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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>
* TED Ed Resources:

[Can you be awake and asleep at the same time?](https://ed.ted.com/lessons/can-you-be-awake-and-asleep-at-the-same-time-masako-tamaki)

[What are the floaters in your eye?](https://ed.ted.com/lessons/what-are-those-floaty-things-in-your-eye-michael-mauser)

[How do lungs work?](https://ed.ted.com/lessons/what-do-the-lungs-do-emma-bryce)

[How oxygen circulates through your body](https://ed.ted.com/lessons/oxygen-s-surprisingly-complex-journey-through-your-body-enda-butler)

[How does the liver work?](https://ed.ted.com/lessons/what-does-the-liver-do-emma-bryce)

[How does your digestive system work?](https://ed.ted.com/lessons/how-your-digestive-system-works-emma-bryce)

[Your skin!](https://ed.ted.com/lessons/the-science-of-skin-emma-bryce)

[How does the immune system work?](https://ed.ted.com/lessons/how-does-the-immune-system-work-emma-bryce)

**Community/Environmental Health**

* CT Environmental Health Curricula for Health Teachers <http://www.ct.gov/dph/lib/dph/environmental_health/eoha/pdf/ieq_curriculums.pdf>
* EPA Games and Quizzes <https://www.epa.gov/students/games-quizzes-and-more>
* EPA Student Resources <https://www.epa.gov/students>
* Go Green <http://kidshealth.org/en/kids/go-green.html>
* IDAHO Environmental Health Education – Lesson Plans for All Grade Levels <http://healthandwelfare.idaho.gov/Portals/0/Health/EnvironmentalHealth/Lesson%20Plans-Reduced%20File%20Size.pdf>
* Reduce, Reuse,Recycle <http://kids.niehs.nih.gov/topics/reduce/>
* TED Ed Resources:

[What is in the air you breathe?](https://ed.ted.com/lessons/what-s-in-the-air-you-breathe-amy-hrdina-and-jesse-kroll)

[Microbial Jungles- How Microbes form communities](https://ed.ted.com/lessons/the-microbial-jungles-all-over-the-place-and-you-scott-chimileski-and-roberto-kolter)

[Conserving our Coral Reefs](https://ed.ted.com/lessons/conserving-our-spectacular-vulnerable-coral-reefs-joshua-drew)

[Why do we wear sunscreen?](https://ed.ted.com/lessons/why-do-we-have-to-wear-sunscreen-kevin-p-boyd)

[Do we really need pesticides?](https://ed.ted.com/lessons/do-we-really-need-pesticides-fernan-perez-galvez)

[Meet the Blue Fin Tuna](https://ed.ted.com/lessons/meet-the-bluefin-tuna-the-toughest-fish-in-the-sea-grantly-galland-and-raiana-mckinney)

[How to Create Cleaner Coal](https://ed.ted.com/lessons/how-to-create-cleaner-coal-emma-bryce)

[How much land does it take to power the world?](https://ed.ted.com/lessons/how-much-land-does-it-take-to-power-the-world)

[How do wind turbines work?](https://ed.ted.com/lessons/how-do-wind-turbines-work-rebecca-j-barthelmie-and-sara-c-pryor)

[What if there were 1 million more trees?](https://ed.ted.com/lessons/can-we-build-a-perfect-forest-jean-francois-bastin)

[Beauty of Pollination](https://ed.ted.com/lessons/the-hidden-beauty-of-pollination-louie-schwartzberg" \l "review)

**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)
* TED Ed Resources:

[Which type of milk is best for you?](https://ed.ted.com/lessons/which-type-of-milk-is-best-for-you-jonathan-j-o-sullivan-grace-e-cunningham)

[Fruit and Veggies for Kids](https://ed.ted.com/best_of_web/uZoCUkl3)

[The five fabulous food groups](https://ed.ted.com/best_of_web/gPvw8tfj)

[How does your body know you're full?](https://ed.ted.com/lessons/how-does-your-body-know-you-re-full-hilary-coller)

[What is a calorie?](https://ed.ted.com/lessons/what-is-a-calorie-emma-bryce)

[How do vitamins work?](https://ed.ted.com/lessons/what-s-the-value-of-vitamins-ginnie-trinh-nguyen)

[How the food you eat affects your brain](https://ed.ted.com/lessons/how-the-food-you-eat-affects-your-brain-mia-nacamulli)

* 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>
* Ted Ed Resources:

[How do we know if we have a virus?](https://ed.ted.com/lessons/how-do-virus-tests-actually-work-cella-wright)

[How playing sports benefits your body and brain](https://ed.ted.com/lessons/how-playing-sports-benefits-your-body-and-your-brain-leah-lagos-and-jaspal-ricky-singh)

[Yoga does for body and brain](https://ed.ted.com/lessons/what-yoga-does-to-your-body-and-brain-krishna-sudhir)

[What is obesity?](https://ed.ted.com/lessons/what-is-obesity-mia-nacamulli)

[How playing an instrument benefits your brain](https://ed.ted.com/lessons/how-playing-an-instrument-benefits-your-brain-anita-collins)

[Why our muscles get tired](https://ed.ted.com/lessons/the-surprising-reason-our-muscles-get-tired-christian-moro)

* 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>
* TED Ed Resources:

[How do drugs affect the brain?](https://ed.ted.com/lessons/how-do-drugs-affect-the-brain-sara-garofalo)

[Is Marijuana bad for your brain?](https://ed.ted.com/lessons/is-marijuana-bad-for-your-brain-anees-bahji)

[What you should know about vaping](https://ed.ted.com/lessons/what-you-should-know-about-vaping-and-e-cigarettes-suchitra-krishnan-sarin)

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

***Marijuana Specific Resources 2022***

* [(Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)](https://drugfree.org/article/marijuana-what-you-need-to-know/?gclid=Cj0KCQiAmKiQBhClARIsAKtSj-kT0qc-JRIgJg0SLuvxHDGbNwroArMLHDquwRk6htPEHb8UpvB-9MgaApa9EALw_wcB)
* [(Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)](https://drugfree.org/wp-content/uploads/2017/02/Marijuana_Talk_Kit.pdf)
* [Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)](file:///Users/erimafobbs/Downloads/•%09https:/teens.drugabuse.gov/teachers/lessonplans/mind-matters-bodys-response-marijuana)

**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/)
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