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**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](https://www.youtube.com/watch?v=AHQGNb0zBgg)

[Human Body Systems for Kids Video Lesson and Activity Plan](https://www.generationgenius.com/videolessons/human-body-systems-for-kids/)

* 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>

**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/>

**Nutrition**

* [The 5 Fabulous Food Groups - You Tube](https://www.youtube.com/watch?v=L9ymkJK2QCU)
* 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/rteditor/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](https://www.youtube.com/watch?v=7GGUeqS3_7c)
* 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](http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2_Activity2015.pdf)
* Together Counts - What Is Energy Balance? [http://www.togethercounts.com/sites/togethercounts.com/files/lesson\_plans/documents/3-5\_1.1.pdf](http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2_Activity2015.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](http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2_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.pd](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](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>
* 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](http://www.vdh.virginia.gov/)
* American Cancer Society [www.cancer.org](http://www.cancer.org/)
* American Diabetes Association [www.diabetes.org](http://www.diabetes.org/)
* American Heart Association [www.heart.org](http://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](https://healthsmartva.pwnet.org/alcohol-tobacco-drug-use-prevention-school)

* 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=PEEEJLtRJcM>
* Registries of Programs Effective in Reducing Youth Risk Behaviors [www.cdc.gov/HealthyYouth/AdolescentHealth/registries.htm](http://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>
* 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](http://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](https://healthsmartva.pwnet.org/social-emotional-health-resources)

[Health Smart Virginia Feature Section – Mental Health Wellness Resources](https://healthsmartva.pwnet.org/social-emotional-health-resources)

[Health Smart Virginia Feature Section – Trauma Informed, Now What?](https://healthsmartva.pwnet.org/trauma-informed)

[What is SEL](https://casel.org/what-is-sel/)

[WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?](https://addypreslifestyle.com/what-is-sel-who-is-casel-why-does-sel-matter-to-everyone/)

[Teaching Activities to Support Core SEL Competencies](http://www.casel.org/wp-content/uploads/2017/08/Sample-Teaching-Activities-to-Support-Core-Competencies-8-20-17.pdf)

* [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube](https://www.youtube.com/watch?v=ihwcw_ofuME)
* [3 Committee for Children (CFC) Free SEL Classroom Activities](https://www.cfchildren.org/resources/free-classroom-activities/)
* [4 Inventive Games that Teach Students Social Skills](https://www.kqed.org/mindshift/35117/inventive-games-that-teach-kids-about-empathy-and-social-skills)
* [5 Activities to Support Students Through the Holidays](https://apertureed.com/helpful-ideas/5-activities-support-students-holidays/)
* [5-Minute Film Festival: Resources for Teaching About Character, Edutopia](https://www.edutopia.org/blog/film-festival-character-education)
* [5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes](https://www.extendednotes.com/after-school-articles/5-digital-tools-to-promote-social-emotional-learning-in-after-school)
* [7 Fun Communication Games that Increase Understanding](https://www.userlike.com/en/blog/communication-games)
* [7 SEL Activities for Students to Do at Home](https://www.understood.org/en/school-learning/for-educators/partnering-with-families/sel-printables-to-share-with-your-students-families)
* [8 Social Emotional Learning Activities for a Classroom](https://insightstobehavior.com/blog/8-social-emotional-learning-activities-classroom/)
* [8 Downloadable SEL Activities for Home and School](https://apertureed.com/parent-portal/free-home-resources/)
* [9 mental health activities to do with your children - BelievePerform](https://believeperform.com/product/9-mental-health-activities-to-do-with-your-children/)
* [10 Activities to Help Children Explore Emotions](https://www.apperson.com/teach-talk/10-activities-to-help-students-explore-emotions)
* [10 Activities to Integrate Social Emotional Learning into the Classroom](https://www.goguardian.com/blog/safety/activities-to-integrate-social-emotional-learning-into-the-classroom/)
* [10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools](https://selforschools.com/mentalhealth)
* [10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics](https://familytherapybasics.com/blog/2017/10/8/10-therapist-and-child-approved-activities-to-support-kids-with-anxiety)
* [10 Tips to Help Your Child with Anger, Aha! Parenting](https://www.ahaparenting.com/parenting-tools/emotional-intelligence/angry-child)
* [10 Important Conflict Resolution Skills for Teenagers, Mom Junction](http://www.momjunction.com/articles/important-conflict-resolution-skills-for-teenagers_00106119/)
* [12 Games to Teach Social-Emotional Learning - Playworks](https://www.playworks.org/resource/twelve-games-to-teach-students-social-emotional-learning/)
* [12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students](https://www.berkeleyschools.net/teaching-and-learning/toolbox/)
* [12 Ways Teachers Can Build Their Own Resilience](https://www.cultofpedagogy.com/resilience/)
* [13 Powerful SEL Activities | Edutopia](https://www.edutopia.org/article/13-powerful-sel-activities-emelina-minero)
* [15 Activities for Teaching CASEL Core Competencies | Waterford.org](https://www.waterford.org/education/15-activities-for-teaching-casel-core-competencies/)
* [16 Anger Management Activities, School Counseling Files](https://www.schoolcounselingfiles.com/anger-management-activities.html)
* [16 Social and Emotional Learning Activities - Aperture Education](https://apertureed.com/16-social-emotional-learning-activities/)
* [21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day](https://www.weareteachers.com/21-simple-ways-to-integrate-social-emotional-learning-throughout-the-day/)
* [25 Ways to Integrate Social Emotional Learning into Your Classroom](https://www.thepathway2success.com/25-ways-to-integrate-social-emotional-learning)
* [25 At Home SEL Activities - Choice Board](https://4.files.edl.io/66eb/03/25/20/160604-fed3609d-988a-458c-b31c-aa2c8b93f5ee.pdf)
* [28 Mental Health Activities, Worksheets & Books for Adults & Students](https://positivepsychology.com/mental-health-activities-worksheets-books/)
* [30 Character-Building Ideas and Activities for School, Sign Up Genius](https://www.signupgenius.com/school/character-education-activities.cfm)
* [30 + Free Choice SEL Activities](https://www.bridgeportedu.net/cms/lib/CT02210097/Centricity/Domain/18/SocialEmotionalLearningActivitiesFreeChoiceBoards.pdf)
* [73 Social Emotional Learning Activity Sheets](https://www.centervention.com/social-emotional-learning-activities/)
* [97 SEL Skills Activities – InspiredStudents.org](https://inspiredstudents.org/activities/)
* [100 Kid Activities to Build Character, Moments a Day](http://www.momentsaday.com/100-kids-activities-to-build-character/)
* [101 Ways to Teach Children Social Skills](https://healthiersfexcel.org/wp-content/uploads/2018/07/101-Ways-to-Teach-Children-Social-Skills.pdf)
* [132 SEL Apps, Games, Activities for Building Character in the Classroom](https://www.commonsense.org/education/articles/we-all-teach-sel-inspiring-activities-for-every-classroom)
* BAM! Life <http://www.cdc.gov/bam/life/index.html>
* [Breathing Activity for Elementary Students](https://www.wps.k12.va.us/cms/lib/VA02201702/Centricity/Domain/1401/WPS%20Wellness%20Tips%20for%20Kids.pdf)
* [Butterfly Breathing Video – YouTube](https://www.youtube.com/watch?v=5AHYnXLdqpI&feature=youtu.be)
* [Calming Exercises for Kids: Breathing and Stretching - YouTube](https://www.youtube.com/watch?v=cyvuaL_2avY)
* Centervention SEL Activities <https://www.centervention.com/social-emotional-learning-activities/>
* [Classroom Activities - MACMH | MACMH](https://macmh.org/classroom-activities/)
* [Classroom Physical Activity Helps Students with Mental Health and Anxiety](https://blog.moving-minds.com/2019/04/19/using-classroom-physical-activity-to-help-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](https://www.emotionalabcs.com/teachers/)
* EVERFI-Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
* [Everyday mindfulness - YouTube](https://www.youtube.com/watch?v=QTsUEOUaWpY)
* Fit4TheClassroom – Mood Music Lesson <http://stage.fit4theclassroom.com/mood>
* [Free-Anger-Worksheets](https://www.teacherspayteachers.com/Product/Free-Anger-Worksheets-2035784?utm_source=www.thepathway2success.com&utm_campaign=Free%20SEL%20Resources) An anger log to help kids track their triggers for anger. Elementary, Middle
* [Free-Calming-Poster](https://www.teacherspayteachers.com/Product/Free-Calming-Posters-1937021?utm_source=www.thepathway2success.com&utm_campaign=Free%20SEL%20Resources) Simple calming posters for a calm down area that remind kids to relax and breathe. Elementary, Middle
* [Free-Coping-Strategies-Challenge](https://www.teacherspayteachers.com/Product/Free-Coping-Strategies-Challenge-3777553?utm_source=www.thepathway2success.com&utm_campaign=Free%20SEL%20Resources) Have students learn 30 coping strategies in 30 days to teach about managing emotions. Elementary, Middle
* [Free-Coping-Strategies-Notebook](https://www.teacherspayteachers.com/Product/Free-Coping-Strategies-Notebook-Sampler-3012492?utm_source=www.thepathway2success.com&utm_campaign=Free%20SEL%20Resources) 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](http://blogs.cuit.columbia.edu/child-adolescent-psychiatry/2016/06/08/fun-summer-activities-for-kids-that-encourage-mental-health/)
* 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](https://mentalhealthdeltadivision.com/interactive-games/)
* Joyful Mind – Mindfulness in the Classroom Activities <http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions>
* KidsHealth.org Teacher’s Guides for Grades 3-5:
  + Self Esteem [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\_esteem.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.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](https://www.nami.org/Blogs/NAMI-Blog/August-2017/Lessons-We-Missed-as-Kids-Practicing-Mental-Healt)
* [Mental Health Activities for High School Students - The Truthful Tutor](https://thetruthfultutor.com/mental-health-activities-for-high-school-students/)
* [‎](http://canwetalk.ca/wp-content/uploads/2016/03/COOR-79l-2016-03-CWT-lesson-plans.pdf)[Mental Health Awareness: Free Resources & More | Share My Lesson](https://sharemylesson.com/collections/mental-health-awareness)
* 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](https://www.youtube.com/playlist?list=PLkZwAghwrSytgi1re_2Sr8Dt8poZCHgP5)
* [Mindful Movement for Young Learners - YouTube](https://www.youtube.com/watch?v=5aEI8lb7coY)
* 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](https://dese.mo.gov/college-career-readiness/school-counseling/curriculum/social-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](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/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf>
* Together Counts - Energy Balance 1.2. Full Esteem Ahead <https://togethercounts.com/grades-k-5/>
* Together Counts - Foundations of Wellness <http://togethercounts.com/wp-content/uploads/2017/11/Lesson_1.1_FoundationsofWellness.pdf>
* [UNICEF Kid Power Videos for Children and Families](https://www.unicefkidpower.org/parents/?utm_content=brainbreaks&ms=CPC_DIG_2020_KidPower_20200511_google_brainbreaks_delve_none&initialms=CPC_DIG_2020_KidPower_20200511_google_brainbreaks_delve_none&gclid=Cj0KCQjwzZj2BRDVARIsABs3l9KjEyfXlEEAfYwjGYHOpG05nhqAAb11EJi8qI2Jl8-fnHhapPyoJKoaArNwEALw_wcB)
* 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**

* Al's Pals: Kids Making Healthy Choices [http://wingspanworks.com](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](https://www.cfchildren.org/resources/bullying-prevention-information/)
* 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](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](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>