

**Grade 3 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 VA 3rd Grade Page https://healthsmartva.org/3rd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Amazing Body Systems (http://www.coreknowledge.org/mimik/mimik\_uploads/lesson\_plans/271/Amazing%20Body%20Systems.pdf)
* Body Systems Lesson Plan http://inside.mines.edu/~nstambac/Body%20Systems%20Lesson%20Plan.pdf
* 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/
* Human Body - Science for Kids - You Tube
* Human Body Systems for Kids Video Lesson and Activity Plan
* Human Body Systems – Science Queens https://www.thesciencequeen.net/human-body-systems.htm
* KidsHealth.org http://kidshealth.org
* Kids Health How the Body Works YouTube Video Series https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z
* Kids Health - 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
* Muscles - Science Trek https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/
* Scholastic Study Jams! http://studyjams.scholastic.com
* TED Ed Resources:

 Can you be awake and asleep at the same time?

What are the floaters in your eye?

How do lungs work?

How oxygen circulates through your body

How does the liver work?

How does your digestive system work?

Your skin!

How does the immune system work?

* The Human Brain https://www.youtube.com/watch?v=1aCYsYSM1MA
* What Happens When You Eat? http://mypages.iit.edu/~smile/bi9706.html

**Community/Environmental Health**

* Health Smart VA 3rd Grade Page https://healthsmartva.org/3rd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Do Fish Have a Home? https://www.sciencejournalforkids.org/articles/do-fish-have-a-home/
* CT Environmental Health Curricula for Health Teachers http://www.ct.gov/dph/lib/dph/environmental\_health/eoha/pdf/ieq\_curriculums.pdf
* EPA Games and Quizzes https://www.epa.gov/students/games-quizzes-and-more
* EPA Student Resources https://www.epa.gov/students
* Go Green - http://kidshealth.org/en/kids/go-green.html
* Green Schools - Earth Day Activities and Ideas http://www.greenschools.net/article.php-id=160.html
* IDAHO Environmental Health Education – Lesson Plans for All Grade Levels http://healthandwelfare.idaho.gov/Portals/0/Health/EnvironmentalHealth/Lesson%20Plans-Reduced%20File%20Size.pdf
* Project Learning Tree - Earth Day Activities https://www.plt.org/educator-tips/earth-day-activities/
* Reduce, Reuse, Recycle - http://kids.niehs.nih.gov/topics/reduce/
* The Science of Safety (Natural Hazards) https://ymiclassroom.com/lesson-plans/science-of-safety/
* TED Ed Resources:

What is in the air you breathe?

Microbial Jungles- How Microbes form communities

Conserving our Coral Reefs

Why do we wear sunscreen?

Do we really need pesticides?

Meet the Blue Fin Tuna

How to Create Cleaner Coal

How much land does it take to power the world?

How do wind turbines work?

What if there were 1 million more trees?

Beauty of Pollination

* 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/
* World Wildlife Educational Resources

**Nutrition**

* Health Smart VA 3rd Grade Page https://healthsmartva.org/3rd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
	+ The 5 Fabulous Food Groups - You Tube
	+ AHA Balance It Out Teacher’s Guide http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_448421.pdf
	+ AHA It Takes a Heart to be a Hero Teacher’s Guide 2012-2013 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467892.pdf
	+ AHA It Takes a Heart to be a Hero Teacher’s Guide 2013-2014 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467893.pdf
* Balanced Diet – AumSum https://www.youtube.com/watch?v=YimuIdEZSNY
	+ BAM! Body and Mind\_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/
	+ BAM! Body and Mind Teacher’s Corner Nutrition http://www.cdc.gov/bam/nutrition/index.html
	+ Check Out What’s Chilling - Nutrition https://ymiclassroom.com/lesson-plans/nfra/
	+ Education World Popcorn Nutrition http://www.educationworld.com/a\_lesson/03/lp324-04.shtml
	+ Food Plate Game https://lesson-plans.theteacherscorner.net/health/food-plate-game.php
	+ Fuel It! – Nutrition https://vpm.pbslearningmedia.org/collection/move-it/t/fuel-it/
	+ Get it Going with GOYA (beans) https://ymiclassroom.com/lesson-plans/getitgoingwithgoya/
	+ Healthy Eating – 5 Food Groups – You Tube
* Health Start Foundation – Brain Foods https://www.healthstartfoundation.org/snackscience-360028-489536-881576-358809-315160-753867-895845.html
* Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa\_46HkY
* How the food you eat affects your brain https://www.youtube.com/watch?v=xyQY8a-ng6g
* How the food you eat affects your gut https://www.youtube.com/watch?v=1sISguPDlhY
	+ Kids Health Teacher’s Guides:
	+ Breakfast https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/breakfast.pdf
	+ Food Labels https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food\_labels.pdf
	+ Healthy Snacking http://classroom.kidshealth.org/3to5/personal/nutrition/healthy\_snacking.pdf
	+ School Lunch https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/school\_lunch.pdf
	+ 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
	+ NIH We Can! Eat Play Grow http://www.nhlbi.nih.gov/health/educational/wecan/
	+ PBS Nutrition for Educators http://pbskids.org/arthur/health/nutrition/educators.html
	+ PBS Learning Media Nutrition Resources http://www.pbslearningmedia.org/search/?q=nutrition&order=&selected\_facets=&selected\_facets=grades\_exact%3A3
	+ PE Central Lessons http://www.pecentral.org/lessonideas/pelessonplans.html
	+ PE Central Nutrition Station Circuit http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5786#.V8jDZMdNFho
	+ Science NetLinks - Got Broccoli? http://sciencenetlinks.com/lessons/nutrition-3-got-broccoli/
* Smart Snacking Action Plan https://healthpoweredkids.org/lessons/smart-snacking/
	+ 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

* + Together Counts - nutrition curriculum http://www.togethercounts.com
	+ USDA My Plate Kids' Place https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids
	+ Utah Education Network Design a Meal http://www.uen.org/Lessonplan/preview.cgi?LPid=68
	+ USDA - Serving Up My Plate – A Yummy Curriculum Grades 3-4
		- https://www.choosemyplate.gov/kids-parents-educators
		- https://fns-prod.azureedge.net/sites/default/files/tn/sump\_level2.pdf
		- http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum
	+ Water Every Day https://ymiclassroom.com/lesson-plans/water-every-day/
* With The Whole Grain for Kids https://ymiclassroom.com/lesson-plans/go-with-the-whole-grain/
* Zach Lunch: Funky Fruit https://vpm.pbslearningmedia.org/resource/zach-lunch-funky-fruit-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Veggies https://vpm.pbslearningmedia.org/resource/veggies-zach-lunch-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Grain https://vpm.pbslearningmedia.org/resource/grain-zach-lunch-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Daring Dairy https://vpm.pbslearningmedia.org/resource/zach-lunch-daring-dairy-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Protein https://vpm.pbslearningmedia.org/resource/zach-lunch-protein-video/rise-and-shine-health-and-wellness-time/
* Zach Lunch: Lunchtime https://vpm.pbslearningmedia.org/resource/zach-lunch-lunchtime-video/rise-and-shine-health-and-wellness-time/

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

* + Health Smart VA 3rd Grade Page https://healthsmartva.org/3rd-grade
	+ Health Smart VA Home Page Resources
	+ Health Smart VA YouTube Channel
	+ American Heart Association (AHA) - Elementary Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans\_UCM\_001258\_Article.jsp#.WHVMj2VNGs0
	+ Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers
	+ American Heart Association (AHA) - 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
	+ BAM! Body and Mind\_Unit 4: Health Conditions and Disease https://www.cdc.gov/healthyschools/bam/diseases.htm
	+ BAM! Oral Health http://www.cdc.gov/bam/body/smile.html
	+ Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
	+ Delta Dental Smart Smiles K-5 Program https://deltadentalva.com/foundation/smart-smiles.html
	+ East Carolina University -Energizers for Grades K-2 https://www.ecu.edu/cs-hhp/exss/upload/Energizers\_for\_Grades\_K\_2.pdf
	+ Fast Breaks Poster 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
	+ Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
* Health Start Germs to Yourself https://www.youtube.com/watch?v=Xoh82fefs0M
* 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
	+ Kids Health Teacher’s Guides:
		- Fitnesshttps://classroom.kidshealth.org/classroom/3to5/personal/fitness/fitness.pdf
		- Screen timehttps://classroom.kidshealth.org/classroom/3to5/personal/fitness/screen\_time.pdf
		- Sports Safetyhttps://classroom.kidshealth.org/classroom/3to5/personal/fitness/sports\_safety.pdf
		- Sportsmanshiphttps://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmanship.pdf
	+ Move It! - Physical Activity https://vpm.pbslearningmedia.org/collection/move-it/t/move-it-physical-activity/
	+ National Institutes of Health (NIH) - We Can! Eat Play Grow http://www.nhlbi.nih.gov/health/educational/wecan/
	+ PBS Kids It's My Life Interactive http://pbskids.org/itsmylife/index.html
	+ PE Central Lessons http://www.pecentral.org/lessonideas/pelessonplans.html
	+ PE Central - Heart Power http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho
	+ Power Chargers - Quick Activity Breaks http://healthpoweredkids.org/power-chargers/
	+ Safe Routes to School http://www.walkbiketoschool.org
	+ SHAPE America Lessons:
		- PE Musical Spots Fitness Editionhttp://www.shapeamerica.org/events/pesportweek/upload/Musical\_Spots.pdf
		- Healthy Heart Transporthttp://www.shapeamerica.org/events/pesportweek/upload/Heart\_Healthy.pdf
* Season Fitness Lesson Plan https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness-lesson-plan/
* Sleep Well https://ymiclassroom.com/lesson-plans/sleep/
* TED Ed Resources:

How do we know if we have a virus?

How playing sports benefits your body and brain

Yoga does for body and brain

What is obesity?

How playing an instrument benefits your brain

Why our muscles get tired

* Wheel of Fitness Lesson Plan https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness-lesson-plan/

**Substance Abuse Prevention**

* Health Smart VA 3rd Grade Page https://healthsmartva.org/3rd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Addiction and the Brain- for kids! https://youtu.be/s0bqT\_hxMwI
* Alcohol, Tobacco, Drugs (NCPC)
* http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-2-3.html
* http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-3-5.html
* 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 8: E-cigarettes and Alcohol https://www.cdc.gov/healthyschools/bam/e\_cigarettes\_and\_alcohol.htm
* Brain Power! https://www.drugabuse.gov/parents-educators
* Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
* How Your Brain Works – I Have a Go https://www.youtube.com/watch?v=mFuHKJqpxPw
* Got Weirdos Video https://www.youtube.com/watch?v=kIzN5lk6iUM&list=PLC\_m\_qYDT0jMooPITWRSqJy5La7oFc6lE
* Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links\_grades\_kindergarten\_12/drug\_abuse\_guidance\_counselor\_lesson\_plans.htm
* It’s My Life http://pbskids.org/itsmylife/index.html
* Keeping it Real – Elementary School DARE Curriculum https://dare.org/education/
* Keeping Medicine Safe https://youtu.be/UHvPSwIX4aQ
* Generation Rx – Elementary Prescription Rx Toolkit https://www.generationrx.org/toolkits/elementary/
* KidsHealth.org, Smoking, Alcohol and Drugs Teacher's Guides:
* http://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf
* https://classroom.kidshealth.org/classroom/3to5/problems/drugs/alcohol.pdf
* https://classroom.kidshealth.org/classroom/3to5/problems/drugs/drugs.pdf
* https://classroom.kidshealth.org/classroom/3to5/problems/drugs/smoking.pdf
* Learning Mindfulness Through Movement https://healthpoweredkids.org/lessons/mindfulnesthroughmovement/
* LifeSkills Training http://www.lifeskillstraining.com
* NEA Practice Saying No http://www.nea.org/tools/practice-saying-no.html
* NIDA Brain Power Curriculum https://www.drugabuse.gov/brain-power
* Operation Prevention - opioid use prevention https://www.operationprevention.com/classroom
* Poison Control Center, Children’s Hospital of Philadelphia http://media.chop.edu/data/files/pdfs/poison-control-center-medicine-is-not-candy.pdf
* PE Central Drug Abstinence Skills Lesson http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929#.WD2wuWVNGs0
* Practice Saying No http://www.nea.org/tools/practice-saying-no.html
* Refusal: Sample Animation Activity https://www.youtube.com/watch?v=PEEEJLtRJcM
* SAMHSA www.samhsa.gov
* Self-Esteem and Body Image https://healthpoweredkids.org/lessons/self-esteem-and-body-image/
* Together Counts - Decision Making https://togethercounts.com/grades-k-5/
* Wellbeing Healthy Habits https://www.youtube.com/watch?v=dhpCdqOtuj0
* Wise Owl’s Drug Safety Kit: What Is Medicine Video https://www.youtube.com/watch?v=9OK6\_OdWxTA

**Safety/Injury Prevention**

* Health Smart VA 3rd Grade Page https://healthsmartva.org/3rd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* BAM! Safety http://www.cdc.gov/bam/safety
* BAM! Body and Mind\_Unit 7: Injury Prevention and Safety Promotion https://www.cdc.gov/healthyschools/bam/injury.htm
* Bicycle Safer Journey https://youtu.be/dkoVxBnnGko
* Bicycle Safety http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-3-5.html
* Bicycle Helmet Safety https://youtu.be/sV9GjU7cA7o
* Build a Kit https://www.ready.gov/kit
* Education World Be a Sport for Sport Safety https://www.educationworld.com/a\_lesson/lesson233.shtml
* FEMA Be a Hero Youth Emergency Preparedness https://www.fema.gov/media-library-data/a09faf19c5354c01beb9f30125a785cb/FEMA%20UE%20TG\_082613\_508.pdf
* Fire Safety for Kids https://www.youtube.com/watch?v=AWHGdWOI4kw
* Gun Safety http://www.doe.virginia.gov/boe/guidance/safety/school\_gun\_safety\_elementary.pdf
* Home Alone http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-2-3.html
* Home Alone http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-3-5.html
* Internet Safety http://www.safesurfingkids.com/lesson\_plans\_grades\_3\_12.htm
* Kids Fire Safety Awareness https://www.youtube.com/watch?v=Lc2aCmxG6II
* KidsHealth.Org Personal Safety – Strangers and 911 Lesson http://kidshealth.org/classroom/prekto2/personal/safety/strangers\_911.pdf
* KidsHealth.org Video: Concussion https://www.youtube.com/watch?v=FkLT\_aZ2u5k
* KidsHealth.org Bicycle Safety Lesson https://classroom.kidshealth.org/classroom/3to5/personal/safety/bike\_safety.pdf
* NHTSA Bicycle Safety Activity Kit https://one.nhtsa.gov/people/injury/pedbimot/bike/bskitboth/3152bskit/index.htm
* NHTSA Pedestrian Safety Curriculum https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf
* Pedestrian Safer Journey https://youtu.be/E5BFdJu-pjE
* Playground Safety Check - http://www.educationworld.com/a\_lesson/01-1/lp233\_03.shtml
* Risk Watch Safety Videos http://dasmus.weebly.com/risk-watch.html
* Road Safety Video https://www.youtube.com/watch?v=\_NeEF1fwT4k
* Safety Adventures: Home Safety https://youtu.be/QSWC75raMx4
* Safety Lessons https://mecklenburg.ces.ncsu.edu/youthsafety
* SafeKids Home Safety http://www.safekids.org/home-safety-educators
* SafeKids Pedestrian Safety http://www.safekids.org/sites/default/files/documents/educators/pedestrian\_safety\_lesson\_plan\_0.pdf
* Sound Off with the Home Safety Fire Patrol https://ymiclassroom.com/lesson-plans/soundoff-teachers/
* Strangers http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-2-3.html
* Smart Choices Curriculum Grade 3 http://www.youthsafenb.ca/en/smartchoices/pdf/smart%20choices%20grade%203.pdf
* Staying Safe Online/Safety Net Kids Tip Sheet http://www.safetynetkids.org.uk/personal-safety/staying-safe-online/
* Support Tree: Who’s Safe to Ask for Help Activity https://www.cfchildren.org/blog/2017/12/support-tree-activity/
* The Facts About Concussions https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/
* The Concussion Conundrum https://healthpoweredkids.org/lessons/concussion-conundrum/
* Top 10 Bike Safety Rules https://youtu.be/PT1-mDlVyaI
* Traffic Signs and Rules https://youtu.be/PpEWVxNj2xo
* USDOTFHWA Bicycle Safer Journey Video https://www.youtube.com/watch?v=dkoVxBnnGko&list=PL5\_sm9g9d4T3BymMO8D8FcNn9PyuynSoG
* Water Safety Video: Danger Rangers Everybody Be Water Safe https://www.youtube.com/watch?v=6AoOXxVOPUw
* Water Safety Video: Modeling Water Safety https://www.youtube.com/watch?v=v3cID86hw0k
* Kidshealth.org Educators Site http://classroom.kidshealth.org
* Youth Emergency Kit Checklist and Youth Family Emergency Plan https://www.ready.gov/kids/family-emergency-planning/build-a-kit

**Mental Wellness/Social Emotional Skills**

* Health Smart VA 3rd Grade Page https://healthsmartva.org/3rd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Featured Resources
Health Smart Virginia Feature Section – Social Emotional Health Resources
Health Smart Virginia Feature Section – Mental Health Wellness Resources
Health Smart Virginia Feature Section – Trauma Informed, Now What?
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
* Arthur Interactive Media Buddy Project - An ARTHUR Social, Emotional, and Character Development Curriculum K5  https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNFho
* 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
* Centervention SEL Activities https://www.centervention.com/social-emotional-learning-activities/
* Classroom Activities - MACMH | MACMH
* Classroom Physical Activity Helps Students with Mental Health and Anxiety
* Committee for Children (CFC) Free Classroom Activities https://www.cfchildren.org/resources/free-classroom-activities/
* Cool It! - Self Awareness (Yoga) https://vpm.pbslearningmedia.org/collection/move-it/t/cool-it/
* Daniel Tiger's Neighborhood – Scared of Thunder https://www.pbslearningmedia.org/resource/2335e27f-5ac0-4973-a0b9-c5ccd94677b2/daniel-and-o-are-scared-of-the-thunder/#.WRpJHmVNFho
* EVERFI-Social Emotional Learning Resources https://everfi.com/offerings/social-emotional-learning/
* BAM! Life http://www.cdc.gov/bam/life/index.html
* Daniel Tiger's Neighborhood - When You Feel So Mad that You Want to Roar – Strategy Song and Activity (Anger) https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNFho
* 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
* Fit4TheClassroom – Mood Music Lesson http://stage.fit4theclassroom.com/mood
* Free-Anger-Worksheets - An anger log to help kids track their triggers for anger. Elementary, Middle
* Free-Calming-Poster- Simple calming posters for a calm down area that remind kids to relax and breathe. Elementary, Middle
* Free-Coping-Strategies-Challenge Have students learn 30 coping strategies in 30 days to teach about managing emotions. Elementary, Middle
* Free-Coping-Strategies-Notebook A tool that helps kids to practice and use their coping strategies when they need them. Elementary, Middle
* Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
* Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education   http://www.arkansased.gov/public/userfiles/Learning\_Services/GUIDE\_for\_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf
* Go Noodle – Physical Activity and Mindfulness Breaks https://www.gonoodle.com
* How to Help Children Manage Fears https://childmind.org/article/help-children-manage-fears/
* Interactive Games in Support of Mental Health | Mental Health Delta Division
* Joyful Mind – Mindfulness in the Classroom Activities http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions
* KidsHealth.org Teacher’s Guides for Grades 3-5:
	+ Self Esteem https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\_esteem.pdf
	+ Empathy http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf
	+ Conflict Resolution https://classroom.kidshealth.org/3to5/personal/growing/conflict\_resolution.pdf
	+ Getting Along http://classroom.kidshealth.org/3to5/personal/growing/getting\_along.pdf
	+ Peer Pressure http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf
	+ Stress https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf
	+ Feeling Sad http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf
* Learn to Be Healthy http://www.learntobehealthy.org/health-education/mental-health.aspx
* Learning to Give - I Feel Angry or Sad When http://www.learningtogive.org/lessons/unit156/lesson5.html
* Learning to Give - Define Wants and Needs https://www.learningtogive.org/units/investing-others-k-2/define-wants-and-needs
* Lesson – Responding to Teasing and Put Downs http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20(Grade%203).pdf
* Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
* Mental Health Activities for High School Students - The Truthful Tutor
* ‎Mental Health Awareness: Free Resources & More | Share My Lesson
* Michigan Education - Online Professional Development for Social Emotional Learning

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

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

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

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

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

* Mindful Moments – MCPS Be Well 365 - Student Activity Videos
* Mindful Movement for Young Learners - YouTube
* Mindful Schools – Lesson - Introduction to Mindful Bodies and Listening http://www.mindfulschools.org/resources/explore-mindful-resources/
* Mindful Schools http://www.mindfulschools.org/resources/explore-mindful-resources
* Mindful Teachers Site http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html
* Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
* Mr. Steve, The Music Man Positive Mental Attitude https://vpm.pbslearningmedia.org/resource/pma-mr-steve-the-music-man-video/rise-and-shine-health-and-wellness-time/
* No Time For Flash Cards – Circle Time Lessons about Emotions http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html http://pbskids.org/daniel/videos/
* Open Up Magazine, Minnesota Association for Children’s Mental Health – Getting to Know You, Empathy – How are You Feeling, It’s All in Your Viewpoint http://www.macmh.org/open-up-magazine/classroom-activities/
* PBS - Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/
* PBS - It’s My Life http://pbskids.org/itsmylife/index.html
* PE Central lessons
	+ Emotions in Motion http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho
	+ Emotion Discovery with DDR http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10126#.WR42smVNFho
	+ Feelings http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11039#.WR3WfWVNFho
	+ The Feelings Hop http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=1636#.WR3W02VNFho
	+ Yoga Unit – Feelings and Reactions http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFWVNFho
	+ Problem Solving Door http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3584#.WR41J2VNFho
	+ Stress Hot Potato http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6604#.WR41RmVNFho
* Reach Out - Asking students if they are okay https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day
* Rossier USC - Creating Safe Spaces – Social Emotional Lessons https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/
* Scholastic – 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
* Sesame Street - Quiet or Loud Video https://www.pbslearningmedia.org/resource/sesame-quiet-or-loud/quiet-or-loud-song-sesame-street/#.WRpIGGVNFho
* 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
* Teacher Vision - Feelings Are Okay http://www.teachervision.fen.com/mental-health/printable/44813.html
* Tennessee Department of Mental Health - BASIC – A Collection of Social Emotional Lesson Plans & Activities (Grades K-3) http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf
* Together Counts – Smart From the Start - Every Body Is Special https://healthsmartva.org/uploads/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf
* Together Counts - Energy Balance 1.2. Full Esteem Ahead https://togethercounts.com/grades-k-5/
* UNICEF Kid Power Videos for Children and Families
* Wall Street Journal - Overview of Mindfulness https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647
* We Are Teachers: Resources for Social and Emotional Learning http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources
* When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\_guide.pdf
* Y Project Cornerstone – Teasing and Putdowns Lesson http://www.projectcornerstone.org/html/pdfs/PC\_ABCsamplelessonplan.pdf

**Violence Prevention**

* Health Smart VA 3rd Grade Page https://healthsmartva.org/3rd-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Al's Pals: Kids Making Healthy Choices http://wingspanworks.com
* Anti-Bullying Squad https://youtu.be/3ypxq2C4JuY
* BAM! Life http://www.cdc.gov/bam/life/index.html
* Be an Upstander - Prevent Bullying https://youtu.be/eeqQCyQOCPg
* Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
* Bullying Prevention Lesson Plans https://rossieronline.usc.edu/bullying-prevention-lesson-plans/
* Collection of Social Emotional Lesson Plans http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf
* Committee for Children - Bullying Prevention Unit
* Emotional Development Resources https://www.teachervision.com/emotional-development/teacher-resources/32913.html
* Five Ways to Stop Bullying https://youtu.be/vGV5jzPYvm0
* Kids against Bullying http://www.pacerkidsagainstbullying.org/kab/
* 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 Classroom Resources (Bullying) https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd
* PACER Elementary School Activities (Bullying) https://www.pacer.org/bullying/classroom/elementary/
* PACER Elementary School Curriculum (Bullying) https://www.pacer.org/bullying/classroom/ele-curr/
* Peaceful Schools http://peacefulschoolsinternational.org
* Social Emotional Learning K-5 http://www.scholastic.com/teachers/lesson-plans/free-lesson-plans/search?query=&subject%5B%5D=912
* Together Counts – Decision Making https://togethercounts.com/grades-k-5
* We Are Teachers: Resources for Social and Emotional Learning https://togethercounts.com/grades-k-5