmedia.org/resource/c5f6efdb-b93f-49a5-9096-25418906b54c/the-couch-potato-blues/
	+ The Healthy Kids Project - Disease Prevention/Health Promotion https://vpm.pbslearningmedia.org/collection/the-healthy-kids-project/
	+ Virginia Department of Health Dental Program http://www.vdh.virginia.gov/oral-health/
	+ Wash Your Hands https://vpm.pbslearningmedia.org/resource/wash-your-hands-video/meet-the-helpers/
	+ We Have Bodies/The Healthy Kids Project https://vpm.pbslearningmedia.org/resource/ddb402fe-71b8-444a-85ab-a56e3f962bbc/we-have-bodies/
	+ When and How to Wash Hands http://www.cdc.gov/handwashing/when-how-handwashing.html
	+ Why We Need Sleep - http://www.instructorweb.com/lesson/sleep.asp
	+ 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**

* Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Health Smart Virginia Feature Section - Alcohol, Tobacco, Drug Use Prevention Resources
* Alcohol, Tobacco, Drugs http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-2-3.html
* Addiction and the Brain- for kids! https://youtu.be/s0bqT\_hxMwI
* Department of Alcoholic Beverage Control https://www.abc.virginia.gov/education/publications
* Heart Power http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho
* Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links\_grades\_kindergarten\_12/drug\_abuse\_guidance\_counselor\_lesson\_plans.htm
* Keeping It Real - Elementary School DARE Curriculum https://dare.org/education/
* Keeping Medicine Safe https://youtu.be/UHvPSwIX4aQ
* Generation Rx – Elementary Prescription Rx Toolkit https://www.generationrx.org/toolkits/elementary/
* KidsHealth.Org
	+ https://kidshealth.org/classroom/prekto2/problems/drugs/smoking.pdf
	+ https://kidshealth.org/classroom/prekto2/problems/drugs/alcohol.pdf
	+ https://kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf
* National Institute on Drug Abuse Brain Power https://www.drugabuse.gov/brain-power
* Operation Prevention - opioid use prevention https://www.operationprevention.com/

**Safety/Injury Prevention**

* Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* BAM! Body and Mind Unit 7: Injury Prevention and Safety Promotion https://www.cdc.gov/healthyschools/bam/injury.htm
* Bicycle Safer Journey https://youtu.be/dkoVxBnnGko
* Bike Safety and Road Signs http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-1-2.html
* Bicycle Helmet Safety https://youtu.be/sV9GjU7cA7o
* Caregiver Tips for Talking About Emergencies https://vpm.pbslearningmedia.org/resource/caregiver-tips-for-talking-about-emergencies-video/meet-the-helpers/
* Drugs and Medication Lessons for Pre-K-2 https://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf
* Education World Be a Sport for Sport Safety https://www.educationworld.com/a\_lesson/lesson233.shtml
* Fire Safety for Kids https://www.youtube.com/watch?v=AWHGdWOI4kw
* Fire Safety Printables https://www.teachervision.com/emergency/teacher-resources/47554.html
* Help Each Other https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/
* Home Alone http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-2-3.html
* Job and Career Printables (e.g., fire, police, doctor) https://www.teachervision.com/careers/teacher-resources/6637.html
* Kids Fire Safety Awareness https://www.youtube.com/watch?v=Lc2aCmxG6II
* Road Safety Video https://www.youtube.com/watch?v=\_NeEF1fwT4k
* Media BAM Safety Grades 2-6 http://www.cdc.gov/bam/safety/
* Meet the Helpers - 911 Operators are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-911-operators-helpers-in-depth/
* Meet the Helpers - Doctors are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-helpers-in-depth
* Meet the Helpers - Doctors are Helpers – Emergencies https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-are-helpers-emergencies
* Meet the Helpers - Firefighters are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-firefighters-helpers-in-depth/
* Pedestrian Safer Journey https://youtu.be/E5BFdJu-pjE
* Safety Adventures: Home Safety https://youtu.be/QSWC75raMx4
* Strangers http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-2-3.html
* Support Tree: Who’s Safe to Ask for Help Activity https://www.cfchildren.org/blog/2017/12/support-tree-activity/
* Sound Off with the Home Safety Fire Patrol https://ymiclassroom.com/lesson-plans/soundoff-teachers/
* Top 10 Bike Safety Rules https://youtu.be/PT1-mDlVyaI
* Traffic Signs and Rules https://youtu.be/PpEWVxNj2xo

**Mental Wellness/Social Emotional Skills**

* Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 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 - Believe Perform
* 10 Activities to Help Children Explore Emotions
* 10 Activities to Integrate Social Emotional Learning into the Classroom
* 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
* 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety - Family Therapy Basics
* 10 Tips to Help Your Child with Anger, Aha! Parenting
* 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
* 12 Games to Teach Social-Emotional Learning - Playworks
* 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
* 12 Ways Teachers Can Build Their Own Resilience
* 13 Powerful SEL Activities | Edutopia
* 15 Activities for Teaching CASEL Core Competencies | Waterford.org
* 16 Anger Management Activities, School Counseling Files
* 16 Social and Emotional Learning Activities - Aperture Education
* 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
* 25 Ways to Integrate Social Emotional Learning into Your Classroom
* 25 At Home SEL Activities - Choice Board
* 28 Mental Health Activities, Worksheets & Books for Adults & Students
* 30 Character-Building Ideas and Activities for School, Sign Up Genius
* 30 + Free Choice SEL Activities
* 73 Social Emotional Learning Activity Sheets
* 97 SEL Skills Activities – InspiredStudents.org
* 100 Kid Activities to Build Character, Moments a Day
* 101 Ways to Teach Children Social Skills
* 132 SEL Apps, Games, Activities for Building Character in the Classroom
* An ARTHUR Social, Emotional, and Character Development Curriculum K-5 https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNFho
* Attitude of Gratitude https://healthpoweredkids.org/lessons/gratefulsandgrumbles/
* BAM! Life http://www.cdc.gov/bam/life/index.html
* BAM! Body and Mind\_Unit 6: Mental Health, Child Development and Hygiene https://www.cdc.gov/healthyschools/bam/child\_development.htm
* Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids https://www.youtube.com/watch?v=ZBnPlqQFPKs
* 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
* Daniel Tiger's Neighborhood - You Feel So Mad that You Want to Roar - Strategy Song/ Activity (Anger) https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNFho
* Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
* Elementary School Counseling - Activity Ideas and Worksheets - 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
* Fit4 the Classroom – Mood Music Lesson http://stage.fit4theclassroom.com/mood
* Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
* Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education http://www.arkansased.gov/public/userfiles/Learning\_Services/GUIDE\_for\_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
* Help Each Other https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/
* How Your Brain Works – I Have a Go https://www.youtube.com/watch?v=mFuHKJqpxPw
* How to Help Children Manage Fears https://childmind.org/article/help-children-manage-fears/
* Interactive Games in Support of Mental Health | Mental Health Delta Division
* Joyful Mind –Mindfulness in the Classroom Activities http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions
* KidsHealth.org Teacher’s Guides for PreK-2:
	+ Self Esteem https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\_esteem.pdf
	+ Empathy https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf
	+ Feelings https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf
	+ Feeling Sad http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf
	+ Stress http://classroom.kidshealth.org/prekto2/problems/emotions/stress.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
* Learning Mindfulness Through Movement https://healthpoweredkids.org/lessons/mindfulnesthroughmovement/
* Lesson - Responding to Teasing and Put Downs http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20(Grade%203).pdf
* Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
* Mental Health Activities for High School Students - The Truthful Tutor
* ‎Mental Health Awareness: Free Resources & More | Share My Lesson
* Michigan Education - Online Professional Development for Social Emotional Learning
	+ Introduction to SEL https://plp.mivu.org/Registration.aspx?section=3195
	+ Embedding SEL Schoolwide https://plp.mivu.org/Registration.aspx?course=542
	+ Creating a Professional Culture Based on SEL https://plp.mivu.org/Registration.aspx?section=3224
	+ Integrating SEL - Culturally Responsive Classrooms https://plp.mivu.org/Registration.aspx?section=3226
	+ Trauma Informed Support https://plp.mivu.org/Registration.aspx?section=2960
* Mental Health Activities for High School Students - The Truthful Tutor
* ‎Mental Health Awareness: Free Resources & More | Share My Lesson
* 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
* Mr. Steve, The Music Man Positive Mental Attitude https://vpm.pbslearningmedia.org/resource/pma-mr-steve-the-music-man-video/rise-and-shine-health-and-wellness-time/
* Not About Perfection/Healthy Kids Project https://vpm.pbslearningmedia.org/resource/6ed1e16d-c01c-41d6-9046-e2f92685d4fb/not-about-perfection/
* No Time For Flash Cards – Circle Time lessons About Emotions http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html http://pbskids.org/daniel/videos/
* Open Up Magazine, Minnesota Association for Children’s Mental Health – Getting to Know You, Empathy –How are You Feeling, It’s All in Your Viewpoint http://www.macmh.org/open-up-magazine/classroom-activities/
* PBS- Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/
* PE Central lessons
	+ Emotions in Motion http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho
	+ 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
* 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 – Learning About Emotions (Gr. K) https://www.scholastic.com/teachers/lesson-plans/teaching-content/activity-plan-4-5-learning-about-emotions/
* Scholastic - Mind Up Curriculum – brain centered management and teaching strategies http://teacher.scholastic.com/products/mindup/
* Scholastic - Social and Emotional Learning: Essential Lessons for Student Success https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html
* Sesame Street - Quiet or Loud Video – when to be quiet, when to be loud – helps prepare students to ask for help https://www.pbslearningmedia.org/resource/sesame-quiet-or-loud/quiet-or-loud-song-sesame-street/#.WRpIGGVNFho
* Self-Esteem and Body Image https://healthpoweredkids.org/lessons/self-esteem-and-body-image/
* Supporting Students’ Personal and Social Competencies https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html
* Stress, Trauma and the Brain - Insights for Educators https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/
* Teachnology - Mental Health and Stress Reduction http://www.teach-nology.com
* Teacher Vision - Feelings Are Okay http://www.teachervision.fen.com/mental-health/printable/44813.html
* Tennessee Department of Mental Health - BASIC –A Collection of Social Emotional Lesson Plans & Activities (K-3rdgrade) http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf
* Together Counts – Smart From the Start - Every Body is Special https://healthsmartva.org/uploads/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf
* Together Counts - Energy Balance 1.2. Full Esteem Ahead https://togethercounts.com/grades-k-5/
* UNICEF Kid Power Videos for Children and Families
* 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
* Wellbeing Healthy Habits https://www.youtube.com/watch?v=dhpCdqOtuj0
* Y Project Cornerstone – Teasing and Putdowns Lesson http://www.projectcornerstone.org/html/pdfs/PC\_ABCsamplelessonplan.pdf

**Violence Prevention**

* Health Smart VA 2nd Grade Page: https://healthsmartva.org/2nd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Al's Pals: Kids Making Healthy Choices http://wingspanworks.com
* BAM! Life http://www.cdc.gov/bam/life/index.html
* Be an Upstander - Prevent Bullying https://youtu.be/eeqQCyQOCPg
* Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
* Bullying Prevention Lesson Plans https://rossieronline.usc.edu/bullying-prevention-lesson-plans/
* Collection of Social Emotional Lesson Plans for K-3 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
* Emotional Development Resources https://www.teachervision.com/emotional-development/teacher-resources/32913.html
* Help Each Other https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/
* Kids against Bullying http://www.pacerkidsagainstbullying.org/kab/
* 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
* We Are Teachers: Resources for Social and Emotional Learning http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources