

**Grade 8 Resource Links**

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**Body Systems**

* **Interactive Websites**
* BBC Science: Human Body & Mind includes the Nervous System Game that has students wire up the nervous system and senses. This challenge requires Flash 5 and takes 5-10 minutes. <http://www.bbc.co.uk/science/humanbody/body/index_interactivebody.shtml>
* Interactive Body Activities <http://interactivesites.weebly.com/body-systems.html>
* KidsHealth.org How the Body Works <http://kidshealth.org/en/kids/center/htbw-main-page.html> provides quizzes, articles, movies, activities, word finds on the different body parts.
* Nervous System for Kids– Science Games and Videos <http://www.neok12.com/Nervous-System.htm>
* The Brain-Videos & Lessons <http://study.com/academy/topic/the-brain.html>
* **Resource Websites**
* AAAS Alcohol and Your Brain <http://sciencenetlinks.com/student-teacher-sheets/alcohol-and-your-brain/>
* [Human Body Facts and Worksheets](https://kidskonnect.com/health/human-body/)
* Kids Health-human body series <http://classroom.kidshealth.org/index.jsp?Grade=68&Section=body>National Institute on Drug Abuse [https://www.drugabuse.gov](https://www.drugabuse.gov/)
* Science Kids/Human Body Facts: Brain Facts for Kids <http://www.sciencekids.co.nz/sciencefacts/humanbody/brain.html>
* Science Kids/Biology Lesson Plans: Brain and Senses <http://www.sciencekids.co.nz/lessonplans/biology/brain.html>
* Teachers Try Science - communicating about communicable diseases! <http://www.teacherstryscience.org/lp/communicating-about-communicable-diseases>
* Teacher’s Corner - CDC - BAM! Body and Mind Infectious Disease Epidemiology <http://www.cdc.gov/bam/teachers/epi.html>
* Teacher Vision - students learn about stroke signs <https://www.teachervision.com/stroke/printable/64689.html>
* Education.com - Brain anatomy worksheets:
	+ <http://www.education.com/worksheet/article/brain-anatomy/>
	+ <http://www.education.com/worksheet/article/brain-anatomy/>
	+ <http://www.education.com/worksheet/article/inside-out-anatomy-brain/>
	+ <http://www.education.com/worksheet/article/parts-of-the-brain/>
* American Public Health Association <https://www.apha.org/topics-and-issues/communicable-disease>
* Alameda County Public Health Department <http://www.acphd.org/communicable-disease.aspx>
* Virginia Department of Health [www.vdh.virginia.gov](http://www.vdh.virginia.gov/)
* Centers for Disease Control and Prevention (CDC) [www.cdc.gov](http://www.cdc.gov/)
	+ <https://www.cdc.gov/foodsafety/foodborne-germs.html>
	+ <https://www.cdc.gov/diseasesconditions/>
	+ <https://www.cdc.gov/flu/protect/habits.htm>
* **Lesson Plans**
* AAAS Science NetLinksAlcohol and Its Impact on the Brain <http://sciencenetlinks.com/lessons/alcohol-and-its-impact-on-the-brain/>
* American Heart Association Middle School Lessons [http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans\_UCM\_304280\_Article.jsp#](http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp)
* Communicable Disease Lesson Plan [www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health\_lp\_showcase.docx](http://www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health_lp_showcase.docx)
* Communicating About Communicable Diseases! <http://www.teacherstryscience.org/lp/communicating-about-communicable-diseases>
* CDC- BAM! Body and Mind - Infectious Disease Epidemiology - Teacher’s Corner - Activities <http://www.cdc.gov/bam/teachers/epi.html>
* Discovery School The Ultimate Guide: Human Body <http://www.discoveryeducation.com/teachers/free-lesson-plans/the-ultimate-guide-human-body.cfm>
* My Body the Inside Story: Unit Content and Tasks <http://www.henry.k12.ga.us/cur/mybody/content.htm#nervous>
* Kids Health Food Safety Teacher’s Guide Grades 6-8 <https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf>
* KidsHealth.org Nervous System lesson plan <https://classroom.kidshealth.org/classroom/6to8/body/systems/nervous_system.pdf>
* PE Central Communicable or Non Communicable Disease Lesson Plan <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=934#.WIaBuWVNFhom>
* PE Central AIDS Fact Quilt <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3410#.WIaCZmVNFho>
* Preventing Communicable and Non Communicable Diseases <https://sharemylesson.com/teaching-resource/communicable-and-non-communicable-diseases-254318>
* Neuro Concepts Lesson and Activities/ Brain U - Regents of University of Minnesota <http://brainu.org/neuroscience-concepts-activities-grade-level-middle-school-grades-7-8>
* Neuroscience for Kids - Brain Awareness Week Lessons <https://faculty.washington.edu/chudler/baw1.html>
* NIH - How Your Brain Understands What Your Ears Hear<https://science.education.nih.gov/MiddleSchool/BrainUnderstandsEarsHear>
* NIH - The Brain: Our Sense of Self <https://science.education.nih.gov/MiddleSchool/OurSenseOfSelf>
* Scholastic - Study Jams - Science - The Nervous System <http://studyjams.scholastic.com/studyjams/jams/science/human-body/nervous-system.htm>
* **Videos**
* KidsHealth.org How the Brain and Nervous System Works <http://kidshealth.org/en/kids/nsmovie.html>
* The Human Brain <https://www.youtube.com/watch?v=0-8PvNOdByc>
* Is it Communicable or Non-Communicable? <https://www.youtube.com/watch?v=vpEAos0blyw>
* Preventing Communicable Disease <https://www.youtube.com/watch?v=EgJcflR_Dic>,
* Preventing Non-Communicable Diseases <https://www.youtube.com/watch?v=lruYVSGcxHs>

**Community/Environmental Health**

* Allergy and Asthma Foundation [http://fightthecauseofallergy.org](http://fightthecauseofallergy.org/)
* APHA Healthy Community Design <https://www.apha.org/topics-and-issues/environmental-health/healthy-community-design>
* Asthma in the City Lesson

<https://www.urmc.rochester.edu/life-sciences-learning-center/resources-lessons/lessons/environmental-health.aspx>

* CDC Healthy Community Design <https://www.cdc.gov/features/healthycommunities/>
* CDC Healthy Community Design <https://www.youtube.com/watch?v=ll7Yv6L9rwE>
* EPA Environmental Health 101 Lesson

<https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>

* EPA Student Environmental Health Resources <https://www.epa.gov/students>
* EPA Environmental Topics <https://www.epa.gov/environmental-topics>
* EPA Learning and Teaching about the Environment <https://www.epa.gov/students>
* Global Asthma Report [http://www.globalasthmareport.org](http://www.globalasthmareport.org/)
* Global Asthma Network <http://www.globalasthmanetwork.org/patients/causes.php>
* 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)

* HealthyPeople.Gov Environment <https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health>
* Maryland - Grade 8 EH Lesson

[https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD\_EH\_Lssn.pd](https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD_EH_Lssn.pdf)

* NEA Environmental Lessons <http://www.nea.org/tools/EnvironmentalEducationActivitiesAndResources.html>
* NIEHS- Your Environmen t- Your Health <http://www.niehs.nih.gov/health/scied/teachers/>
* WHO Environmental Health <http://www.who.int/topics/environmental_health/en/>
* ATSDR Health Effects of Exposure to Substances <https://www.atsdr.cdc.gov/substances/ToxOrganSystems.asp>
* 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/>

* Virginia Department of Environmental Quality (DEQ) [http://www.deq.virginia.gov](http://www.deq.virginia.gov/)

**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>
	+ AHA - What or Who Influences Your Food Choices [https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\_314238.pdf](https://www.heart.org/idc/groups/heart-public/%40wcm/%40global/documents/downloadable/ucm_314238.pdf)
* Discovery – When Food Becomes an Enemy <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
* 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>
* Food Span -Johns Hopkins Center for a Livable Future: <http://foodspanlearning.org/>
* Frontline FAT Teacher’s Guide – Obesity - Habits, Weight Loss <http://www.pbs.org/wgbh/pages/frontline/teach/fat/>
* Frontline FAT Teacher’s Guide – Lesson 1, Weight-Stereotypes-Eating Disorders <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.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’s 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>
	+ Healthy Snacking <https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf>
	+ Fitness <http://kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf>
	+ Sleep <https://classroom.kidshealth.org/classroom/6to8/body/functions/sleep.pdf>
	+ Screen Time <http://kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf>
	+ NBA Fit Classroom <http://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf>
* Kids Health Eating Disorder Teachers Guide Grades 9-12 <https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating_disorders.pdf>
* National Eating Disorders Association (NEDA) Page for Educators and Coaches <https://www.nationaleatingdisorders.org/learn>
* NEDA Educator’s Toolkit <https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf>
* PE Central Body Image and Eating Disorders Lesson <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNFho><http://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf>
* 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>
* Teaching Fast Food Nation 7-12 <http://www.bookrags.com/lessonplan/fast-food-nation/#gsc.tab=0>
* 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>
* 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>

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

* [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>
* 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 – Brain Power [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_467221.pdf](https://www.heart.org/idc/groups/heart-public/%40wcm/%40fc/documents/downloadable/ucm_467221.pdf)
	+ AHA – Don’t Fumble With This Jumble [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_306494.pdf](https://www.heart.org/idc/groups/heart-public/%40wcm/%40fc/documents/downloadable/ucm_306494.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 – NFL Play 60 Challenge <http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans_UCM_453013_Article.jsp#.V_K0AvArLic>
	+ 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 – Stepping Across the States - [http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_306495.pdf](http://www.heart.org/idc/groups/heart-public/%40wcm/%40fc/documents/downloadable/ucm_306495.pdf)
	+ 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 - What or Who Influences Your Food Choices [https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\_314238.pdf](https://www.heart.org/idc/groups/heart-public/%40wcm/%40global/documents/downloadable/ucm_314238.pdf)
* Alliance for a Healthier Generation <https://www.healthiergeneration.org/our-work/schools>
* Body Works Program - Office of Women’s Health, DHHS [www.womenshealth.gov](http://www.womenshealth.gov/)
* CDC - BAM! Body and Mind- <http://www.cdc.gov/bam/nutrition/index.html>
* CDC Chronic Disease Prevention Program <https://www.cdc.gov/chronicdisease/>
* CDC Lesson - Body Image Ad Decoder <https://www.cdc.gov/bam/teachers/documents/body_image_ad.pdf>
* CDC Lesson – If These Dolls Were Real People <https://www.cdc.gov/bam/teachers/documents/body_image_dolls.pdf>
* Communicable Disease Lesson Plan - Danny Clark[www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health\_lp\_showcase.docx](http://www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health_lp_showcase.docx)
* Communicable and Non Communicable Diseases Lesson Plan <https://www.bcpss.org/webapps/cmsmain/webui/institution/CURRICULUM/Health>
* Communicable and NonCommunicable Diseases PPT Presentation [https://sharemylesson.com](https://sharemylesson.com/)
* Colorado Education Initiative -Goal Setting Lesson <http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-6-8-model.pdf>
* Discovery – When Food Becomes an Enemy <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
* Fit Armadillo - Smart Goals Lesson Plan <http://fitarmadillo.com/back-to-school-2014-smart-goals-lesson-plan/>
* Frontline FAT Teacher’s Guide – Obesity - Habits, Weight Loss <http://www.pbs.org/wgbh/pages/frontline/teach/fat/>
* Frontline FAT Teacher’s Guide – Lesson 1, Weight-Stereotypes-Eating Disorders <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html>
* Girls Health – Body Image and Media <https://www.girlshealth.gov/feelings/bodyimage/index.html>
* Girls Health - Eating Disorders <https://www.girlshealth.gov/feelings/eatingdisorder/index.html>
* 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>

* [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)
* Hitting Cancer Below the Belt Colon Cancer Education <http://hcb2.org>
* Kids Health Fast Breaks -NBA Fit Classroom Lesson <https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf>
	+ Fitness <http://kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf>
	+ Sleep <https://classroom.kidshealth.org/classroom/6to8/body/functions/sleep.pdf>
	+ Screen Time <http://kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf>
	+ NBA Fit Classroom <http://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf>
* Kids Health Eating Disorder Teachers Guide Grades 9-12 <https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating_disorders.pdf>
* Lets Get Moving Unit – Michigan State University <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
* National Eating Disorders Association (NEDA) Page for Educators and Coaches <https://www.nationaleatingdisorders.org/learn>
* NEDA Educator’s Toolkit <https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf>
* NIH Healthy Behaviors: Lesson 2 – Influences on Behavior <https://science.education.nih.gov/MiddleSchool/HealthyBehaviors>
* [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>
* PBS In the Mix -Hearing Between the Lines” <http://www.pbs.org/inthemix/educators/lessons/selfimage2/>
* PE Central Body Image and Eating Disorders Lesson <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNFho><http://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf>
* PE Central Physical Activity Lesson Ideas and Resources [http://www.pecentral.org](http://www.pecentral.org/)
* PE Central - Non-Communicable Diseaes Research Lesson Idea [www.pecentral.org](http://www.pecentral.org/)
* PE Central - Non or Communicable Disease Lesson Plan [www.pecentral.org](http://www.pecentral.org/)
* Power Chargers – Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
* Purdue Extension - Middle School Healthy Body Image Lesson Activity 2: Mixed Messages- Living in a Supersized World <https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf>
* Place Matters Lesson <http://www.unnaturalcauses.org/assets/uploads/file/Place_Matters_Lessons.pdf>
* Read Write Think Grocery Store Scavenger Hunt <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html>
* Sample Physical Activity Log - Michigan State University <http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html>
* Safe Routes <http://www.walkbiketoschool.org>
* 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- NIH Curriculum Supplement <https://science.education.nih.gov/HighSchool/SleepDisorders>
* Stress Lessons - Grade 7-9 - Psychology Foundation of Canada <https://peitfsca.files.wordpress.com/2012/09/khst_grades7-9manual1.pdf>
* Stress Management Unit Plan <http://thehealthteacher.com/unit-plan-stress-management/>
* The Sleep Factor Lessons and Power Points

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

* USA Today - Obesity: [www.usatoday.com/educate/casestudies/obesity.pdf](http://www.usatoday.com/educate/casestudies/obesity.pdf)
* World Sleep Day Education Kit

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

**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)
* Alcohol’s Effects on the Brain <https://pubs.niaaa.nih.gov/publications/aa63/aa63.htm>
* Above the Influence <http://abovetheinfluence.com/drugs/alcohol/>
* 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](https://catchinfo.org/enroll/) E-cigarette/JUUL youth prevention program for Middle and High School students. <https://catchinfo.org/enroll/>
* [Catch My Breath – A Nicotine Vaping Prevention Program](https://www.catch.org/bundles/23725)
* [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)
* GirlsHealth.gov - Drugs, Alcohol, and Smoking <http://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>
* KidsHealth.org - Teachers Guide: Dealing with Peer Pressure -Grades 6-8  <https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer_pressure.pdf>
* KidsHealth in the Classroom <https://classroom.kidshealth.org/classroom/6to8/problems/drugs/drugs.pdf>
* [KidsHealth – Methamphetamine – Teen Tip Sheet](https://kidshealth.org/en/teens/meth.html)
* 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)
* Medicines in My Home Grades 6-8 <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm>
* [Meth Mouse – Interactive Lesson on Effects of Methamphetamines](https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse)
* [NIDA - Mind Matters – The Body’s Response to Marijuana](https://teens.drugabuse.gov/teachers/lessonplans/mind-matters-bodys-response-marijuana)
* [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)
* NIDA Mind Over Matter Series <https://drugpubs.drugabuse.gov/promotions/mind-over-matter>
* NIDA Mind Over Matter - Anabolic Steroids <http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids>
* NIDA Scholastic Heads Up Series <http://headsup.scholastic.com/teachers>
* NIDA Brain Power - Grades 6-9 <https://www.drugabuse.gov/publications/brain-power/grades-6-9>
* NIH – Meth Mouse Game  <https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse>
* NIH Video on synthetic cannabinoids (bath salts <https://youtu.be/cRA54zeGAnM>
* [Nicotine Addiction – Toolkit for Schools](http://makesmokinghistory.org/dangers-of-vaping/schools/)
* 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 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>
* PE Central Pressure Is On! <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4134#.WESLoWVNFho>
* [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/)
* Project Alert – Substance Abuse Prevention – Grades 7-8 [https://www.projectalert.com](https://www.projectalert.com/)
* The real cost anti-vaping commercial (Hacked) <https://www.youtube.com/watch?v=EzU4ihBbf3g>
* [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)
	+ [OTC Medication Safety Program: Start a Critical Conversation](http://www.scholastic.com/otc-med-safety/) (teacher tools for grades 5-8)
		- 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/>

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/>
* 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>
* Stop Underage Drinking [https://www.stopalcoholabuse.gov](https://www.stopalcoholabuse.gov/)
* [The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students](http://nahimgood.org/Docs/JustThinkTwice.pdf)
* [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>
* Virginia ABC Education Publications <https://www.abc.virginia.gov/education/publications>
* 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>

**Safety/Injury Prevention**

* Fire Safety: Activities to Spark Learning <http://www.educationworld.com/a_lesson/lesson/lesson026.shtml>
* Fire Safety Resources <https://www.teachervision.com/emergency/teacher-resources/47554.html>
* Fire Safety Resources – Vermont <https://firesafety.vermont.gov/pubed/programs>
* Injury Prevention Resources <http://www.parachutecanada.org>
* KidsHealth- First Aid & Safet: <http://kidshealth.org/en/parents/firstaid-safe/>
* Lesson Planet Safety Issues Lesson Plan <https://www.lessonplanet.com/teachers/its-your-life-safe-or-sorry-safety-issues>
* National Crime Prevention Council - School Safety <http://archive.ncpc.org/topics/school-safety.html>
* National Education Association - School Safety Resources for Educators <http://www.nea.org/home/44693.htm>
* Safe Routes to School <http://www.saferoutesinfo.org/>
* SafeKids - Home Safety for Educators <http://www.safekids.org/home-safety-educators>
* Teacher Vision - School Safety Resources for Teachers <https://www.teachervision.com/school-safety-month/teacher-resources/6661.html>
* Teen Drivers - NHTSA [http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Drivers-–-Parents-&-Teens](http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Drivers-%E2%80%93-Parents-%26-Teens)
* Videos:
	+ ThinkFirst Teen Video Clip <https://www.youtube.com/watch?v=RJWcOYftedk>
	+ One Decision <https://www.youtube.com/watch?v=WWptgB_1bco>,
	+ Underage Drinking - Is It Worth It? <https://www.youtube.com/watch?v=WGQ8F05C5gk>
	+ Texting and Driving Crash - It Can Wait <https://www.youtube.com/watch?v=ApnyKv1GuNI>
	+ Seat Belt May Have Saved Teen Crash Victims Life <https://www.youtube.com/watch?v=m4SaoXTF9NQ>
	+ Caught on Tape - Teen Drivers Moments Before a Crash <https://www.youtube.com/watch?v=r3MlUA0qkiQ>

**Mental Wellness/Social Emotional Skills**

* Featured Resources

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

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

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

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

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

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

* [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube](https://www.youtube.com/watch?v=ihwcw_ofuME)
* [3 Committee for Children (CFC) Free SEL Classroom Activities](https://www.cfchildren.org/resources/free-classroom-activities/)
* [4 Inventive Games that Teach Students Social Skills](https://www.kqed.org/mindshift/35117/inventive-games-that-teach-kids-about-empathy-and-social-skills)
* [5 Activities to Support Students Through the Holidays](https://apertureed.com/helpful-ideas/5-activities-support-students-holidays/)
* [5-Minute Film Festival: Resources for Teaching About Character, Edutopia](https://www.edutopia.org/blog/film-festival-character-education)
* [5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes](https://www.extendednotes.com/after-school-articles/5-digital-tools-to-promote-social-emotional-learning-in-after-school)
* [7 Fun Communication Games that Increase Understanding](https://www.userlike.com/en/blog/communication-games)
* [7 SEL Activities for Students to Do at Home](https://www.understood.org/en/school-learning/for-educators/partnering-with-families/sel-printables-to-share-with-your-students-families)
* [8 Social Emotional Learning Activities for a Classroom](https://insightstobehavior.com/blog/8-social-emotional-learning-activities-classroom/)
* [8 Downloadable SEL Activities for Home and School](https://apertureed.com/parent-portal/free-home-resources/)

[9 mental health activities to do with your children - BelievePerform](https://believeperform.com/product/9-mental-health-activities-to-do-with-your-children/)

* [10 Activities to Help Children Explore Emotions](https://www.apperson.com/teach-talk/10-activities-to-help-students-explore-emotions)
* [10 Activities to Integrate Social Emotional Learning into the Classroom](https://www.goguardian.com/blog/safety/activities-to-integrate-social-emotional-learning-into-the-classroom/)
* [10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools](https://selforschools.com/mentalhealth)
* [10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics](https://familytherapybasics.com/blog/2017/10/8/10-therapist-and-child-approved-activities-to-support-kids-with-anxiety)
* [10 Tips to Help Your Child with Anger, Aha! Parenting](https://www.ahaparenting.com/parenting-tools/emotional-intelligence/angry-child)
* [10 Important Conflict Resolution Skills for Teenagers, Mom Junction](http://www.momjunction.com/articles/important-conflict-resolution-skills-for-teenagers_00106119/)
* [12 Games to Teach Social-Emotional Learning - Playworks](https://www.playworks.org/resource/twelve-games-to-teach-students-social-emotional-learning/)
* [12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students](https://www.berkeleyschools.net/teaching-and-learning/toolbox/)
* [12 Ways Teachers Can Build Their Own Resilience](https://www.cultofpedagogy.com/resilience/)
* [13 Powerful SEL Activities | Edutopia](https://www.edutopia.org/article/13-powerful-sel-activities-emelina-minero)
* [15 Activities for Teaching CASEL Core Competencies | Waterford.org](https://www.waterford.org/education/15-activities-for-teaching-casel-core-competencies/)
* [16 Anger Management Activities, School Counseling Files](https://www.schoolcounselingfiles.com/anger-management-activities.html)
* [16 Social and Emotional Learning Activities - Aperture Education](https://apertureed.com/16-social-emotional-learning-activities/)
* [21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day](https://www.weareteachers.com/21-simple-ways-to-integrate-social-emotional-learning-throughout-the-day/)
* [25 Ways to Integrate Social Emotional Learning into Your Classroom](https://www.thepathway2success.com/25-ways-to-integrate-social-emotional-learning)
* [25 At Home SEL Activities - Choice Board](https://4.files.edl.io/66eb/03/25/20/160604-fed3609d-988a-458c-b31c-aa2c8b93f5ee.pdf)
* [28 Mental Health Activities, Worksheets & Books for Adults & Students](https://positivepsychology.com/mental-health-activities-worksheets-books/)
* [30 Character-Building Ideas and Activities for School, Sign Up Genius](https://www.signupgenius.com/school/character-education-activities.cfm)
* [30 + Free Choice SEL Activities](https://www.bridgeportedu.net/cms/lib/CT02210097/Centricity/Domain/18/SocialEmotionalLearningActivitiesFreeChoiceBoards.pdf)
* [73 Social Emotional Learning Activity Sheets](https://www.centervention.com/social-emotional-learning-activities/)
* [97 SEL Skills Activities – InspiredStudents.org](https://inspiredstudents.org/activities/)
* [100 Kid Activities to Build Character, Moments a Day](http://www.momentsaday.com/100-kids-activities-to-build-character/)
* [101 Ways to Teach Children Social Skills](https://healthiersfexcel.org/wp-content/uploads/2018/07/101-Ways-to-Teach-Children-Social-Skills.pdf)
* [132 SEL Apps, Games, Activities for Building Character in the Classroom](https://www.commonsense.org/education/articles/we-all-teach-sel-inspiring-activities-for-every-classroom)
* 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://www.cibhs.org/sites/main/files/file-attachments/mental_health_and_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)
* 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>
* [I know what you did this summer (8th)](https://dese.mo.gov/sites/default/files/cnsl-curr-se2-8-unit-1-instructional-activity-5-lesson-4.pdf)
* [If it’s to Be, It’s up to me (8th)](https://dese.mo.gov/sites/default/files/cnsl-curr-se3-8-unit-1-instructional-activity-4-lesson-3.pdf)
* [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)
* [Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness](https://www.nami.org/Blogs/NAMI-Blog/August-2017/Lessons-We-Missed-as-Kids-Practicing-Mental-Healt)
* [Mental Health Activities for High School Students - The Truthful Tutor](https://thetruthfultutor.com/mental-health-activities-for-high-school-students/)
* [‎](http://canwetalk.ca/wp-content/uploads/2016/03/COOR-79l-2016-03-CWT-lesson-plans.pdf)[Mental Health Awareness: Free Resources & More | Share My Lesson](https://sharemylesson.com/collections/mental-health-awareness)
* Mental Health First Aid [https://www.thenationalcouncil.org](https://www.thenationalcouncil.org/)
* Mental Health and High School Curriculum Guide, Canadian Mental Health Association <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/09/Mental-Health-High-School-Curriculum-Guide.pdf>
* 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 Schools -

* Lesson - Introduction to Mindful Bodies and Listening <http://www.mindfulschools.org/resources/explore-mindful-resources/>
* [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 <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>
* Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine <http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson>
* 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/>
* 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>
* Reach Out - Asking students if they are okay <https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day>
* [Ready to Remain Safe (8th)](https://dese.mo.gov/sites/default/files/cnsl-curr-se3-8-unit-2-instructional-activity-4-lesson-3.pdf)
* [Relationships...Quality Control (8th)](https://dese.mo.gov/sites/default/files/cnsl-curr-se2-8-unit-1-instructional-activity-4-lesson-3.pdf)
* [Relationships..Going Up while Growing Up (8th)](https://dese.mo.gov/sites/default/files/cnsl-curr-se2-8-unit-1-instructional-activity-6-lesson-5.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 <https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening>
* 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)
* Social Networking <http://socialnetworking.procon.org/>
* 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>
* [Survivors](https://dese.mo.gov/sites/default/files/cnsl-curr-se1-7-unit-1-instructional-activity-2-lesson-1.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)
* 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>
* 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 School-wide 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>
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* 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>
* Hernando County Anger Management Lesson Hernando County Anger Management Lesson(1).pdf
* KidsHealth Healthy Relationship Handout <https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf>
* KidsHealth Teachers Guide 9-12 Grade Conflict Resolution <http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict_resolution.pdf>
* In the Mix - Thinking it Through <https://www.youtube.com/watch?v=xDoQIpe5TxA>
* Making Safe Decisions <https://www.etr.org/healthsmart/assets/File/sample-lessons/MS_ViolenceAndInjuryPreventionLesson.pdf>
* 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 - Cliques <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 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>
* **Suicide/Self Injury**
	+ Suicide Prevention Lifeline: 1-800-273-TALK (8255) <http://www.sprc.org/settings/schools>
	+ Suicide Hotline (LGBT Youth): 1-866-4-U-TREVOR [http://www.thetrevorproject.org](http://www.thetrevorproject.org/)
	+ Virginia Department of Behavioral Health Services <http://www.dbhds.virginia.gov>
	+ Virginia Department of Health <http://www.vdh.virginia.gov/suicide-prevention/>