

**Grade 7 Resource Links**

**Table of Contents**

**Body Systems**

**Community/Environmental Health**

**Nutrition**

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

**Substance Abuse Prevention**

**Safety/Injury Prevention**

**Mental Wellness/Social Emotional Skills**

**Violence Prevention**

**Body Systems**

* American Heart Association [http://www.heart.org](http://www.heart.org/)
* Centers for Disease Control and Prevention <https://www.cdc.gov/heartdisease/prevention.htm>
* [Human Body Facts and Worksheets](https://kidskonnect.com/health/human-body/)
* KidsHealth.org [http://kidshealth.org](http://kidshealth.org/en/teens/heart.html?WT.ac=p-ra)
* KidsHealth-human body series <http://classroom.kidshealth.org/index.jsp?Grade=68&Section=body>
* Mayo Clinic [http://www.mayoclinic.org/](http://www.mayoclinic.org/diseases-conditions/heart-disease/multimedia/circulatory-system/vid-20084745)
* My Family Health Portrait, Centers for Disease Control and Prevention <https://phgkb.cdc.gov/FHH/html/index.html>
* Scholastic Study Jams! [http://studyjams.scholastic.com](http://studyjams.scholastic.com/)
* TED ED Resources

 [What happens during a heart attack?](https://ed.ted.com/lessons/what-happens-during-a-heart-attack-krishna-sudhir)

[What causes migraines?](https://ed.ted.com/lessons/what-causes-migraines-marianne-schwarz)

[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 your muscular system works](https://ed.ted.com/lessons/how-your-muscular-system-works-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 thyroid manage your metabolism?](https://ed.ted.com/lessons/how-does-the-thyroid-manage-your-metabolism-emma-bryce)

[How do your kidneys work?](https://ed.ted.com/lessons/how-do-your-kidneys-work-emma-bryce)

[How do your hormones work?](https://ed.ted.com/lessons/how-do-your-hormones-work-emma-bryce)

[How the heart actually pumps blood](https://ed.ted.com/lessons/how-the-heart-actually-pumps-blood-edmond-hui)

[Why does your voice change?](https://ed.ted.com/lessons/why-does-your-voice-change-as-you-get-older-shaylin-a-schundler)

[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)

[How blood pressure works](https://ed.ted.com/lessons/how-blood-pressure-works-wilfred-manzano)

[What does the pancreas do?](https://ed.ted.com/lessons/what-does-the-pancreas-do-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**

* EPA Environmental Health 101 Lesson <https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>
* EPA Games and Quizzes <https://www.epa.gov/students/games-quizzes-and-more>
* EPA Learning and Teaching about the Environment <https://www.epa.gov/students>
* EPA Student Environmental Health Resources <https://www.epa.gov/students>
* Green Schools - Earth Day Activities and Ideas

[http://www.greenschools.net/article.php-id=160.html](http://www.greenschools.net/article.php-id%3D160.html)

* KidsHealth Ozone, Air Quality, and Asthma [http://kidshealth.org/en/teens/ozone-asthma.html?ref=search#](http://kidshealth.org/en/teens/ozone-asthma.html?ref=search)
* NEA Environmental Activities and Resources <http://www.nea.org/tools/EnvironmentalEducationActivitiesAndResources.html>
* NIEHS- Your Environment- Your Health <http://www.niehs.nih.gov/health/scied/teachers/>
* NIEHS- Kids Environment- Kids Health <http://kids.niehs.nih.gov/topics/reduce/>
* Conservation Activities <http://www.doc.govt.nz/get-involved/conservation-activities/>
* “10 Fun Conservation Activities for Parents, Teachers, and Kids” <https://www.fs.usda.gov/detailfull/conservationeducation/educator-toolbox/middle-school/?cid=STELPRDB5057674>
* Project Learning Tree - Earth Day Activities [**https://www.plt.org/educator-tips/earth-day-activities/**](https://www.plt.org/educator-tips/earth-day-activities/)
* We are Teachers - Earth Day Activities <https://www.weareteachers.com/meaningful-earth-day-activities/>

**Nutrition**

* [The 5 Fabulous Food Groups - You Tube](https://www.youtube.com/watch?v=L9ymkJK2QCU)
* 5-2-1-0 Let's Go Middle and High School Toolkit <https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools>
* Body Works Program - Office of Women’s Health, DHHS [www.womenshealth.gov](http://www.womenshealth.gov/)
* CA Adolescent Nutrition and Fitness Program - Junk Food Marketing <http://canfit.org/pdf/SchoolLessonPlan.pdf>
* Media Smarts Canada
* Looking at food advertising lesson <http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
* Junk food advertising <http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Youve_Gotta_Have_a_Gimmick.pdf>
* CDC- BAM! Body and Mind <http://www.cdc.gov/bam/nutrition/index.html>
* Food Span - Johns Hopkins Center for a Livable Future <http://foodspanlearning.org/>
* FCS Fast Food Commercials & Nutrition Lesson <http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/>
* Food Day Curriculum <https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267>
* Girlshealth.gov- Nutrition: <http://www.girlshealth.gov/nutrition/index.html>
* [Healthy Eating – 5 Food Groups – You Tube](https://www.youtube.com/watch?v=7GGUeqS3_7c)
* [Healthy Eating – What is Healthy Eating? - You Tube](https://www.youtube.com/watch?v=tyGEF7mZ03g)
* [Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube](https://www.youtube.com/watch?v=PDx4C7tcFbI)
* [Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube](https://www.youtube.com/watch?v=cINHMoLLur4)
* [Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube](https://www.youtube.com/watch?v=01QVPn5NuKU)
* [Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube](https://www.youtube.com/watch?v=5imsDV9war4)
* [Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise](https://www.youtube.com/watch?v=LOTL7CFgisg)
* Kids Health Teacher Guides – Grades 6-8
* Breakfast <https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf>
* School Lunch <https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school_lunch.pdf>
* Food Labels <https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf>
* Food Safety <https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf>
* Healthy Snacking <https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf>
* Goodheart Wilcox Middle School Health Skills

<https://www.g-wlearning.com/health/3085/index.htm>
<https://www.g-wlearning.com/health/2958/index.htm>

* Grocery Store Scavenger Hunt <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html>
* [Nutrition – High School Lesson Plans](http://deptapp08.drexel.edu/nutritioneducation/hs_lesson_plans.html)
* [Nutrition Activities in Any Classroom – Junior and Senior High](https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nutrition-activities-classroom.pdf)
* PBS Frontline - obesity, eating habits, and weight loss <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html>
* PE Central - Food Pyramid Game <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645>
* PE Central - Calculating Fat, Carbohydrates & Proteins <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
* 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)

* U of Missouri - Health: Eating Disorders <http://ethemes.missouri.edu/themes/277?locale=en>
* USDA Choose My Plate Teacher Resources <https://www.choosemyplate.gov/teachers>
* USDA Choose My Plate Parents & Educators Resources <https://www.choosemyplate.gov/kids-parents-educators>
* USDA-Serving Up My Plate. A Yummy Curriculum for grades 5 and 6
* <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
* <http://www.fns.usda.gov/sites/default/files/sump_level3.pdf>
* UC Davis Youth Nutrition Education Materials <http://fsnep.ucdavis.edu/curriculum/youth-materials>
* Nutrition to Grow On Curriculum <http://cns.ucdavis.edu/resources/ntgo/index.html>
* Eat Fit <https://uccalfresh.ucdavis.edu/curriculum/youth/EF>
* Food and Drug Administration - FDA - How to Spot Health Fraud <https://www.fda.gov/Drugs/EmergencyPreparedness/BioterrorismandDrugPreparedness/ucm137284.htm>
* NIH Office of Dietary Supplements <https://ods.od.nih.gov/HealthInformation/consumerprotection.sec.aspx>

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

* American Heart Association (AHA) Middle School Lesson Plans <http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp?appName=MobileApp>
	+ AHA We Jump We Shoot We Save Teachers Guide 2012-13 [http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467922.pdf](http://www.heart.org/idc/groups/heart-public/%40wcm/%40fdr/documents/downloadable/ucm_467922.pdf)
	+ AHA We Jump We Shoot We Save Teachers Guide 2013-14 [http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467933.pdf](http://www.heart.org/idc/groups/heart-public/%40wcm/%40fdr/documents/downloadable/ucm_467933.pdf)
	+ AHA – Garden Growing While on the Move [http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_467219.pdf](http://www.heart.org/idc/groups/heart-public/%40wcm/%40fc/documents/downloadable/ucm_467219.pdf)
	+ AHA – Our Challenge: A Look At the Obesity Epidemic [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_452021.pdf](https://www.heart.org/idc/groups/heart-public/%40wcm/%40fc/documents/downloadable/ucm_452021.pdf)
	+ AHA - Obesity Trends [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_452018.pdf](https://www.heart.org/idc/groups/heart-public/%40wcm/%40fc/documents/downloadable/ucm_452018.pdf)
	+ AHA – NFL Play 60 Challenge <http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans_UCM_453013_Article.jsp#.V_K0AvArLic>
* Body Works Program - Office of Women’s Health, DHHS [www.womenshealth.gov](http://www.womenshealth.gov/)
* Hitting Cancer Below the Belt Colon Cancer Education <http://hcb2.org>
* Kaiser Family Foundation – Health Insurance Explained <https://www.youtube.com/watch?v=-58VD3z7ZiQ>
* Kids Health – Health Insurance Basics  <http://kidshealth.org/en/teens/insurance.html>
* Kids Health – Finding Low Cost Medical Care <http://kidshealth.org/en/teens/lcost-medcare.html#catmedical-care>
* Go Noodle – Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
* Goodheart Wilcox Middle School Health Skills

<https://www.g-wlearning.com/health/3085/index.htm>
<https://www.g-wlearning.com/health/2958/index.htm>

* Grocery Store Scavenger Hunt <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html>
* Power Chargers - Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
* Sample Physical Activity Log - Michigan State University <http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html>
* Scholastic - Choices - Magazines to “empower students to make positive, real world decisions <https://choices.scholastic.com>
* SENTARA Stroke Education Toolkit <https://sentarastrokeawareness.com/toolkit/>
* [SuperTracker Nutrition Lesson Plans for High School Students](https://5210.psu.edu/wp-content/uploads/2018/05/SuperTrackerHighSchoolLessonPlans2016Updates-FINAL-1.pdf)
* Teaching Fast Food Nation 7-12 <http://www.bookrags.com/lessonplan/fast-food-nation/#gsc.tab=0>
* TED ED and other 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 do germs make us sick?](https://ed.ted.com/lessons/how-do-germs-spread-and-why-do-they-make-us-sick-yannay-khaikin-and-nicole-mideo)

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

* The Sleep Factor Lessons and Power Points

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

* Family Doctor.Org (American Association of Family Physicians) – Finding Reliable Health Information on the Web <https://familydoctor.org/health-information-on-the-web-finding-reliable-information/?adfree=true>
* Food and Drug Administration - FDA - How to Spot Health Fraud <https://www.fda.gov/Drugs/EmergencyPreparedness/BioterrorismandDrugPreparedness/ucm137284.htm>
* Federal Trade Commission - FTC - Truth in Advertising: Health and Fitness Claims <https://www.ftc.gov/news-events/media-resources/truth-advertising/health-claims>
* Iowa Children’s Hospital - Online Health Information What Can You Trust <https://uichildrens.org/online-health-information-what-can-you-trust>
* Kids Health Grade 6-8 Media Literacy and Health Teacher’s Guide <https://classroom.kidshealth.org/classroom/6to8/personal/growing/media_literacy_health.pdf>
* Medline Plus - Evaluating Health Information <https://medlineplus.gov/evaluatinghealthinformation.html>
* Medline Plus - Guide to Healthy Web Surfing <https://medlineplus.gov/healthywebsurfing.html>
* Media Literacy - Recognizing Propaganda <http://www.glencoe.com/sec/health/teachres/lessonplans/mlshampoo.shtml>
* NIH Office of Dietary Supplements <https://ods.od.nih.gov/HealthInformation/consumerprotection.sec.aspx>
* Read Write Think - Analyzing Ads Persuasive Techniques <http://www.readwritethink.org/files/resources/lesson_images/lesson1166/AnalyzingAds.pdf>
* Top Giving Foundations in the Commonwealth of Virginia - Grantsmanship Center <https://www.tgci.com/funding-sources/VA/top>
* US Department of Health and Human Services [https://www.hhs.gov/about/index.html#](https://www.hhs.gov/about/index.html)
* Virginia Department of Health [www.vdh.virginia.gov](http://www.vdh.virginia.gov/)
* Virginia Department of Social Services [www.dss.virginia.gov](http://www.dss.virginia.gov/)
* Virginia Department of Behavioral Health and Developmental Services [www.dbhds.virginia.gov](http://www.dbhds.virginia.gov/)
* Virginia FAMIS Childrens Health Insurance Brochure <https://www.coverva.org/materials/famis_brochure_english.pdf>
* Virginia FAMIS - Cover Virginia [http://coverva.org](http://coverva.org/)
* World Sleep Day Education Kit

<https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes_Ages%2011-18%20years.pdf>

* 211 Virginia [http://www.211virginia.org](http://www.211virginia.org/)

**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)

* [14 Drug Education Activities, Scholastic Printable Skills Pages](http://headsup.scholastic.com/teachers/14-drug-education-activities)
* Biological Sciences Curriculum Study (BSCS) - Drug Abuse, Addiction, and the Adolescent Brain <https://bscs.org/resources/educator-resource-center/drug-abuse-addiction-and-the-adolescent-brain>
* [Catch My Breath – A Nicotine Vaping Prevention Program](https://www.catch.org/bundles/23725)
* [CATCH My Breath](https://catchinfo.org/enroll/) E-cigarette/JUUL youth prevention program for Middle and High School students. <https://catchinfo.org/enroll/>
* [Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy](https://www.commonsense.org/education/articles/how-to-use-the-vaping-and-juuling-trend-to-teach-media-literacy)
* Discovery Education - Deadly Highs – Grades 6-8
* <http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm>
* E-Cigarettes and Vaping – [Lesson 1: Why Should I care?](https://schools.jefferson.kyschools.us/vapingequals/E-Cigarettes-Vaping-Health-Lesson1.pdf) and  [Lesson 2: Don’t get (e-)Hooked!](https://schools.jefferson.kyschools.us/vapingequals/E-Cigarettes-Vaping-Health-Lesson2.pdf)
* Generation RX – Teen Prescription Rx Toolkit <https://www.generationrx.org/toolkits/teen/>
* Everfi Marijuana Lesson Plans <https://everfik12hc.wpengine.com/marijuana-lesson-plans/>
* Evrfi Prescription Drug Safety Lesson Plan – Introduction to the Opioid Crisis <http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf>
* [Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)](https://everfi.com/blog/financial-education/prescription-drug-safety-lesson-plan/)
* [Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar](https://everfi.com/webinars/k-12/teen-prevention-webinar/)
* Everfi Prescription Drug Safety Lesson Plan – Understanding Opioids <http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf>
* Everfi Prescription Drug Safety Lesson Plan – Resisting Opioids <http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf>
* FDA Anti-Juuling Video for Teens <https://youtu.be/zYuyS1Oq8gY>
* [Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers](https://www.getsmartaboutdrugs.gov/content/resources-educators)
* Girls Health Website <https://www.girlshealth.gov/substance/>
* Harding University Alcohol, Family, Community Lesson Plan [alcohol-family-community](https://healthsmartva.pwnet.org/uploads/rteditor/file/alcohol-family-community.pdf)
* Heads Up – Methamphetamine <http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf>
* How your brain responds to the reward circuit <https://www.youtube.com/watch?v=s27f7Jzy2k0>
* Internet4Kids Drug Lesson Plans K-12 <https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm>
* Keeping it Real –Middle, High School DARE Curriculum <https://dare.org/education/>
* KidsHealth.org <https://kidshealth.org/en/teens>
* [Kids Health – Methamphetamine – Teen Tip Sheet](https://kidshealth.org/en/teens/meth.html)
* KidsHealth.org – Teachers Guide: Dealing with Peer Pressure -Grades 6-8 <https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer_pressure.pdf>
* LA Health -  E-cig & vaping Informational video (Loudoun schools) <https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig_Vaping_Cut.1.mp4>
* [Lesson: The Mysterious Vaping Illness that’s Becoming and Epidemic](https://www.nytimes.com/2019/09/04/learning/vaping-illness-lesson-plan.html)
* Little Lungs in a Great Big World <https://www.youtube.com/watch?v=fmKply2PfmI>
* Marijuana and Teens – American Academy of Child and Adolescent Psychiatry <https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Marijuana-and-Teens-106.aspx>
* [Marijuana – Download the Facts – Printables and Lessons](http://headsup.scholastic.com/teachers/marijuana-download-the-facts-printables-and-lessons)
* [Meth Mouse – Interactive Lesson on Effects of Methamphetamines](https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse)
* Media Smarts <http://mediasmarts.ca/lessonplan/alcohol-myths-lesson>
* Medicines in My Home Grades 6 - 8 <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm>
* National Institute on Drug Abuse (NIDA) [https://teens.drugabuse.gov](https://teens.drugabuse.gov/)
* [Nicotine Addiction – Toolkit for Schools](http://makesmokinghistory.org/dangers-of-vaping/schools/)
* NIDA Heads Up <http://headsup.scholastic.com/teachers>
* [NIDA - Mind Matters – The Body’s Response to Marijuana](https://teens.drugabuse.gov/teachers/lessonplans/mind-matters-bodys-response-marijuana)
* NIDA Mind over Matters <https://drugpubs.drugabuse.gov/promotions/mind-over-matter>
* [NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube](https://www.youtube.com/watch?v=TTMNXzL4O4s)
* [NIDA Teacher’s Edition Resources on Methamphetamine](http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf)
* NIH – Meth Mouse Game <https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse>
* NIH Video on synthetic cannabinoids - bath salts <https://youtu.be/cRA54zeGAnM>
* Online game/ad FDA [https://whatsinavape.com](https://whatsinavape.com/)
* [PBS Frontline – The Meth Epidemic](https://www.pbs.org/wgbh/pages/frontline/teach/meth/)
* PBS In the Mix - Alcohol <http://www.pbs.org/inthemix/educators/lessons/alcohol1/>
* PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction - Grades 6-12 <https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/>
	+ Myth or Fact Lesson - Grades 6-12  <https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/>
	+ Learning About Opioids - Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/>
	+ Science of Addiction - Grades 6-12 <https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/>
	+ Accessibility - Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/>
	+ Signs and Symptoms - Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/>
	+ The Cycle of Addiction -  Grades 6-12<https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbfcf86/>
	+ Contemplating Nature vs Nurture - Grades 6-12 <https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/>
	+ Full Educators Guide <https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/>
	+ Community and Family Guide <https://www.pbslearningmedia.org/resource/b1e0862a-131f-4df2-ae55-4b343a65d366/community-and-family-guide/>
* PBS – Teachers Guide: The Meth Epidemic <https://www.pbs.org/wgbh/pages/frontline/teach/meth/>
* PBS video on juuling epidemic <https://youtu.be/lNs19kGAnLU>
* [Physician Advocacy Network - Lesson Plan – Vaping and Juuling](http://www.panmn.org/teachers)
* [Positive Choices – Numerous Drug Education Resources for Teachers](https://positivechoices.org.au/drugs-a-z/methamphetamine/)
* [Resources to Reduce Methamphetamine Use](https://www.montanameth.org/resources/)
* Scholastic
	+ Heads Up Series [http://headsup.scholastic.com](http://headsup.scholastic.com/)
	+ Heads Up- Real News About Drugs and Your Body – 14 Activities <http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf>
	+ Get Smart About Tobacco Lesson Plan (grades 6-7) [https://opi.mt.gov](https://opi.mt.gov/Portals/182/Page%20Files/HES%20Tobacco%20Use%20Prevention/Tobacco%20Use%20Prevention%20Education%20Resources/Get%20Smart%20About%20Tobacco%20CTFK-CVS%206-7.pdf)
	+ Youth Vaping Risks <http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109////FDA/////&ET_CID=20190109_SNP_FDA_ACQ_24770&ET_RID=1708294776>
	+ The Real Cost of Vaping <https://www.scholastic.com/youthvapingrisks/>
	+ Alcohol and Your Body [alcohol and your body - scholastic gr 6-8](https://healthsmartva.org/uploads/rteditor/file/alcohol%20and%20your%20body%20-%20scholastic%20gr%206-8.pdf) <https://healthsmartva.org/uploads/rteditor/file/alcohol%20and%20your%20body%20-%20scholastic%20gr%206-8.pdf>
	+ [OTC Medication Safety Program: Start a Critical Conversation](http://www.scholastic.com/otc-med-safety/) (teacher tools for grades 5-8)
		- Comparing Over the Counter Medication (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/comparing-over-the-counter-and-prescription-medicine/>
		- Reading and Understanding the Drug Facts Label (grades 5-6)
		- <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-and-understanding-the-drug-facts-label/>
		- Understanding Medication Measuring Tools, Storage and Safe Disposal (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-medicine-measuring-tools-storage-and-safe-disposal/>
		- Exploring the Harms of Medication Misuse (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/exploring-the-harms-of-medicine-misuse/>
		- Reading about Medication Safety – A Review (grades 5-6) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-about-medicine-safety-a-review-of-informational-text-fea/>
		- Distinguishing  Between Over the Counter and Prescription Medicine (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/distinguishing-between-over-the-counter-and-prescription-medicin/>
		- Obtaining Information From a Drug Facts Label  (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/obtaining-information-from-a-drug-facts-label/>
		- The Importance of Medicine Measuring, Tools, Storage and Safe Disposal <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/the-importance-of-medicine-measuring-tools-storage-and-safe-disp/>
		- Understanding the Dangers of Misuse (grades 6-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-the-dangers-of-medicine-misuse/>
		- Medicine Safety Text Analysis (grades 6-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/medicine-safety-text-analysis--identifying-the-authors-purpose/>
* SODAT NJ – Drug Prevention Lesson Plans <http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html>
* Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) <http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
	+ Everything Tobacco
		- Unit 1- General Tobacco – Health Effects and Social Effects <https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html>
		- Unit 2 - What’s Menthol Got to Do With It? <https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html>
	+ E-Cigs/Vapes & Pod-Based
		- Unit 1 – Where did E Cigarettes and Vape Pens Come From? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html>
		- Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html>
		- Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html>
		- Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html>
		- Unit 5-What Can I Do About It? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html>
		- Unit 6- What are JUULS & Other Pod-Based Systems? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html>
	+ Hookah
		- Lesson - Understanding Hookah and Its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html>
	+ Smokeless Tobacco
		- Lesson – Understanding Smokeless Tobacco and its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html>
	+ Nicotine Addiction
		- Unit 1 – The Brain <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html>
		- Unit 2- Addiction 101 <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html>
		- Unit 3 – Nicotine Addiction  <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html>
	+ Positive Youth Development
		- Refusal Skills Activities <https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html>
* The real cost: anti-vaping commercial (Hacked) <https://www.youtube.com/watch?v=EzU4ihBbf3g>
* [The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students](http://nahimgood.org/Docs/JustThinkTwice.pdf)
* 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)

[How do steroids affect your muscles](https://ed.ted.com/lessons/how-do-steroids-affect-your-muscles-and-the-rest-of-your-body-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)

* [Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos](https://teens.drugabuse.gov/teachers/lesson-plan-and-activity-finder/teacher-s-guide-prescription-drug-misuse-choose-your-path)
* [Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices](https://www.smartmovessmartchoices.org/pdfs/SmartMoves_SchoolToolKit_Web.pdf)
* Teen vaping <https://www.pbs.org/video/teen-vaping-1531870790/>
* [Tobacco & Nicotine: Know the Facts (PowerPoint)](https://healthsmartva.pwnet.org/uploads/rteditor/file/Tobacco-E-Cigarette-PreventionGr6-12.pptx)Grades 6-12 – Virginia Foundation for Healthy Youth
* Treating Marijuana Addiction <https://www.youtube.com/watch?v=md4lRQsLlnE>
* Why are Drugs so Hard to Quit? <https://www.youtube.com/watch?v=Xbk35VFpUPI>
* [Why Is Meth so Addictive?  Hazelden Betty Ford Foundation – You Tube](https://www.youtube.com/watch?v=dXFs4gsvJqU)
* Why is vaping so popular <https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/>
* US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide <http://nahimgood.org/Docs/JustThinkTwice.pdf>

***Marijuana Specific Resources 2022***

* + [(Chippewa Valley Coalition) Marijuana Prevention - Middle School](https://www.cvcoalition.org/youth-prevention-lessons/marijuana/)
* [(Stanford Medicine) Cannabis/Marijuana - The Basics](https://med.stanford.edu/cannabispreventiontoolkit/Curriculum/marijuana-cannabis-the-basics.html)
* [(Stanford Medicine) Cannabis/Marijuana – Health Effects](file:///Users/erimafobbs/Downloads/%E2%80%A2%09https%3A/med.stanford.edu/cannabispreventiontoolkit/Curriculum/HealthEffects.html)
* [(Stanford Medicine) THC & The Brain](file:///Users/erimafobbs/Downloads/%E2%80%A2%09https%3A/med.stanford.edu/cannabispreventiontoolkit/Curriculum/THCandtheBrain.html)
* [(Stanford Medicine) Refusal Skills and Social Norms](https://med.stanford.edu/cannabispreventiontoolkit/Curriculum/RefusalSkillsandSocialNorms.html)
* [(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/%E2%80%A2%09https%3A/teens.drugabuse.gov/teachers/lessonplans/mind-matters-bodys-response-marijuana)
* [Marijuana Education Initiative](https://marijuana-education.com/about/)
* [Teen Use of Edibles: A Focus Group Study of An Emerging Issue](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4864086/)
* [(Scholastic)Teacher’s Edition: The Science of Marijuana – How THC Affects the Brain (Grades 7-12)](http://headsup.scholastic.com/teachers/the-science-of-marijuana-lesson?tm=999)
* [Understand the Big Deal – How Marijuana Affects Youth](https://www.cde.state.co.us/sites/default/files/documents/dropoutprevention/resources/marijuanayouth_slidespdf121911.pdf)
* [NIDA) Stressed Out? How to Cope (grades 6-12)](https://teens.drugabuse.gov/teachers/lessonplans/stressed-out)
* [Johnny’s Ambassadors Online Marijuana Curriculum](https://johnnysambassadors.org/curriculum/)

 Videos:

* Prevention of Youth Marijuana Use (SAMHSA) <https://youtu.be/CrA9lDd9ALo>
* Let’s Talk About Cannabis and Teens (Prevention Connection, Kern County) <https://youtu.be/k1QStvIzOpA>
* How Marijuana Affects Your Developing Brain (Discovery Education) <https://youtu.be/6Yp_NIVx-QA>
* Youth Marijuana Prevention, Future Self (Michigan HHS) PSA  <https://youtu.be/QLfFxfu8IIA>
* Marijuana is Legal in Massachusetts (City of Somerville Prevention Services) <https://youtu.be/7m67nOvYV_U>
* Impact of Marijuana Industry Five Years after Legalization in Colorado (CBS News)<https://youtu.be/zv5M5uxK_6o>
* Marijuana Risks: Virtual Assistant: 60 (SAMHSA) <https://youtu.be/-nDGVFujQ9A>
* The Stanford Medicine Toolkits: Tobacco and Cannabis Prevention  <https://youtu.be/t71pDKlUfrE>
* Middle School Drug Trends 2020: Marijuana (Marshfield Clinic Health System). <https://youtu.be/YcWpd__obE8>
* The Human Brain: Major Structures and Functions (NIDA) <https://youtu.be/0-8PvNOdByc>
* The Reward Circuit: How the Brain Responds to Natural Rewards and Drugs (NIDA) <https://youtu.be/DMcmrP-BWGk>
* Anyone Can Become Addicted to Drugs (NIDA) <https://youtu.be/wCMkW2ji2OE>
* Addiction: A Disease that Impairs Free Will (NIDA) <https://youtu.be/X1AEvkWxbLE>
* Why are drugs so hard to quit? (NIDA) <https://youtu.be/Xbk35VFpUPI>
* Mind Matters: How does Marijuana Affect Your Brain and Body (NIDA)
* Mind Matters: How do Drugs Affect Your Life? (NIDA) <https://youtu.be/Fp4bdXYZmR4>
* Mind Matters: How do Drugs Work on the Brain? (NIDA) <https://youtu.be/ivzxGOK2nQ0>
* Mind Matters: What if Someone I know Needs Help (NIDA) <https://youtu.be/Avi9pHvTw-k>
* Mind Matters: Teen Brain Development (NIDA) <https://youtu.be/EpfnDijz2d8>
* Marijuana Risks: Build a Brain (NIDA) <https://youtu.be/HLYlDpJxxqs>

**Safety/Injury Prevention**

* National Highway Traffic Safety Administration [www.nhtsa.gov](http://www.nhtsa.gov/)
* CDC Injury Center [www.cdc.gov/injury](http://www.cdc.gov/injury)
* National Safety Council [www.nsc.org](http://www.nsc.org/)
* National Injury Prevention Foundation [www.ThinkFirst.org](http://www.thinkfirst.org/)
* Safe Routes to School <http://www.walkbiketoschool.org>
* Safe Kids - Home Safety for Educators <http://www.safekids.org/home-safety-educators>
* National Crime Prevention Council- School Safety <http://archive.ncpc.org/topics/school-safety.html>
* Teacher Vision- School Safety Resources for Teachers <https://www.teachervision.com/school-safety-month/teacher-resources/6661.html>
* Fire Safety <https://www.teachervision.com/emergency/teacher-resources/47554.html>
* National Education Association - School Safety Resources for Educators <http://www.nea.org/home/44693.htm>
* Education world- Fire Safety: Activities to Spark Learning <http://www.educationworld.com/a_lesson/lesson/lesson026.shtml>
* KidsHealth - First Aid & Safety <http://kidshealth.org/en/parents/firstaid-safe/>
* 8 Rules for Internet Safety <http://vves.rocklinusd.org/documents/8%20RULES%20OF%20INTERNET%20SAFETY.pdf>

**Mental Wellness/Social Emotional Skills**

* [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)
* An Adolescent Mental Health Curriculum = A Starter Kit for Schools <http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools>
* [Breathing Activity for Elementary Students](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)
* CA Media Smarts – Avatars and Body Image <http://mediasmarts.ca/teacher-resources/avatars-body-image>
* CA Media Smarts – Gender Body Image <http://mediasmarts.ca/lessonplan/gender-stereotypes-and-body-image-lesson>
* [Calming Exercises for Kids: Breathing and Stretching - YouTube](https://www.youtube.com/watch?v=cyvuaL_2avY)
* Canadian Mental Health Association- Mental Health and High School Curriculum Guide <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/09/Mental-Health-High-School-Curriculum-Guide.pdf>
* CDC Healthy Relationships Talking Points <http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf>
* CDC Healthy Communication Skills Teachers Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
* [Classroom Activities - MACMH | MACMH](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/)
* [Color Your Community](https://dese.mo.gov/sites/default/files/cnsl-curr-se1-8-unit-1-instructional-activity-3-lesson-2.pdf)
* [Color Your Destiny](https://dese.mo.gov/sites/default/files/cnsl-curr-se1-8-unit-1-instructional-activity-2-lesson-1.pdf)
* Committee for Children (CFC) Free Classroom Activities <https://www.cfchildren.org/resources/free-classroom-activities/>
* The Compassion Project consists of 15 online lessons and 3 digital activities. Each lesson and activity takes less than 45 minutes to complete <http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12_compassion_course_outline.pdf>
* Discovery – Self Esteem <http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm>
* [EMOTIONAL ABC Classroom](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)
* [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/)
* [Getting Caught in the Web Lesson 1](https://dese.mo.gov/sites/default/files/cnsl-curr-se1-6-unit-1-instructional-activity-2-lesson-1.pdf)
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* [Interactive Games in Support of Mental Health | Mental Health Delta Division](https://mentalhealthdeltadivision.com/interactive-games/)
* KidsHealth.org Teacher’s Guides for Grades 6-8:
	+ Conflict Resolution <https://classroom.kidshealth.org/6to8/personal/growing/conflict_resolution.pdf>
	+ Depression [https://classroom.kidshealth.org/classroom/6to8/problems/emotions/depression.pdf](https://classroom.kidshealth.org/classroom/9to12/problems/emotions/depression.pdf)
	+ Empathy <https://classroom.kidshealth.org/6to8/personal/growing/empathy.pdf>
	+ Eating Disorders [https://classroom.kidshealth.org/6to8/problems/conditions/eating\_disorders.pdf](https://classroom.kidshealth.org/9to12/problems/conditions/eating_disorders.pdf)
	+ Getting Along [http://classroom.kidshealth.org/6to8/personal/growing/getting\_along.pdf](http://classroom.kidshealth.org/9to12/personal/growing/getting_along.pdf)
	+ Healthy Relationships [http://classroom.kidshealth.org/6to8/personal/growing/healthy\_relationships.pdf](http://classroom.kidshealth.org/9to12/personal/growing/healthy_relationships.pdf)
	+ Peer Pressure [http://classroom.kidshealth.org/6to8/personal/growing/peer\_pressure.pdf](http://classroom.kidshealth.org/9to12/personal/growing/peer_pressure.pdf)
	+ Self Esteem [http://classroom.kidshealth.org/6to8/personal/growing/self\_esteem.pdf](http://classroom.kidshealth.org/9to12/personal/growing/self_esteem.pdf)
	+ Stress [https://classroom.kidshealth.org/6to8/problems/emotions/stress.pdf](https://classroom.kidshealth.org/9to12/problems/emotions/stress.pdf)
	+ Suicide Prevention [http://classroom.kidshealth.org/6to8/problems/emotions/suicide.pdf](http://classroom.kidshealth.org/9to12/problems/emotions/suicide.pdf)
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* [Mental Health Activities for High School Students - The Truthful Tutor](https://thetruthfultutor.com/mental-health-activities-for-high-school-students/)
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* Mental Health First Aid [https://www.thenationalcouncil.org](https://www.thenationalcouncil.org/)
* Mental Health HS Curriculum Guide – Teen Mental Health.org <http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/>
* Michigan Education - Online Professional Development for Social Emotional Learning

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

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

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

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

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

* [Mindful Moments – MCPS Be Well 365 - Student Activity Videos](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)
* NIDA CDC What Does Respect Mean To You <https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence>
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* PBS - Overview of Mindfulness <http://www.pbs.org/thebuddha/teachers-guide/>
* PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides <http://www.pbs.org/inthemix/educators/lessons/>
* PE Central lessons
	+ Emotions in Motion <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho>
	+ Sounds of Music (Stress Management) <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho>
	+ What is Stress <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9659>
* ProCon.org - Social Networking: <http://socialnetworking.procon.org/>
* Purdue Healthy Body Image Middle School Lessons <https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf>
* [Putting on Armor (7th)](https://dese.mo.gov/sites/default/files/cnsl-curr-se3-7-unit-2-instructional-activity-3-lesson-2.pdf)
* Reach Out - Asking students if they are okay <https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day>
* [Respect for Self and Others—Giving and Getting the Big R (7th)](https://dese.mo.gov/sites/default/files/cnsl-curr-se2-7-unit-1-instructional-activity-3-lesson-2.pdf)
* Rossier USC - Creating Safe Spaces – Social Emotional Lessons <https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/>
* Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources <http://www.samaritans.org/your-community/supporting-schools/deal-teaching-resources>
* SCDA Girls Only Toolkit <http://www.sdcda.org/office/girlsonlytoolkit/>
* Scholastic 6-8 Social Emotional Lessons <https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/>
* Scholastic Mind Up Curriculum – brain centered teaching strategies <http://teacher.scholastic.com/products/mindup/>
* Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
* Screening for Mental Health - depression, suicide, and self-injury <https://mentalhealthscreening.org/programs/sos-signs-of-suicide>
* Signs of Suicide and ACT <https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum>
* [So Much to Do, So little time:  How Do I tie all of the loose ends together Lesson 2](https://dese.mo.gov/sites/default/files/cnsl-curr-se1-6-unit-1-instructional-activity-3-lesson-2.pdf)
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* Striking Out Stress: A “Gallery Walk” Activity <http://www.educationworld.com/a_tsl/archives/02-1/lesson045.shtml>
* [A Student’s Guide to Using Social Media](http://www.nycrimecommission.org/pdfs/social-media-violence-lesson-plan.pdf)
* Substance Abuse and Mental Health Services Administration [www.SAMHSA.gov](http://www.samhsa.gov/)
* Suicide Prevention Resource Center [www.sprc.org](http://www.sprc.org/)
* Supporting Students’ Personal and Social Competencies <https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html>
* TED ED Resources:

[The psychology of PTSD](https://ed.ted.com/lessons/the-psychology-of-post-traumatic-stress-disorder-joelle-maletis)

[How to stay calm under pressure](https://ed.ted.com/lessons/how-to-avoid-choking-under-pressure-noa-kageyama-and-pen-pen-chen)

* [To Give In or Not to Give In-That is the Question! (7th)](https://dese.mo.gov/sites/default/files/cnsl-curr-se3-7-unit-1-instructional-activity-3-lesson-2.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)
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* “Walk in Our Shoes” Lesson Plan <http://walkinourshoes.org/content/Classroom_Lesson_Plans.pdf>
* Wall Street Journal - Overview of Mindfulness <https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647>
* We Are Teachers: Resources for Social and Emotional Learning <http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>
* [What is important to me?](https://dese.mo.gov/sites/default/files/cnsl-curr-se1-6-unit-1-instructional-activity-4-lesson-3.pdf)
* When Grief Enters the Classroom <http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf>

**Violence Prevention**

* 10 Conflict Resolution Lessons, Fairfax County Schools <http://creducation.net/resources/CR_Guidelines_and_10_CR_lessons_FCPS.pdf>
* BluePrints for Healthy Youth Development site [http://www.blueprintsprograms.com](http://www.blueprintsprograms.com/)
* CDC Violence Prevention <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
* [Committee for Children - Bullying Prevention Unit](https://www.cfchildren.org/resources/bullying-prevention-information/)
* Olweus Schoolwide Bullying Prevention Program [http://olweus.sites.clemson.edu](http://olweus.sites.clemson.edu/)
* Positive Behavior Interventions and Supports (PBIS) [https://www.pbis.org](https://www.pbis.org/)
* Teaching Tolerance at <http://www.tolerance.org/school_climate_resources>
* Building Community and Combating Hate - Middle School Lesson <http://www.partnersagainsthate.org/educators/middle_school_lesson_plans.pdf>
* Coaching Boys into Men Toolkits [http://www.coachescorner.org](http://www.coachescorner.org/)
* Discovery Online - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
* Healthy Communication Skills Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
* Kids Health Healthy Relationship Handout <https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf>
* In the Mix - Thinking it Through <https://www.youtube.com/watch?v=xDoQIpe5TxA>
* National Crime Prevention Council: Youth Gangs - Know the Facts <http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf>
* National Gang Center [https://www.nationalgangcenter.gov](https://www.nationalgangcenter.gov/)
* Olweus - Class Meetings That Matter - Grades 6-8 <http://www.hazelden.org/OA_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:22372:US>
* Ophelia Project- It Has a Name: Relational Aggression <http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf>
* PACER Classroom Resources (Bullying)

<https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd>

* PACER Middle/High School Education Curriculum (Bullying)

<https://www.pacer.org/bullying/classroom/mid-high-curr/>

* PACER Middle/High School Activities (Bullying) <https://www.pacer.org/bullying/classroom/middle-highschool/>
* PACER Middle and High School - Engaging Students in Anti-Bullying Leadership

<https://www.pacer.org/bullying/wewillgen/>

* Pacer National Bullying Prevention Center <http://www.pacer.org/bullying/>
* Pacer Student Action Plan <http://www.pacerkidsagainstbullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf>
* Pacer Teens Against Bullying [http://www.pacerteensagainstbullying.org](http://www.pacerteensagainstbullying.org/)
* Respect Others Respect Yourself <http://headsup.scholastic.com/teachers/respect-others-respect-yourself>
* SDCDA Girls Only Toolkit<http://www.sdcda.org/office/girlsonlytoolkit/>
* Stop Bullying.gov Youth Engagement Kit <https://www.stopbullying.gov/what-you-can-do/teens/index.html>
* Stop Bullying Video Clips <https://www.cartoonnetwork.com/stop-bullying>
* Teaching Health and Happiness – Communication <https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf>
* Teaching Tolerance - What’s a Clique <https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique> Cliques in School <https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools>
* Virginia Rules <https://virginiarules.org/varules_topics/gangs/>
* Healthy Relationships/Dating Violence
	+ Break the Cycle’s DV 101 Single Day Dating Violence Lesson <https://www.breakthecycle.org/sites/default/files/dv_101_single_day_lesson_plan.pdf>
	+ CDC Healthy Relationship Talking Points <http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf>
	+ Kate Brown Education Program Healthy Relationship Quiz <https://kbep.org/healthy-relationship-quiz/>
	+ Kids Health Healthy Relationship Handout <https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf>
	+ Michigan Dating Violence Youth Education Package <https://www.michigan.gov/documents/dhs/DHS-PUB-0224_172099_7.pdf>
	+ National Crime Prevention Council Violence Lesson (Session 14, Community Works) <http://archive.ncpc.org/resources/files/pdf/violent-crime/billofrights.pdf>
	+ Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox <http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf>
	+ VSDVAA Building Healthy Relationships Across Virginia Facilitators Guide <http://www.ncdsv.org/images/VSDVAA_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf>
	+ You Tube clips on Dating Violence, e.g., <https://youtu.be/ODntqYIYx7E>