

**Grade 5 Resource Links**

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

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**Body Systems**

* Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* AAAS Skin Deep Project http://sciencenetlinks.com/collections/skin-deep-project/
* 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/
* How The Body Works-YouTube Video Series https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z
* Human Body - Science for Kids - You Tube

Human Body Systems for Kids Video Lesson and Activity Plan

* Human Body Systems – Science Queens https://www.thesciencequeen.net/human-body-systems.htm
* 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
* Muscles - Science Trek https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/
* 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
* The Human Brain https://www.youtube.com/watch?v=1aCYsYSM1MA
* The Facts About Concussions https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/
* TED Ed Resources:

Can you be awake and asleep at the same time?

What are the floaters in your eye?

How do lungs work?

How oxygen circulates through your body

How does the liver work?

How does your digestive system work?

Your skin!

How does the immune system work?

**Community/Environmental Health**

* Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-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
* Community Health Fair
	+ 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
* 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
* How Do Chemicals Affect Animals and Their Kids? https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/
* 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/
* The Science of Safety (Natural Hazards) https://ymiclassroom.com/lesson-plans/science-of-safety/
* What happens to plastic in the soil? https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/
* TED Ed Resources:

What is in the air you breathe?

Microbial Jungles- How Microbes form communities

Conserving our Coral Reefs

Why do we wear sunscreen?

Do we really need pesticides?

Meet the Blue Fin Tuna

How to Create Cleaner Coal

How much land does it take to power the world?

How do wind turbines work?

What if there were 1 million more trees?

Beauty of Pollination

**Nutrition**

* Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 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
* Balanced Diet – AumSum https://www.youtube.com/watch?v=YimuIdEZSNY
* 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
* Be A Store Explorer, Nutrition https://ymiclassroom.com/lesson-plans/be-a-store-explorer/
* 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
* Check Out What’s Chilling - Nutrition https://ymiclassroom.com/lesson-plans/nfra/
* 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
* Fuel It! – Nutrition https://vpm.pbslearningmedia.org/collection/move-it/t/fuel-it/
* 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
* Healthy Eating – 5 Food Groups – You Tube
* Jump Into Foods - Grades 3-5 https://www.canr.msu.edu/jump\_into\_foods\_and\_fitness\_jiff/index
* Kids Health Teacher’s Guides:
Breakfast https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/breakfast.pdf
Food Labels https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food\_labels.pdf
Healthy Snacking http://classroom.kidshealth.org/3to5/personal/nutrition/healthy\_snacking.pdf
School Lunch https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/school\_lunch.pdf
* Shape America - What’s in My Fast Food http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2
* TED Ed Resources:

Which type of milk is best for you?

Fruit and Veggies for Kids

The five fabulous food groups

How does your body know you're full?

What is a calorie?

How do vitamins work?

How the food you eat affects your brain

* The 5 Fabulous Food Groups - You Tube
* Together Counts - What Is Energy Balance? http://www.togethercounts.com/sites/togethercounts.com/files/lesson\_plans/documents/3-5\_1.1.pdf
* Together Counts - What Is the Pattern? http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K\_Thru\_5/Lesson\_2.1\_WhatsthePattern.pdf\_Activity2015.pdf
* USDA - Serving Up My Plate - A Yummy Curriculum Grades 5-6 https://www.fns.usda.gov/sites/default/files/sump\_level3.pdf
* Utah Education Network - Calorie Burning http://www.uen.org/Lessonplan/preview.cgi?LPid=103
* Utah Education Network - Design a Meal http://www.uen.org/Lessonplan/preview.cgi?LPid=68
* Smart Snacking Action Plan https://healthpoweredkids.org/lessons/smart-snacking/
* Sports and Energy Drinks https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/
* With The Whole Grain for Kids https://ymiclassroom.com/lesson-plans/go-with-the-whole-grain/
* 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 Virginia 5th Grade Page https://healthsmartva.org/5th-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) - 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
	+ BAM! Body and Mind\_Unit 2: Physical Education and Activity https://www.cdc.gov/healthyschools/bam/pe\_pa.htm
	+ BAM! Body and Mind\_Unit 4: Health Conditions and Disease https://www.cdc.gov/healthyschools/bam/diseases.htm
	+ 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
	Sports Safety https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sports\_safety.pdf
	Sportsmanship https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmanship.pdf
	+ Fitness Bingo Lesson Plan https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140aeb54f9a4/fitness-bingo-lesson-plan/
	+ 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
	+ 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/
* Move It! - Physical Activity https://vpm.pbslearningmedia.org/collection/move-it/t/move-it-physical-activity/
* National Eye Institute (NEI) for Kids All About Vision https://nei.nih.gov/kids
* NEI for Kids - Healthy Vision Tips https://nei.nih.gov/kids/healthy\_vision\_tips
* NEI Ask a Scientist - Eye Myths and Facts https://www.youtube.com/watch?v=h83zPt2A-aU
* Noise Induced Hearing Loss - Tips for Teaching Kids https://www.noisyplanet.nidcd.nih.gov/educators/tips-to-teach-kids
* PE Central Physical Activity Lesson Ideas and Resources http://www.pecentral.org
* PE Central Interactive Heart Rate Worksheet - http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4874
* PE Central Let's Get Moving! - http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html
* Power Chargers - Quick Activity Breaks http://healthpoweredkids.org/power-chargers/
* Safe Routes http://www.walkbiketoschool.org
* Season Fitness Lesson Plan https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness-lesson-plan/
* Serving Up My Plate Tipsheet - Be a Fit Kid https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet2\_BeAFitKid.pdf
* SHAPE America - Healthy Heart http://www.shapeamerica.org/events/pesportweek/upload/Heart\_Healthy.pdf
* SHAPE America - Musical Spots Fitness Edition http://www.shapeamerica.org/events/pesportweek/upload/Musical\_Spots.pdf
* SunWise Tool Kit https://www.neefusa.org/sunwise
* SunWise Activities for Grades 3-5 https://www.epa.gov/sites/production/files/documents/grades3-5.pdf
* SunWise Activities for Grades 6-8 https://www.epa.gov/sites/production/files/documents/grades6-8.pdf
* Ted Ed Resources:

How do we know if we have a virus?

How playing sports benefits your body and brain

Yoga does for body and brain

What is obesity?

How playing an instrument benefits your brain

Why our muscles get tired

* Wheel of Fitness Lesson Plan https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness-lesson-plan/
* World Sleep Day Education Kit https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes\_Ages%2011-18%20years.pdf
* **Hygiene**
* 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
* Health Start Germs to Yourself https://www.youtube.com/watch?v=Xoh82fefs0M
	+ 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
* Sleep Well https://ymiclassroom.com/lesson-plans/sleep/
* **Community Action**
	+ Action For Healthy Kids - Health and Wellness Fair http://www.actionforhealthykids.org/tools-for-schools/find-challenges/gymnasium-challenges/1237-health-and-wellness-fair
	+ Action for Healthy Kids - How to Host a Health Fair - 7 Strategies for Success http://www.actionforhealthykids.org/success-stories/1187-how-to-host-a-health-fair-7-strategies-for-success
	+ Good Health - It's Elementary! An Elementary School Health Fair http://resources21.org/cl/contextual.asp?projectnumber=14
	+ Texas A & M Health Fair Planning Guide http://fcs.tamu.edu/files/2015/02/health-fair-planning-guide.pdf
	+ Virginia Department of Health www.vdh.virginia.gov
* American Cancer Society www.cancer.org
* American Diabetes Association www.diabetes.org
* American Heart Association www.heart.org
* Scholastic – Choices – Magazines to “empower students to make positive, real world decisions https://choices.scholastic.com
* The Sleep Factor Lessons and Power Points

https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints

* Virginia Safe Kids Coalition https://www.safekids.org/coalition/safe-kids-virginia

**Substance Abuse Prevention**

* Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Addiction and the Brain- for kids! https://youtu.be/s0bqT\_hxMwI
* 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
* Bam! Body and Mind\_Unit 8: E-cigarettes and Alcohol https://www.cdc.gov/healthyschools/bam/e\_cigarettes\_and\_alcohol.htm
* 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
* Keeping Medicine Safe https://youtu.be/UHvPSwIX4aQ
* Lessons for Responsible Medicine Use https://ymiclassroom.com/otcmedsafety/
* 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
* (Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)
* (Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
* Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)
* 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
* Scholastic OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)
	+ Reading about Medication Safety – A Review (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-about-medicine-safety-a-review-of-informational-text-fea/
	+ Exploring the Harms of Medication Misuse (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/exploring-the-harms-of-medicine-misuse/
	+ Understanding Medication Measuring Tools, Storage and Safe Disposal (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-medicine-measuring-tools-storage-and-safe-disposal/
	+ Reading and Understanding the Drug Facts Label (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-and-understanding-the-drug-facts-label/
	+ Comparing Over the Counter Medication (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/comparing-over-the-counter-and-prescription-medicine/
* Stanford Tobacco Prevention Toolkit– lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html
* TED Ed Resources:

How do drugs affect the brain?

Is Marijuana bad for your brain?

What you should know about vaping

* Together Counts - Decision Making https://togethercounts.com/grades-k-5/
* Virginia Rules https://virginiarules.org/varules\_topics/alcohol-and-tobacco/

**Safety/Injury Prevention**

* Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* BAM! Safety http://www.cdc.gov/bam/safety
* 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
* Bicycle Safety http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-3-5.html
* Bicycle Helmet Safety https://youtu.be/sV9GjU7cA7o
* Build a Kit https://www.ready.gov/kit
* 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
* Fire Safety for Kids https://www.youtube.com/watch?v=AWHGdWOI4kw
* 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
* Kids Fire Safety Awareness https://www.youtube.com/watch?v=Lc2aCmxG6II
* National Head and Spinal Cord Injury Prevention Program www.thinkfirst.org
* Pedestrian Safety Curriculum https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum
* Pedestrian Safer Journey https://youtu.be/E5BFdJu-pjE
* 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
* Road Safety Video https://www.youtube.com/watch?v=\_NeEF1fwT4k
* Safety Adventures: Home Safety https://youtu.be/QSWC75raMx4
* 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
* The Concussion Conundrum https://healthpoweredkids.org/lessons/concussion-conundrum/
* Top 10 Bike Safety Rules https://youtu.be/PT1-mDlVyaI
* Traffic Signs and Rules https://youtu.be/PpEWVxNj2xo
* The Facts About Concussions https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/
* Youth Emergency Kit Checklist and Youth Family Emergency Plan pages from https://www.ready.gov/kids/kids

**Mental Wellness/Social Emotional Skills**

* Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-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 - 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
* Attitude of Gratitude https://healthpoweredkids.org/lessons/gratefulsandgrumbles/
* Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids https://www.youtube.com/watch?v=ZBnPlqQFPKs
* 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
* Breathing Activity for Elementary Students
* Butterfly Breathing Video – YouTube
* Cool It! - Self Awareness (Yoga) https://vpm.pbslearningmedia.org/collection/move-it/t/cool-it/
* Calming Exercises for Kids: Breathing and Stretching - YouTube
* Centervention SEL Activities https://www.centervention.com/social-emotional-learning-activities/
* Classroom Activities - MACMH | MACMH
* Classroom Physical Activity Helps Students with Mental Health and Anxiety
* Committee for Children (CFC) Free Classroom Activities https://www.cfchildren.org/resources/free-classroom-activities/
* Daniels Neighborhood - Feel So Mad t You Want to Roar – Strategy Song /Activity (Anger) https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNFho
* Elementary School Counseling - Identifying and Expressing Feelings http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html
* EMOTIONAL ABC Classroom
* EVERFI-Social Emotional Learning Resources https://everfi.com/offerings/social-emotional-learning/
* Everyday mindfulness - YouTube
* Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
* Fit4TheClassroom – Mood Music Lesson http://stage.fit4theclassroom.com/mood
* Free-Anger-Worksheets An anger log to help kids track their triggers for anger. Elementary, Middle
* Free-Calming-Poster Simple calming posters for a calm down area that remind kids to relax and breathe. Elementary, Middle
* Free-Coping-Strategies-Challenge Have students learn 30 coping strategies in 30 days to teach about managing emotions. Elementary, Middle
* Free-Coping-Strategies-Notebook A tool that helps kids to practice and use their coping strategies when they need them. Elementary, Middle
* Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
* Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education http://www.arkansased.gov/public/userfiles/Learning\_Services/GUIDE\_for\_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
* Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
* How to Help Children Manage Fears https://childmind.org/article/help-children-manage-fears/
* How Your Brain Works – I Have a Go https://www.youtube.com/watch?v=mFuHKJqpxPw
* Interactive Games in Support of Mental Health | Mental Health Delta Division
* Joyful Mind – Mindfulness in the Classroom Activities http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions
* KidsHealth.org Teacher’s Guides for Grades 3-5:
	+ Self Esteem https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\_esteem.pdf
	+ Empathy http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf
	+ Conflict Resolution https://classroom.kidshealth.org/3to5/personal/growing/conflict\_resolution.pdf
	+ Getting Along http://classroom.kidshealth.org/3to5/personal/growing/getting\_along.pdf
	+ Peer Pressure http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf
	+ Stress https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf
	+ Feeling Sad http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf
* Learn to Be Healthy http://www.learntobehealthy.org/health-education/mental-health.aspx
* Learning Mindfulness Through Movement https://healthpoweredkids.org/lessons/mindfulnesthroughmovement/
* Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
* Mental Health Activities for High School Students - The Truthful Tutor
* ‎Mental Health Awareness: Free Resources & More | Share My Lesson
* Michigan Education - Online Professional Development for Social Emotional Learning

Introduction to SEL https://plp.mivu.org/Registration.aspx?section=3195

Embedding SEL Schoolwide https://plp.mivu.org/Registration.aspx?course=542

Creating a Professional Culture Based on SEL https://plp.mivu.org/Registration.aspx?section=3224

Integrating SEL - Culturally Responsive Classrooms https://plp.mivu.org/Registration.aspx?section=3226

Trauma Informed Support https://plp.mivu.org/Registration.aspx?section=2960

* Mindful Moments – MCPS Be Well 365 - Student Activity Videos
* Mindful Movement for Young Learners - YouTube
* Mindful Schools – Lesson - Introduction to Mindful Bodies and Listening http://www.mindfulschools.org/resources/explore-mindful-resources/
* Mindful Schools http://www.mindfulschools.org/resources/explore-mindful-resources
* Mindful Teachers Site http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html
* Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
* 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/
* Noticing Walk and Reflection https://healthpoweredkids.org/lessons/noticingwalk/
* 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
* Stress, Trauma and the Brain - Insights for Educators https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/
* 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
* Teachnology - Mental Health and Stress Reduction http://www.teach-nology.com
* The Compassion Project consists of 15 online lessons and 3 digital activities. http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12\_compassion\_course\_outline.pdf
* Together Counts - Smart From the Start - Every Body is Special https://healthsmartva.org/uploads/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
* 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
* Wellbeing Healthy Habits https://www.youtube.com/watch?v=dhpCdqOtuj0
* 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**

* Health Smart Virginia 5th Grade Page https://healthsmartva.org/5th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Al's Pals: Kids Making Healthy Choices http://wingspanworks.com
* Anti-Bullying Squad https://youtu.be/3ypxq2C4JuY
* 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 http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf
* Committee for Children - Bullying Prevention Unit
* Decision Making and Assertiveness http://www.uen.org/Lessonplan/preview.cgi?LPid=160
* Emotional Development Resources https://www.teachervision.com/emotional-development/teacher-resources/32913.html
* Five Ways to Stop Bullying https://youtu.be/vGV5jzPYvm0
* Intel Education: "Flat Stanley” http://www97.intel.com/en/ProjectDesign/UnitPlanIndex/FlatStanley
* Kids against Bullying http://www.pacerkidsagainstbullying.org/kab/
* Kids Bullying Kids http://www.educationworld.com/a\_lesson/00-2/lp2055.shtml
* LifeSkills Training http://www.lifeskillstraining.com
* Olweus Bullying Prevention Program http://www.olweus.org/public/school\_bullying.page
* Olweus - Class Meetings That Matter: A Year’s Worth of Resources for Grades K-5 http://www.hazelden.org/OA\_HTML/ibeCCtpItmDspRte.jsp?item=13746&sitex=10020:22372:US
* Online Safety https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/
* 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
* Robot Bullies https://youtu.be/YTQxTvcMjng
* 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