

# HEALTH SMART VIRGINIA

## Grade 7 Resource Links

*These resource lists are intended to jumpstart the research and development of K-10 Health Instruction.  
This 2023 Update was funded by the [Office of Behavioral Health Wellness](#), Virginia Department of Behavioral Health and Developmental Services*

### 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

- Health Smart Virginia 7<sup>th</sup> Grade Page <https://healthsmartva.org/7th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- American Heart Association <http://www.heart.org>
- Asthma 101 <https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/>
- Body Composition <https://healthpoweredkids.org/lessons/body-composition/>
- Caring for Skin- Largest Organ <https://healthpoweredkids.org/lessons/skin-health-how-to-care-for-your-largest-organ-2/>
- Centers for Disease Control and Prevention <https://www.cdc.gov/heartdisease/prevention.htm>
- Fact Monster- Biology – Human Body Systems <https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems>
- Human Body Facts and Worksheets
- KidsHealth.org <http://kidshealth.org>
- KidsHealth-human body series <http://classroom.kidshealth.org/index.jsp?Grade=68&Section=body>
- Mayo Clinic <http://www.mayoclinic.org/>
- 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>
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- TED ED Resources
  - What happens during a heart attack?
  - What causes migraines?
  - Can you be awake and asleep at the same time?
  - What are the floaters in your eye?
  - How do lungs work?
  - How your muscular system works
  - How oxygen circulates through your body
  - How does the thyroid manage your metabolism?
  - How do your kidneys work?
  - How do your hormones work?
  - How the heart actually pumps blood
  - Why does your voice change?
  - How does the liver work?
  - How does your digestive system work?
  - How blood pressure works
  - What does the pancreas do?
  - Your skin!
  - How does the immune system work?
- Your Happy Heart <https://healthpoweredkids.org/lessons/your-happy-heart/>

## Community/Environmental Health

- Health Smart Virginia 7<sup>th</sup> Grade Page <https://healthsmartva.org/7th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Does Farming Impact Air Quality? <https://www.sciencejournalforkids.org/articles/how-does-farming-impact-air-quality/>
- 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>
- How Do Chemicals Affect Animals and Their Kids? <https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/>
- How can chemicals influence your hormones? <https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/>
- How is asthma related to the neighborhood you live in? <https://www.sciencejournalforkids.org/articles/how-is-asthma-related-to-the-neighborhood-you-live-in/>
- How can we get the most from our waste? <https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/>
- How do our food choices affect the environment? <https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/>
- KidsHealth Ozone, Air Quality, and Asthma <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/>
- We are Teachers - Earth Day Activities <https://www.weareteachers.com/meaningful-earth-day-activities/>
- What happens to plastic in the soil? <https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/>
- Recycle Plastic More Sustainably <https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/>
- Social Determinants of Health <https://www.youtube.com/watch?v=8PH4JYfF4Ns>

## Nutrition

- Health Smart Virginia 7<sup>th</sup> Grade Page <https://healthsmartva.org/7th-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- [The 5 Fabulous Food Groups - You Tube](#)
- 5-2-1-0 Let's Go Middle and High School Toolkit <https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools>
- Action for Healthy Kids – Nutrition [https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS\\_Nutrition\\_v3.pdf](https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS_Nutrition_v3.pdf)
- 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>
- Check Out What's Chilling - Nutrition <https://ymiclassroom.com/lesson-plans/nfra/>
- [Health Start Foundation – Nutrients](#)
- 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>
- 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](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](#)
- [Healthy Eating – What is Healthy Eating? - You Tube](#)
- [Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube](#)
- [Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube](#)
- [Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube](#)
- [Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube](#)
- [Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise](#)
- 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](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school_lunch.pdf)
  - *Food Labels* [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food\\_labels.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf)
  - *Food Safety* [https://classroom.kidshealth.org/classroom/6to8/personal/safety/food\\_safety.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf)
  - *Healthy Snacking* [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy\\_snacking.pdf](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
- Nutrition Activities in Any Classroom – Junior and Senior High
- 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?
  - 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
- 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](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>
- Sports and Energy Drinks <https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/>
- Vegetable Database <https://fruitsandveggies.org/stories/vegetables/>

## Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia 7<sup>th</sup> Grade Page <https://healthsmartva.org/7th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 10 ways to stop eating sugar <https://www.youtube.com/watch?v=eeAMikjOqlw>
- 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](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/@wcm/@fdr/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/@wcm/@fdr/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/@wcm/@fc/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/@wcm/@fc/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/@wcm/@fc/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](http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans_UCM_453013_Article.jsp#.V_K0AvArLic)
- Asthma 101 <https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/>
- Body Works Program - Office of Women's Health, DHHS [www.womenshealth.gov](http://www.womenshealth.gov)
- Chain of Infection <https://www.youtube.com/watch?v=03mK0bpIeyQ>
- Decreasing Screen Time <https://healthpoweredkids.org/lessons/decreasing-screen-time/>
- Dental Care Quizzes <https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
- 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-savenger-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/>

- Sleep Well <https://ymiclassroom.com/lesson-plans/sleep/>
- SuperTracker Nutrition Lesson Plans for High School Students
- 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?
  - 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 do germs make us sick?
  - Why our muscles get tired
- 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>
- How the food you eat affects your gut <https://www.youtube.com/watch?v=1sISguPDlhY>
- Insulin Resistance <https://www.youtube.com/watch?v=OvopID91fTo>
- Iowa Children’s Hospital - Online Health Information What Can You Trust <https://uichildrens.org/online-health-information-what-can-you-trust>
- Keeping Clean when You’re a Preteen <https://healthpoweredkids.org/lessons/keeping-clean-when-youre-a-preteen/>
- Kids Health Grade 6-8 Media Literacy and Health Teacher’s Guide [https://classroom.kidshealth.org/classroom/6to8/personal/growing/media\\_literacy\\_health.pdf](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>
- Move your way <https://youtu.be/dAaB8XDUi4I>
- 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](http://www.readwritethink.org/files/resources/lesson_images/lesson1166/AnalyzingAds.pdf)
- Social Determinants of Health <https://www.youtube.com/watch?v=8PH4JYfF4Ns>
- Super Sleep <https://healthpoweredkids.org/lessons/super-sleep/>
- 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#>
- 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 Children’s Health Insurance Brochure [https://www.coverva.org/materials/famis\\_brochure\\_english.pdf](https://www.coverva.org/materials/famis_brochure_english.pdf)

- Virginia FAMIS - Cover Virginia <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](https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes_Ages%2011-18%20years.pdf)
- 211 Virginia <http://www.211virginia.org>



## Substance Abuse Prevention

- Health Smart Virginia 7<sup>th</sup> Grade Page <https://healthsmartva.org/7th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 14 Drug Education Activities, Scholastic Printable Skills Pages
- Addiction and the Brain- for kids! [https://youtu.be/s0bqT\\_hxMwI](https://youtu.be/s0bqT_hxMwI)
- 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 E-cigarette/JUUL youth prevention program for Middle and High School students. <https://catchinfo.org/enroll/>
- Catch My Breath – A Nicotine Vaping Prevention Program
- (Chippewa Valley Coalition) Marijuana Prevention - Middle School
- Common Sense – 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>
- Dental Care Quizzes <https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
- Effects of Vaping <https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/>
- Easy to Start, Hard to Quit (Vaping) <https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/>
- E-Cigarettes and Vaping – Lesson 1: Why Should I care? and Lesson 2: Don't get (e-)Hooked!
- Everfi Marijuana Lesson Plans <https://everfik12hc.wpengine.com/marijuana-lesson-plans/>
- Everfi 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](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)
- Everfi Prescription Drug Safety Lesson Plan – Understanding Opioids [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\\_Lesson1\\_Final.pdf](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](http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf)
- Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
- FDA Anti-Juuling Video for Teens <https://youtu.be/zYuyS1Oq8gY>
- FDA Medicines in My Home <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm>
- Generation RX – Teen Prescription Rx Toolkit <https://www.generationrx.org/toolkits/teen/>
- Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
- Girls Health Website <https://www.girlshealth.gov/substance/>
- Handling stress / Dealing with pressures - Teaching guide for 5-9 peer pressure; activities and great discussion questions <http://www.goodcharacter.com/BCBC/Pressures.html>
- Harding University Alcohol, Family, Community Lesson Plan [alcohol-family-community](http://www.harding.edu/alcohol-family-community)
- Heads Up – Methamphetamine <http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf>

- Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) <https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html>
- How your brain responds to the reward circuit <https://www.youtube.com/watch?v=s27f7Jzy2k0>
- How Opioids Change the Brain: Lesson Plan <https://vpm.pbslearningmedia.org/resource/e78a64a0-5098-4147-b86d-31d3b5e44fe1/how-opioids-change-the-brain-lesson-plan-understanding-the-opioid-epidemic/>
- How to say no to drugs [https://youtu.be/6Y6gn\\_dd54Q](https://youtu.be/6Y6gn_dd54Q)
- Habits and Addiction <https://youtu.be/oV38woahNso>
- Internet4Kids Drug Lesson Plans K-12 [https://www.internet4classrooms.com/links\\_grades\\_kindergarten\\_12/drug\\_abuse\\_guidance\\_counselor\\_lesson\\_plans.htm](https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm)
- Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals [http://poisoncontrol.utah.edu/publiced/pdfs/InhalantLesson\\_6thgr.pdf](http://poisoncontrol.utah.edu/publiced/pdfs/InhalantLesson_6thgr.pdf)
- Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals and Poison Prevention (Grade 6-above) <http://poisoncontrol.utah.edu/publiced/pdfs/InhalantComboLesson.pdf>
- Johnny's Ambassadors Online Marijuana Curriculum
- Keeping it Real –Middle, High School DARE Curriculum <https://dare.org/education/>
- Kids meet a teen in recovery [https://youtu.be/yl\\_7qSgrf3Y](https://youtu.be/yl_7qSgrf3Y)
- KidsHealth.org <https://kidshealth.org/en/teens>
- KidsHealth – Methamphetamine – Teen Tip Sheet
- KidsHealth.org – Teachers Guide: Dealing with Peer Pressure -Grades 6-8 [https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer\\_pressure.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer_pressure.pdf)
- KidsHealth.Org Teachers Guides - Alcohol, Smoking, Drugs [www.KidsHealth.org/classroom](http://www.KidsHealth.org/classroom)
- Know VAPE The dangers of Youth Vaping <https://vpm.pbslearningmedia.org/collection/know-vape/>
- LA Health - E-cig & vaping Informational video (Loudoun schools)[https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig\\_Vaping\\_Cut.1.mp4](https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig_Vaping_Cut.1.mp4)
- Lessons for Responsible Medicine Use <https://ymiclassroom.com/otcmedsafety/>
- Lesson: The Mysterious Vaping Illness that's Becoming and Epidemic
- Little Lungs in a Great Big World <https://www.youtube.com/watch?v=fmKply2PfmI>
- Lung Health <https://vpm.pbslearningmedia.org/collection/lung-health/>
- Marijuana – Download the Facts – Printables and Lessons
- 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](https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Marijuana-and-Teens-106.aspx)
- Medicine for Kids: Prescription and Non Prescription <https://youtu.be/0Zs4EbWBdSc>
- Meth Mouse – Interactive Lesson on Effects of Methamphetamines
- Mind Matters - The Body's Response to Marijuana (NIDA) (grades 5-9)
- (NIDA) Stressed Out? How to Cope (grades 6-12)
- National Education Association's *Rx for Understanding: Prescription Drug Abuse Prevention Program- Grades 5-8 Lesson Plans* [https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/Documents/Prescription%20Drug%20Abuse%20Prevention%20Program\\_Grades%205-8%20Lesson%20Plans.pdf](https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/Documents/Prescription%20Drug%20Abuse%20Prevention%20Program_Grades%205-8%20Lesson%20Plans.pdf)

- NIDA Easy-to-Read/ESL Drug Facts and videos <https://easyread.drugabuse.gov/>
- NIDA - Mind Matters – The Body’s Response to Marijuana
- NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
- NIDA Teacher’s Edition Resources on Methamphetamine
- Nicotine Addiction – Toolkit for Schools
- 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>
- (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)
- PBS Frontline – The Meth Epidemic
- 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-4297ddbfc86/>
  - 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/INs19kGAnLU>
- PE Central - The Pressure Is On! <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4134#.WEJDSmVNFho>
- Physician Advocacy Network - Lesson Plan – Vaping and Juuling
- Positive Choices – Numerous Drug Education Resources for Teachers
- Reality Matters: Under the Influence - Lesson plan teaching about addiction and the effects on the brain and body <http://school.discoveryeducation.com/lessonplans/programs/underTheInfluence/>
- Resources to Reduce Methamphetamine Use
- Risky Business - Lesson Plan: Risky choices, stats about risky choice, consequences of risky choices <http://school.discoveryeducation.com/lessonplans/programs/riskyBusiness/>
- Scholastic
  - Heads Up Series <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>
- Youth Vaping Risks [http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109////FDA/////&ET\\_CID=20190109\\_SNP\\_FDA\\_ACQ\\_24770&ET\\_RID=1708294776](http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109////FDA/////&ET_CID=20190109_SNP_FDA_ACQ_24770&ET_RID=1708294776)
- Alcohol and Your Body alcohol and your body - scholastic gr 6-8 <https://healthsmartva.org/uploads/rtditor/file/alcohol%20and%20your%20body%20-%20scholastic%20gr%206-8.pdf>
- OTC Medication Safety Program: Start a Critical Conversation (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/>
- Smoking and Vaping - Lung Health <https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/>
- Sleep Well <https://ymiclassroom.com/lesson-plans/sleep/>
- 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/tobaccoventiontoolkit/E-Cigs/ECigUnit2.html>
  - Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccoventiontoolkit/E-Cigs/ECigUnit3.html>
  - Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? <https://med.stanford.edu/tobaccoventiontoolkit/E-Cigs/ECigUnit4.html>
  - Unit 5-What Can I Do About It? <https://med.stanford.edu/tobaccoventiontoolkit/E-Cigs/ECigUnit5.html>
  - Unit 6- What are JUULS & Other Pod-Based Systems? <https://med.stanford.edu/tobaccoventiontoolkit/E-Cigs/ECigUnit6.html>
- Hookah
  - Lesson - Understanding Hookah and Its Risks <https://med.stanford.edu/tobaccoventiontoolkit/Hookah.html>
- Smokeless Tobacco
  - Lesson – Understanding Smokeless Tobacco and its Risks <https://med.stanford.edu/tobaccoventiontoolkit/Smokeless.html>
- Nicotine Addiction
  - Unit 1 – The Brain <https://med.stanford.edu/tobaccoventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html>
  - Unit 2- Addiction 101 <https://med.stanford.edu/tobaccoventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html>
  - Unit 3 – Nicotine Addiction <https://med.stanford.edu/tobaccoventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html>
- Positive Youth Development
  - Refusal Skills Activities <https://med.stanford.edu/tobaccoventiontoolkit/positive-youth-development/refusal-skills.html>
- (Stanford Medicine) Cannabis/Marijuana - The Basics
- (Stanford Medicine) Cannabis/Marijuana – Health Effects
- (Stanford Medicine) THC & The Brain
- (Stanford Medicine) Refusal Skills and Social Norms
- Substance Use and Abuse [https://youtu.be/wQl\\_4kcE5nw](https://youtu.be/wQl_4kcE5nw)
- The Opioid Crisis: Help Teens Make Informed Decisions <https://ymiclassroom.com/lesson-plans/opioids/>
- Taking Down Tobacco <https://ymiclassroom.com/lesson-plans/takingdowntobacco/>
- 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
- Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos
- TED Ed Resources:
  - How do drugs affect the brain?
  - Is Marijuana bad for your brain?
  - How do steroids affect your muscles
  - What you should know about vaping
- Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
- Teen vaping <https://www.pbs.org/video/teen-vaping-1531870790/>
- Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth
- Treating Marijuana Addiction <https://www.youtube.com/watch?v=md4IRQsLlnE>
- 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](#)
- [Why Is vaping so popular](https://www.pbs.org/video/why-is-vaping-so-popular-hzpx8/)
- [Understanding the Opioid Epidemic](https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/)
- [Understanding the Opioid Epidemic: Family and Community Discussion Guide](https://vpm.pbslearningmedia.org/resource/b83250e7-72a4-40c2-8bc1-c613cd4add08/understanding-the-opioid-epidemic-family-and-community-discussion-guide/)
- [US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide](http://nahimgood.org/Docs/JustThinkTwice.pdf)

#### Videos:

- [Prevention of Youth Marijuana Use \(SAMHSA\)](https://youtu.be/CrA9IDd9ALo)
- [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/QLfXfu8IIA)
- [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/t71pDKIUfrE)
- [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 \(NIDA\)](https://youtu.be/JB01nJwBveM)
- [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/HLYIDpJxxqs)
- [Nic Sick: The Dangers of Youth Vaping](https://video.idahoptv.org/video/nic-sick-uesfxt/)

## Safety/Injury Prevention

- Health Smart Virginia 7<sup>th</sup> Grade Page <https://healthsmartva.org/7th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 8 Rules for Internet Safety <http://vves.rocklinusd.org/documents/8%20RULES%20OF%20INTERNET%20SAFETY.pdf>
- Are Teens Addicted to Texting? <https://vpm.pbslearningmedia.org/resource/midlit11.soc.ush.texting/are-teens-addicted-to-texting/>
- Bike Safety <https://youtu.be/Pc5e8Un05aA>
- Concussion Handout HeadsUp [https://www.cdc.gov/headsup/pdfs/resources/RocketBlades\\_Concussion\\_HandoutforKids-a.pdf](https://www.cdc.gov/headsup/pdfs/resources/RocketBlades_Concussion_HandoutforKids-a.pdf)
- Concussion Conundrum <https://healthpoweredkids.org/lessons/concussion-conundrum/>
- Education world- Fire Safety: Activities to Spark Learning [http://www.educationworld.com/a\\_lesson/lesson/lesson026.shtml](http://www.educationworld.com/a_lesson/lesson/lesson026.shtml)
- KidsHealth - First Aid & Safety <http://kidshealth.org/en/parents/firstaid-safe/>
- Lessons for Responsible Medicine Use <https://ymiclassroom.com/otcmedsafety/>
- 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>
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- 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>
- Protect Skin from the Sun [https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)

## Mental Wellness/Social Emotional Skills

- Health Smart Virginia 7<sup>th</sup> Grade Page <https://healthsmartva.org/7th-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
- 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
- Butterfly Breathing Video – YouTube
- 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
- 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://headsip.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf>
- CDC Healthy Communication Skills Teachers Guide <http://headsip.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- Classroom Activities - MACMH | MACMH
- Classroom Physical Activity Helps Students with Mental Health and Anxiety
- Color Your Community
- Color Your Destiny
- 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](http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12_compassion_course_outline.pdf)
- Decreasing Screen Time <https://healthpoweredkids.org/lessons/decreasing-screen-time/>
- Does Being Popular in High School Really Matter? <https://vpm.pbslearningmedia.org/resource/teen-popularity-kqed/does-being-popular-in-high-school-really-matter-above-the-noise/>
- Discovery – Self Esteem <http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm>
- 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/>
- Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
- Getting Caught in the Web Lesson 1
- Guided Imagery <https://healthpoweredkids.org/lessons/guided-imagery-create-the-state-you-want/>
- 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](http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf)
- Future Self Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/>

- Healthy Relationships, Online THATSNOTCOOL <https://thatsnotcool.com>
- Interactive Games in Support of Mental Health | Mental Health Delta Division
- KidsHealth.org Teacher's Guides for Grades 6-8:
  - Conflict Resolution [https://classroom.kidshealth.org/6to8/personal/growing/conflict\\_resolution.pdf](https://classroom.kidshealth.org/6to8/personal/growing/conflict_resolution.pdf)
  - Depression <https://classroom.kidshealth.org/classroom/6to8/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/6to8/problems/conditions/eating_disorders.pdf)
  - Getting Along [http://classroom.kidshealth.org/6to8/personal/growing/getting\\_along.pdf](http://classroom.kidshealth.org/6to8/personal/growing/getting_along.pdf)
  - Healthy Relationships [http://classroom.kidshealth.org/6to8/personal/growing/healthy\\_relationships.pdf](http://classroom.kidshealth.org/6to8/personal/growing/healthy_relationships.pdf)
  - Peer Pressure [http://classroom.kidshealth.org/6to8/personal/growing/peer\\_pressure.pdf](http://classroom.kidshealth.org/6to8/personal/growing/peer_pressure.pdf)
  - Self Esteem [http://classroom.kidshealth.org/6to8/personal/growing/self\\_esteem.pdf](http://classroom.kidshealth.org/6to8/personal/growing/self_esteem.pdf)
  - Stress <https://classroom.kidshealth.org/6to8/problems/emotions/stress.pdf>
  - Suicide Prevention <http://classroom.kidshealth.org/6to8/problems/emotions/suicide.pdf>
- Know the Odds - Underage Gambling <https://ymiclassroom.com/lesson-plans/know-the-odds/>
- Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
- Love is Respect <https://www.loveisrespect.org>
- Learning to calm fear lesson <https://healthpoweredkids.org/learning-to-calm-fear/>
- Mental Health Activities for High School Students - The Truthful Tutor
- Mental Health Awareness: Free Resources & More | Share My Lesson
- Mental Health First Aid <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
- 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
- NIDA CDC What Does Respect Mean To You <https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence>
- Noticing Walk and Reflection <https://healthpoweredkids.org/lessons/noticingwalk/>
- Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine <http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson>

- Self-Esteem and Body Image <https://healthpoweredkids.org/lessons/self-esteem-and-body-image/>
- Open Up Magazine, Minnesota Association for Children’s Mental Health –*It’s All in Your Viewpoint* <http://www.macmh.org/open-up-magazine/classroom-activities/>
- Parent Discussion Guide on Youth Healthy Relationships [https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\\_TAF\\_love-is-respect.pdf](https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.pdf)
- 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 \(7th\)](#)
- 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 \(7th\)](#)
- Relationship skills/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/>
- Responsible Decision Making/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/responsible-decision-making-social-emotional/social-emotional-learning-video/>
- Resiliency: One Step at a Time <https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/>
- 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.sdca.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-e-commerce/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>
- Self-Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/>
- Self-Management/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/>
- Shifting Boundaries - Lessons on Relationships for Students in Middle School <https://preventipv.org/materials/shifting-boundaries>
- 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](#)
- Social Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/>

- Social Networking <http://socialnetworking.procon.org/>
- Stress, Trauma and the Brain - Insights for Educators <https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/>
- Striking Out Stress: A “Gallery Walk” Activity [http://www.educationworld.com/a\\_tsl/archives/02-1/lesson045.shtml](http://www.educationworld.com/a_tsl/archives/02-1/lesson045.shtml)
- A Student’s Guide to Using Social Media
- 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
  - How to stay calm under pressure
- To Give In or Not to Give In-That is the Question! (7th)
- UNICEF Kid Power Videos for Children and Families
- Virginia Department of Behavioral Health Services <http://www.dbhds.virginia.gov/>
- “Walk in Our Shoes” Lesson Plan [http://walkinourshoes.org/content/Classroom\\_Lesson\\_Plans.pdf](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?
- When Grief Enters the Classroom  
[http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\\_guide.pdf](http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf)
- What’s normal anxiety? <https://www.youtube.com/watch?v=xsEJ6GeAGb0>

## Violence Prevention

- Health Smart Virginia 7<sup>th</sup> Grade Page <https://healthsmartva.org/7th-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- 10 Conflict Resolution Lessons, Fairfax County Schools [http://creducation.net/resources/CR\\_Guidelines\\_and\\_10\\_CR\\_lessons\\_FCPS.pdf](http://creducation.net/resources/CR_Guidelines_and_10_CR_lessons_FCPS.pdf)
- Anti-Bullying Animated Short Film <https://youtu.be/YyDJafzuUK4>
- Anti-Bullying Resources for Teachers <https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/>
- Anti-Bullying Video <https://youtu.be/0gpMP-qiAGI>
- BluePrints for Healthy Youth Development site <http://www.blueprintsprograms.com>
- Bullying and Harassment Prevention Curriculum <http://studentservices.dadeschools.net/#!/fullWidth/3697>
- Building Community and Combating Hate - Middle School Lesson [http://www.partnersagainsthate.org/educators/middle\\_school\\_lesson\\_plans.pdf](http://www.partnersagainsthate.org/educators/middle_school_lesson_plans.pdf)
- CDC Violence Prevention <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
- [Committee for Children - Bullying Prevention Unit](#)
- Coaching Boys into Men Toolkits <http://www.coachescorner.org>
- Discovery Online - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
- Five Ways to Stop Bullying <https://youtu.be/vGV5jzPYvm0>
- Healthy Relationships, Online THATSNOTCOOL <https://thatsnotcool.com>
- Healthy Communication Skills Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- In the Mix - Thinking it Through <https://www.youtube.com/watch?v=xDoQIpe5TxA>
- Kids Health Healthy Relationship Handout [https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\\_relationships\\_handout1.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf)
- Love is Respect <https://www.loveisrespect.org>
- 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>
- Olweus - Class Meetings That Matter - Grades 6-8 [http://www.hazelden.org/OA\\_HTML/ibeCCtpItdspRte.jsp?item=15524&sitex=10020:22372:US](http://www.hazelden.org/OA_HTML/ibeCCtpItdspRte.jsp?item=15524&sitex=10020:22372:US)
- Ophelia Project- It Has a Name: Relational Aggression <http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf>
- Olweus Schoolwide Bullying Prevention Program <http://olweus.sites.clemson.edu>
- Online Safety <https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/>
- Parent Discussion Guide on Youth Healthy Relationships [https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\\_TAF\\_love-is-respect.pdf](https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.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.pacerkidsagainstabullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf>
- Pacer Teens Against Bullying <http://www.pacerteensagainstabullying.org>
- Positive Behavior Interventions and Supports (PBIS) <https://www.pbis.org>
- Respect Others Respect Yourself <http://headsip.scholastic.com/teachers/respect-others-respect-yourself>
- Shifting Boundaries - Lessons on Relationships for Students in Middle School <https://preventipv.org/materials/shifting-boundaries>
- 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 at [http://www.tolerance.org/school\\_climate\\_resources](http://www.tolerance.org/school_climate_resources)
- 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>
- 2023 Teen Dating Violence Prevention Toolkit <https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf>
- Virginia Rules [https://virginiarules.org/varules\\_topics/gangs/](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](https://www.breakthecycle.org/sites/default/files/dv_101_single_day_lesson_plan.pdf)
  - CDC Healthy Relationship Talking Points <http://headsip.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](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](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](http://www.ncdsv.org/images/VSDVAA_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf)
  - You Tube clips on Dating Violence, e.g., <https://youtu.be/ODntqYIYx7E>