

**Grade K Resource Links**

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

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**Body Systems**

* Health Smart Virginia Kindergarten Page https://healthsmartva.org/kindergarten
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* The Human Brain https://www.youtube.com/watch?v=1aCYsYSM1MA
* Al's Pals: Kids Making Healthy Choices http://wingspanworks.com
* BAM! Body and Mind\_Unit 4: Health Conditions and Disease https://www.cdc.gov/healthyschools/bam/diseases.htm
* Body Worksheets and Printables http://www.education.com/worksheets/body/
* Body Systems http://interactivesites.weebly.com/body-systems.html
* BrainPop Jr. – Bones https://jr.brainpop.com/health/bodies/bones/
* BrainPop Jr. – Lungs https://jr.brainpop.com/health/bodies/lungs/
* BrainPop Jr. – Senses https://jr.brainpop.com/health/bodies/senses/
* BrainPop Jr. – Muscles https://jr.brainpop.com/health/bodies/muscles/
* BrainPop Jr. – Heart https://jr.brainpop.com/health/bodies/heart/
* BrainPop Jr. – Exercise https://jr.brainpop.com/health/bodies/exercise/
* BrainPop Jr. – Digestive System https://jr.brainpop.com/health/bodies/digestivesystem/
* Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
* The Five Senses https://www.teachervision.com/body-parts/curriculum-planning/6209.html?page=2#activities
* Health Conscious Activities for Young Children - Anatomy http://www.dshs.texas.gov/kids/lessonplans/kanatomy.shtm
* Human Body Printables - K-2 https://www.teachervision.com/body-parts/teacher-resources/6632.html
* Human Body https://www.brainpop.com/health/bodysystems/bodysystems/
* How the Body Works http://kidshealth.org/en/kids/center/htbw-main-page.html
* Human Body for Kids http://www.sciencekids.co.nz/humanbody.html
* Human Body - Science for Kids - You Tube
* Human Body Systems for Kids Video Lesson and Activity Plan
* KidsHealth - human body series http://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body
* Magic School Bus Explores the Human Body Part 1 (Kids Global) https://www.youtube.com/watch?v=HcgNh4hVi4k
* Magic School Bus Explores the Human Body Part 2 (Kids Global)
* https://www.youtube.com/watch?v=aDQlFbMbChw
* Magic School Bus Explores the Human Body Part 3 (Kids Global)
* https://www.youtube.com/watch?v=KTSLeXjvorM
* Magic School Bus Explores the Human Body Part 4 (Kids Global)
* https://www.youtube.com/watch?v=vodfA3MDkTM
* Magic School Bus Explores the Human Body Part 5
* https://www.youtube.com/watch?v=hkZ2X3Fzm6U&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=5
* Magic School Bus Explores the Human Body Part 6
* Https://www.youtube.com/watch?v=NW2-g2xAqs4&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=6
* Magic School Bus Explores the Human Body Part 7
* Https://www.youtube.com/watch?v=JvLCtm8y8EU&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=7
* My 5 Senses Learning About My World  http://www.coreknowledge.org/mimik/mimik\_uploads/lesson\_plans/1119/K\_MyFiveSensesLearningAboutMyWorld.pdf
* Making Sense of Our Senses http://www.scholastic.com/teachers/lesson-plan/making-sense-our-senses
* Muscles - Science Trek https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/
* ScienceNet - My Senses http://sciencenetlinks.com/lessons/my-senses-tell-me/
* We Have Bodies/The Healthy Kids Project https://vpm.pbslearningmedia.org/resource/ddb402fe-71b8-444a-85ab-a56e3f962bbc/we-have-bodies/

**Community/Environmental Health**

* Health Smart Virginia Kindergarten Page https://healthsmartva.org/kindergarten
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 18 Earth Day Activities https://www.kindergartenworks.com/kindergarten-teaching-ideas/holidays/18-earth-day-activities/
* Do Fish Have a Home? https://www.sciencejournalforkids.org/articles/do-fish-have-a-home/
* Purdue University - Our Changing Environment Lesson https://www.doe.in.gov/sites/default/files/elme/kindergarten-lessons-our-changing-environment.pdf
* World Wildlife Educational Resources
* What happens to plastic in the soil? https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/

**Nutrition**

* Health Smart Virginia Kindergarten Page https://healthsmartva.org/kindergarten
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* American Heart Association (AHA) - Elementary Lesson Plans

http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans\_UCM\_001258\_Article.jsp#.WHVMj2VNGs0

* Balanced Diet – AumSum https://www.youtube.com/watch?v=YimuIdEZSNY
* BAM! Body and Mind\_Unit 2: Nutrition https://www.cdc.gov/healthyschools/bam/nutrition.htm
* Be A Store Explorer, Nutrition https://ymiclassroom.com/lesson-plans/be-a-store-explorer/
* Foods that Grow https://vpm.pbslearningmedia.org/resource/bfe98864-02f2-4885-9553-0dc849536e49/foods-that-grow/
* Food Plate Game https://lesson-plans.theteacherscorner.net/health/food-plate-game.php
* Great Body Shop https://www.thegreatbodyshop.net/curriculum/k-six/topics
* Health Start Foundation – Brain Foods https://www.healthstartfoundation.org/snackscience-360028-489536-881576-358809-315160-753867-895845.html
* Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa\_46HkY
* KidsHealth Teacher’s Guides:
	+ Breakfast https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/breakfast.pdf
	+ Food and Cooking Safetyhttps://classroom.kidshealth.org/classroom/prekto2/personal/safety/food\_safety.pdf
	+ Healthy Snackinghttps://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy\_snacking.pdf
	+ School Lunch https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school\_lunch.pdf
* Learning to Give - What Is a Balanced Menu? http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu
* Learning to Give - What Is My Plate? http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate
* Learning to Give - World Hunger http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger
* My Plate Kids Place https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kid
* NIH - We Can! Eat Play Grow http://www.nhlbi.nih.gov/health/educational/wecan/
* NIH - Eat Play Grow Curriculum https://www.nhlbi.nih.gov/health/educational/wecan/downloads//eatplaygrow.pdf
* PBS Arthur Nutrition - Eat Well http://pbskids.org/arthur/health/nutrition
* PBS Fizzy’s Lunch Lab site http://pbskids.org/lunchlab/
* PBS Fizzy’s Lunch Lab videos http://www.pbslearningmedia.org/collection/fizzys-lunch-lab/
* PE Central Lessons http://www.pecentral.org/lessonideas/pelessonplans.html
* Sugar: Master of Disguise https://vpm.pbslearningmedia.org/resource/c67ae734-c4f8-48e8-9dc7-b2a777c94033/sugar-master-of-disguise/
* The Water Song https://vpm.pbslearningmedia.org/resource/97e04eaa-4af0-4371-8764-f86965c9cfcb/the-water-song/
* Together Counts K-2 Nutrition curriculum http://www.togethercounts.com
	+ Food for Thought http://togethercounts.com/wp-content/uploads/2017/11/Lesson\_2.3\_FoodforThought.pdf
	+ Healthy Eating Patterns http://togethercounts.com/wp-content/uploads/2017/11/K-2\_2.1\_Healthy\_Eating\_Patterns.pdf
	+ Job of a Nutrient http://togethercounts.com/wp-content/uploads/2017/11/K-2\_2.2\_Job\_of\_a\_Nutrient.pdf
* USDA - Serving Up My Plate - A Yummy Curriculum Grades 1-2 https://www.choosemyplate.gov/kids-parents-educators https://fns-prod.azureedge.net/sites/default/files/tn/sump\_level1.pdfhttp://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum
* Zach Lunch: Funky Fruit https://vpm.pbslearningmedia.org/resource/zach-lunch-funky-fruit-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Veggies https://vpm.pbslearningmedia.org/resource/veggies-zach-lunch-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Grain https://vpm.pbslearningmedia.org/resource/grain-zach-lunch-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Daring Dairy https://vpm.pbslearningmedia.org/resource/zach-lunch-daring-dairy-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Protein https://vpm.pbslearningmedia.org/resource/zach-lunch-protein-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Lunchtime https://vpm.pbslearningmedia.org/resource/zach-lunch-lunchtime-video/rise-and-shine-health-and-wellness-time/

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

* Health Smart Virginia Kindergarten Page https://healthsmartva.org/kindergarten
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Health Start Build Strong Bones https://www.youtube.com/watch?v=AI25GY5-U68
* Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa\_46HkY
* The Healthy Kids Project - Disease Prevention/Health Promotion https://vpm.pbslearningmedia.org/collection/the-healthy-kids-project/
* Hello Body/ The Healthy Kids Project https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/
* Healthy Choices A to Z https://vpm.pbslearningmedia.org/resource/7524fcd9-67d2-4ee7-8340-9d974d8f35ef/healthy-choices-a-to-z/
* Health Feels Great! https://vpm.pbslearningmedia.org/resource/17e26dc6-ed92-482b-910a-b703c83a2440/health-feels-great/

**Physical Activity**

* Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers
* American Heart Association - NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge\_UCM\_304278\_Article.jsp#.WHVKCWVNGs0
* BAM! Body and Mind\_Unit 2: Physical Education and Activity https://www.cdc.gov/healthyschools/bam/pe\_pa.htm
* East Carolina University - Energizers for Grades K-2 https://www.ecu.edu/cs-hhp/exss/upload/Energizers\_for\_Grades\_K\_2.pdf
* Fast Breaks https://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf
* Fitness Bingo Lesson Plan https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140aeb54f9a4/fitness-bingo-lesson-plan/
* Fuel Up to Play 60 https://www.fueluptoplay60.com/tools#tab\_why-physical-activity
* KidsHealth Teacher’s Guides:
	+ Fitness https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/fitness.pdf
	+ Sportsmanship https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/sportsmanship.pdf
* National Institutes of Health (NIH) - We Can! Eat Play Grow http://www.nhlbi.nih.gov/health/educational/wecan/
* National Institutes of Health (NIH) - Eat Play Grow Curriculum https://www.nhlbi.nih.gov/health/educational/wecan/downloads//eatplaygrow.pdf
* PE Central Lessons Site http://www.pecentral.org/lessonideas/pelessonplans.html
* Power Chargers - Quick Activity Breaks http://healthpoweredkids.org/power-chargers/
* Safe Routes to School http://www.walkbiketoschool.org
* The Couch Potato Blues https://vpm.pbslearningmedia.org/resource/c5f6efdb-b93f-49a5-9096-25418906b54c/the-couch-potato-blues/
* Wheel of Fitness Lesson Plan https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness-lesson-plan/
* Season Fitness Lesson Plan https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness-lesson-plan/

**Sleep and Hygiene**

* + Al's Pals: Kids Making Healthy Choices http://wingspanworks.com
	+ CDC Cover Your Cough Poster http://www.cdc.gov/flu/pdf/protect/cdc\_cough.pdf
	+ CDC Hand Washing Experiment https://www.cdc.gov/healthyschools/bam/teachers/epi-handwashing.html
* Delta Dental Smart Smiles K-5 Program https://deltadentalva.com/foundation/smart-smiles.html
	+ Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
	+ Germs - video https://www.youtube.com/watch?v=DYKADcR34Y8
	+ Getting Ready for Bed https://www.teachervision.com/healthy-lifestyle/printable/33800.html
	+ Hand Washing - It’s a Snap (Middle School Curriculum) http://itsasnap.org/Get-Started/Students
* Health Start Germs to Yourself https://www.youtube.com/watch?v=Xoh82fefs0M
	+ Henry the Hand - 4 Principles of Hand Awareness http://www.henrythehand.com
	+ How to Brush Your Teeth Properly - For Kids - video https://youtu.be/hDZXSMU2lAk
	+ How to Wash Your Hands - video https://www.youtube.com/watch?v=LQ24EfM7sEw
	+ KidsHealth Teachers Guides:
		- Germs https://classroom.kidshealth.org/classroom/prekto2/personal/hygiene/germs.pdf
		- Sleep https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf
	+ Oral Health Education: Saving Smiles Series - “Healthy Mouth, Healthy Body” http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving\_Smiles\_K-5\_Oral\_Health\_Education\_Curriculum.pdf
	+ PE Central - Rush to Brush - Grades K-2 http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7\_RU8dNFho
	+ Sleep Education K-2 http://school.sleepeducation.com/K-2.aspx
	+ Sleep - BrainPop https://www.brainpop.com/science/ecologyandbehavior/sleep/
	+ Super Sleep Lesson http://healthpoweredkids.org/lessons/super-sleep/
	+ Virginia Department of Health Dental Program http://www.vdh.virginia.gov/oral-health/
	+ When and How to Wash Hands http://www.cdc.gov/handwashing/when-how-handwashing.html
	+ Why We Need Sleep http://www.instructorweb.com/lesson/sleep.asp
	+ Wash Your Hands https://vpm.pbslearningmedia.org/resource/wash-your-hands-video/meet-the-helpers/

**Substance Abuse Prevention**

* Health Smart Virginia Kindergarten Page https://healthsmartva.org/kindergarten
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Keeping Medicine Safe https://youtu.be/UHvPSwIX4aQ

**Safety/Injury Prevention**

* Health Smart Virginia Kindergarten Page https://healthsmartva.org/kindergarten
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* BAM! Body and Mind\_Unit 7: Injury Prevention and Safety Promotion https://www.cdc.gov/healthyschools/bam/injury.htm
* Bicycle Helmet Safety https://youtu.be/sV9GjU7cA7o
* Bicycle Safer Journey https://youtu.be/dkoVxBnnGko
* Caregiver Tips for Talking About Emergencies https://vpm.pbslearningmedia.org/resource/caregiver-tips-for-talking-about-emergencies-video/meet-the-helpers/
* Classroom Health Educator http://poison.vcu.edu/public/
* Fire Safety Activities https://www.vafire.com/fire-safety-education/fire-life-safety-lessonsactivities-for-kids/
* Fire Safety for Kids https://www.youtube.com/watch?v=AWHGdWOI4kw
* Kids Fire Safety Awareness https://www.youtube.com/watch?v=Lc2aCmxG6II
* Kids Fire Safety Activity Book https://www.vafire.com/content/uploads/2016/09/Kids\_Activity\_Book.pdf
* Maryland DOT Pedestrian Safety Lessons for Kindergarten https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf
* Mr. Yuk http://www.chp.edu/injury-prevention/teachers-and-parents/poison-center/mr-yuk
* NHTSA Walkability Checklist http://www.nhtsa.gov/Driving-Safety/Pedestrians/Walkability-Checklist
* Pedestrian Safer Journey https://youtu.be/E5BFdJu-pjE
* Poison Center Poster Comparing Medicines and Candy http://poison.vcu.edu/media/va-poison-center/img/materials/candy-medicine-20110626-192832.jpg
* Road Safety https://open.alberta.ca/dataset/d474215a-e90c-4bca-85ae-8ae1456d07be/resource/ce8ea229-cee5-41cd-8348-925d43d89ed1/download/4430231-2009-Street-Safe-Kindergarten-Teacher-Resource-Guide-TRG-2009-08.pdf
* Safe Routes to School Pedestrian Safety Lessons https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf
* Safety Adventures: Home Safety https://youtu.be/QSWC75raMx4
* Scholastic - Activities to Teach About Safety http://www.scholastic.com/teachers/lesson-plan/activities-teach-safety
* Sesame Street Get Ready Tool Kit http://www.sesamestreet.org/toolkits/ready
* Spike Poison Prevention DVD (ages 3-6/10 minute video for loan) http://poison.vcu.edu/public/dvd.html
* Spike Poison Prevention YouTube Lesson Illustration https://www.youtube.com/watch?v=nKkAGH0bGnY
* Stop! Ask First! (6 minute video) https://www.youtube.com/watch?v=YZO-drzD1\_M
* Strangers and Trusted Adults http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-k-1.html
* SunWise Tool Kit https://www.neefusa.org/sunwise
* Sun Safety: A Summer Safety Activity http://www.scholastic.com/teachers/lesson-plan/sun-safety-summer-safety-activity
* Summer Safety Activity: “Its an Emergency”http://www.scholastic.com/teachers/lesson-plan/summer-safety-activity-its-emergency
* Support Tree: Who’s Safe to Ask for Help Activity https://www.cfchildren.org/blog/2017/12/support-tree-activity/
* Teaching Your Child About 9-1-1 http://kidshealth.org/en/parents/911.html
* Top 10 Bike Safety Rules https://youtu.be/PT1-mDlVyaI
* Traffic Signs and Rules https://youtu.be/PpEWVxNj2xo
* Virginia Poison Center http://poison.vcu.edu
* Meet the Helpers - 911 Operators are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-911-operators-helpers-in-depth/
* Meet the Helpers - Doctors are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-helpers-in-depth
* Meet the Helpers - Doctors are Helpers – Emergencies https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-are-helpers-emergencies
* Meet the Helpers - Firefighters are Helpers https://vpm.pbslearningmedia.org/resource/meet-the-helpers-firefighters-helpers-in-depth/

**Mental Wellness/Social Emotional Skills**

* Health Smart Virginia Kindergarten Page https://healthsmartva.org/kindergarten
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
Teaching Activities to Support Core SEL Competencies
* 3 Minute Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
* 4 Inventive Games that Teach Students Social Skills
* 5 Activities to Support Students Through the Holidays
* 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
* 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
* 7 Fun Communication Games that Increase Understanding
* 7 SEL Activities for Students to Do at Home
* 8 Social Emotional Learning Activities for a Classroom
* 8 Downloadable SEL Activities for Home and School
* 9 mental health activities to do with your children - BelievePerform
* 10 Activities to Help Children Explore Emotions
* 10 Activities to Integrate Social Emotional Learning into the Classroom
* 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
* 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
* 10 Tips to Help Your Child with Anger, Aha! Parenting
* 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
* 12 Games to Teach Social-Emotional Learning - Playworks
* 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
* 12 Ways Teachers Can Build Their Own Resilience
* 13 Powerful SEL Activities | Edutopia
* 15 Activities for Teaching CASEL Core Competencies | Waterford.org
* 16 Anger Management Activities, School Counseling Files
* 16 Social and Emotional Learning Activities - Aperture Education
* 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
* 25 Ways to Integrate Social Emotional Learning into Your Classroom
* 25 At Home SEL Activities - Choice Board
* 28 Mental Health Activities, Worksheets & Books for Adults & Students
* 30 Character-Building Ideas and Activities for School, Sign Up Genius
* 30 + Free Choice SEL Activities
* 73 Social Emotional Learning Activity Sheets
* 97 SEL Skills Activities – InspiredStudents.org
* 100 Kid Activities to Build Character, Moments a Day
* 101 Ways to Teach Children Social Skills
* 132 SEL Apps, Games, Activities for Building Character in the Classroom
* Attitude of Gratitude https://healthpoweredkids.org/lessons/gratefulsandgrumbles/
* Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids https://www.youtube.com/watch?v=ZBnPlqQFPKs
* BAM! Body and Mind\_Unit 6: Mental Health, Child Development and Hygiene https://www.cdc.gov/healthyschools/bam/child\_development.htm
* Breathing Activity for Elementary Students
* Butterfly Breathing Video – YouTube
* Calming Exercises for Kids: Breathing and Stretching - YouTube
* Classroom Activities - MACMH | MACMH
* Classroom Physical Activity Helps Students with Mental Health and Anxiety
* Committee for Children (CFC) Free Classroom Activities https://www.cfchildren.org/resources/free-classroom-activities/
* Elementary School Counseling - Activity Ideas and Worksheets - Identifying and Expressing Feelings http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html
* EMOTIONAL ABC Classroom
* Everyday mindfulness - YouTube
* Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
* Fit4TheClassroom – Mood Music Lesson http://stage.fit4theclassroom.com/mood
* Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
* Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education

http://www.arkansased.gov/public/userfiles/Learning\_Services/GUIDE\_for\_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf

* Help Each Other https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/
* How to Help Children Manage Fears https://childmind.org/article/help-children-manage-fears/
* How Your Brain Works – I Have a Go https://www.youtube.com/watch?v=mFuHKJqpxPw
* Interactive Games in Support of Mental Health | Mental Health Delta Division
* Joyful Mind – Mindfulness in the Classroom Activities http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions
* KidsHealth.org Teacher’s Guides for PreK-2:
	+ Self Esteem https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\_esteem.pdf
	+ Empathy https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf
	+ Feelings https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf
	+ Stress http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf
* Learn to Be Healthy http://www.learntobehealthy.org/health-education/mental-health.aspx
* Learning Mindfulness Through Movement https://healthpoweredkids.org/lessons/mindfulnesthroughmovement/
* Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
* Mental Health Activities for High School Students - The Truthful Tutor
* ‎Mental Health Awareness: Free Resources & More | Share My Lesson
* Michigan Education - Online Professional Development for Social Emotional Learning
	+ Introduction to SEL https://plp.mivu.org/Registration.aspx?section=3195
	+ Embedding SEL Schoolwide https://plp.mivu.org/Registration.aspx?course=542
	+ Creating a Professional Culture Based on SEL https://plp.mivu.org/Registration.aspx?section=3224
	+ Integrating SEL - Culturally Responsive Classrooms https://plp.mivu.org/Registration.aspx?section=3226
	+ Trauma Informed Support https://plp.mivu.org/Registration.aspx?section=2960
* Mindful Moments - MCPS Be Well 365 - Student Activity Videos
* Mindful Movement for Young Learners - YouTube
* Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening http://www.mindfulschools.org/resources/explore-mindful-resources/
* Mindful Schools http://www.mindfulschools.org/resources/explore-mindful-resources
* Mindful Teachers http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html
* Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
* Mr. Steve, The Music Man Positive Mental Attitude https://vpm.pbslearningmedia.org/resource/pma-mr-steve-the-music-man-video/rise-and-shine-health-and-wellness-time/
* Not About Perfection/Healthy Kids Project https://vpm.pbslearningmedia.org/resource/6ed1e16d-c01c-41d6-9046-e2f92685d4fb/not-about-perfection/
* No Time for Flash Cards - Circle Time Lessons about Emotions http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html
* PBS Kids - Impulse Control Fast and Slow Then Stop https://www.pbslearningmedia.org/resource/7db6cd68-1538-4961-aa11-66bcff9ec328/activity-fast-and-slow-then-stop-daniel-tigers-neighborhood/#.WR3V12VNFho
* PBS - Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/
* PE Central Lessons - Emotions in Motion http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho
	+ Lesson on Feelings http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11039#.WR3WfWVNFho
	+ The Feelings Hop http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=1636#.WR3W02VNFho
* Yoga Unit - Feelings and Reactions http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFWVNFho
* Rossier USC - Creating Safe Spaces - Social Emotional Lessons https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/
* Scholastic - Learning About Emotions (Gr. K) https://www.scholastic.com/teachers/lesson-plans/teaching-content/activity-plan-4-5-learning-about-emotions/
* Scholastic - Mind Up Curriculum - brain centered management and teaching strategies http://teacher.scholastic.com/products/mindup/
* Scholastic - Social and Emotional Learning: Essential Lessons for Student Success https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html
* Share My Lesson SEL Learning Resources https://sharemylesson.com/search?grade%5B0%5D=preschool&subject%5B0%5D=social\_emotional\_learning
* Stress, Trauma and the Brain - Insights for Educators https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/
* Supporting Students’ Personal and Social Competencies https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html
* Teachnology - Mental Health and Stress Reduction http://www.teach-nology.com
* Tennessee Department of Mental Health - BASIC - A Collection of Social Emotional Lesson Plans & Activities (K-3rdgrade) http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf
* UNICEF Kid Power Videos for Children and Families
* Wall Street Journal - Overview of Mindfulness https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647
* When Grief Enters the Classroom

 http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\_guide.pdf

* Wellbeing Healthy Habits https://www.youtube.com/watch?v=dhpCdqOtuj0

**Violence Prevention**

* Health Smart Virginia Kindergarten Page https://healthsmartva.org/kindergarten
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Al's Pals: Kids Making Healthy Choices http://wingspanworks.com
* Anti-Bullying Squad https://youtu.be/3ypxq2C4JuY
* Be an Upstander - Prevent Bullying https://youtu.be/eeqQCyQOCPg
* Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
* Committee for Children - Bullying Prevention Unit
* Five Ways to Stop Bullying https://youtu.be/vGV5jzPYvm0
* Friends, Cooperative Games https://www.learningtogive.org/units/unity-community/friends
* Help Children Make a Friend http://www.kindergarten-lessons.com/help-children-make-friends/
* Help Each Other https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/
* Key to Making Good Friends Poster and Class Friendship Book Activity http://www.elementaryschoolcounseling.org/making-and-keeping-friends.html
* KidsHealth Classroom www.KidsHealth.org
* Olweus - Class Meetings That Matter: A Year’s Worth of Resources for Grades K-5 http://www.hazelden.org/OA\_HTML/ibeCCtpItmDspRte.jsp?item=13746&sitex=10020:22372:US
* PACER Elementary School Activities (Bullying) https://www.pacer.org/bullying/classroom/elementary/
* PACER Elementary School Curriculum (Bullying) https://www.pacer.org/bullying/classroom/ele-curr/
* PBS Learning Media - www.pbslearningmedia.org