



Grade 1 Resource Links

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## Body Systems

- AAAS Science NetLinks All Systems Go! <http://sciencenetlinks.com/afterschool-resources/all-systems-go>
- Education.com Worksheets <http://www.education.com/worksheets/body/>
- [How does the immune system work?](#) (TED Ed)
- Human Body for Kids Games, etc. <http://www.sciencekids.co.nz/humanbody.html>
- [Human Body - Science for Kids - You Tube](#)
- [Human Body Systems for Kids Video Lesson and Activity Plan](#)
- Interactive Sites for Education - Body Systems <http://interactivesites.weebly.com/body-systems.html>
- KidsHealth Human Body PreK-2 <https://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body>
- KidsHealth How the Body Works <http://kidshealth.org/en/kids/center/htbw-main-page.html>
- KidsHealth How the Body Works YouTube Video Series <https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- My Senses Tell Me <http://sciencenetlinks.com/lessons/my-senses-tell-me/>
- PBS Arthur Family Health <http://www.pbslearningmedia.org/collection/arthur-family-health/#>
- **Lesson Plans**
  - Amazing Body Systems [http://www.coreknowledge.org/mimik/mimik\\_uploads/lesson\\_plans/271/Amazing%20Body%20Systems.pdf](http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf)
  - Anatomy: A Fun Look at the Digestive System <http://mypages.iit.edu/~smile/bi9307.html>
  - Every Body Is Special <https://healthsmartva.org/uploads/rtditor/file/3-Every%20Body%20Is%20Special%20.pdf>
  - Heart Power <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho>
  - My Senses Tell Me <http://sciencenetlinks.com/lessons/my-senses-tell-me/>
  - No Bones About It! [http://www.coreknowledge.org/mimik/mimik\\_uploads/lesson\\_plans/558/No%20Bones%20About%20It.pdf](http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/558/No%20Bones%20About%20It.pdf)
  - Our Systematic Body [http://www.coreknowledge.org/mimik/mimik\\_uploads/lesson\\_plans/1167/1\\_OurSystematicBody.pdf](http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/1167/1_OurSystematicBody.pdf)
  - Project Heart for Educators Grade 2 Curriculum <http://www.texasheart.org/ProjectHeart/Educators/Grade2/Curriculum.cfm>
  - Straight from the Heart <http://mypages.iit.edu/~smile/bi9514.html>
  - Super Hero Fitness <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5895#.V8iAdcdNFho>
  - The Circulatory System [http://www.pbslearningmedia.org/resource/tdc02.sci.life.stru.lp\\_circula/the-circulatory-system/](http://www.pbslearningmedia.org/resource/tdc02.sci.life.stru.lp_circula/the-circulatory-system/)
  - Top Five Body Shop  
<https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body-five-senses/>
  - What Happens When You Eat? <http://mypages.iit.edu/~smile/bi9706.html>
  - What Is Blood and How It Circulates In and Out of the Heart - <http://mypages.iit.edu/~smile/bi9009.html>
  - What Makes This Machine of Ours Work? <https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body/>

## Community/Environmental Health

- 18 Earth Day Activities <https://www.kindergartenworks.com/kindergarten-teaching-ideas/holidays/18-earth-day-activities/>
- Be a Green Kid <http://kidshealth.org/en/kids/go-green.html>
- Green Schools - Earth Day Activities and Ideas <http://www.greenschools.net/article.php-id=160.html>
- Learning and Teaching about the Environment <https://www.epa.gov/students>
- Project Learning Tree - Earth Day Activities <https://www.plt.org/educator-tips/earth-day-activities/>
- Purdue University - Our Changing Environment Lesson <https://www.doe.in.gov/sites/default/files/elme/kindergarten-lessons-our-changing-environment.pdf>
- Reduce, Reuse, Recycle <http://kids.niehs.nih.gov/topics/reduce/>
- Recycling [http://www.k6edu.com/2ndgrade/social\\_studies/recycling.html](http://www.k6edu.com/2ndgrade/social_studies/recycling.html)
- Ways to Help the Environment <http://www.teachervision.fen.com/conservation/graphic-organizers/32557.html?detoured=1>
- Water on Planet Earth <http://www.teachervision.fen.com/earth/printable/29267.html>
- We Are Teachers - Earth Day Activities <https://www.weareteachers.com/meaningful-earth-day-activities/>
- Why We Recycle? <http://www.instructorweb.com/lesson/recycling.asp>
- MedlinePlus: Evaluating Health Information [b] <http://www.nlm.nih.gov/medlineplus>
- [World Wildlife Educational Resources](#)

## Nutrition

- [The 5 Fabulous Food Groups - You Tube](#)
- American Heart Association (AHA) - Elementary Lesson Plans [http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans\\_UCM\\_001258\\_Article.jsp#.WHVMj2VNGs0](http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0)
- BAM! Body and Mind Teacher's Corner Nutrition <http://www.cdc.gov/bam/nutrition/index.html>
- Food Plate Game <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Great Body Shop <https://www.thegreatbodysshop.net/curriculum/k-six/topics>
- [Healthy Eating – 5 Food Groups – You Tube](#)
- Kids Health Teacher's Guides:
  - *Breakfast* <https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/breakfast.pdf>
  - *Food and Cooking Safety* [https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food\\_safety.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food_safety.pdf)
  - *Healthy Snacking* [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy\\_snacking.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf)
  - *School Lunch* [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school\\_lunch.pdf](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/kids>
- 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 <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>
- 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](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](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](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.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/sump_level1.pdf) <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>

## Physical Health/Disease Prevention/Health Promotion

### • 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 (AHA) - NFL Play 60 Challenge [http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge\\_UCM\\_304278\\_Article.jsp#.WHVKCWVNGs0](http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WHVKCWVNGs0)
- East Carolina University - Energizers for Grades K-2 [https://www.ecu.edu/cs-hhp/exss/upload/Energizers\\_for\\_Grades\\_K\\_2.pdf](https://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf)
- Fuel Up to Play 60 [https://www.fueluptoplay60.com/tools#tab\\_why-physical-activity](https://www.fueluptoplay60.com/tools#tab_why-physical-activity)
- Fast Breaks [https://kidshealth.org/classroom/posters/nba\\_fit\\_classroom\\_color.pdf](https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf)
- Go Noodle - Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Kids Health 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 <http://www.pecentral.org/lessonideas/pelessonplans.html>
- Safe Routes to School <http://www.walkbiketoschool.org>
- SHAPE America - Space Jamming <http://www.shapeamerica.org/events/pesportweek/upload/Space-Jamming-2.pdf>

### • 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](http://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf)
- CDC Hand Washing Experiment [https://www.cdc.gov/bam/teachers/documents/epi\\_4\\_hand\\_wash.pdf](https://www.cdc.gov/bam/teachers/documents/epi_4_hand_wash.pdf)
- 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>
- Henry the Hand - 4 Principles of Hand Awareness <http://www.henrythehand.com>
- How to Brush Your Teeth Properly - For Kids - video <https://youtu.be/hDZXSMU2IAk>
- How to Wash Your Hands - video <https://www.youtube.com/watch?v=LQ24EfM7sEw>
- Kids Health 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](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](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7_RU8dNFho)

- Power Chargers - Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Seuss Sleep Book Lesson Plan <https://www.brighthubeducation.com/lesson-plans-grades-1-2/20926-dr-seuss-sleep-book-lesson-plan/>
- 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>

## **Substance Abuse Prevention**

## Safety/Injury Prevention

- Bike Safety and Road Signs <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-1-2.html>
- Drugs and Medication Lessons for Pre-K-2 <https://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf>
- Education World Be a Sport for Sport Safety [https://www.educationworld.com/a\\_lesson/lesson233.shtml](https://www.educationworld.com/a_lesson/lesson233.shtml)
- Fire and Life Safety Lessons for Kids <https://www.vafire.com/fire-safety-education/fire-life-safety-lessonsactivities-for-kids/>
- Fire Safety [http://alex.state.al.us/lesson\\_view.php?id=13307](http://alex.state.al.us/lesson_view.php?id=13307)
- Fire 911 Kids Activity Book [https://www.vafire.com/content/uploads/2016/09/Kids\\_Activity\\_Book.pdf](https://www.vafire.com/content/uploads/2016/09/Kids_Activity_Book.pdf)
- Fire Safety RAP 9-1-1 [https://www.youtube.com/watch?v=s\\_5FqaWTj9c](https://www.youtube.com/watch?v=s_5FqaWTj9c)
- Gun Safety K-5 [http://www.doe.virginia.gov/boe/guidance/safety/school\\_gun\\_safety\\_elementary.pdf](http://www.doe.virginia.gov/boe/guidance/safety/school_gun_safety_elementary.pdf)
- Home Safety K-2 <http://www.safekids.org/home-safety-educators>
- Internet4Kids Drug Lesson Plans K-12 [https://www.internet4classrooms.com/links\\_grades\\_kindergarten\\_12/drug\\_abuse\\_guidance\\_counselor\\_lesson\\_plans.htm](https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm)
- Keeping it Real - Elementary School DARE Curriculum <https://dare.org/education/>
- KidsHealth.org Bike Safety Lesson Plan and Handouts [https://classroom.kidshealth.org/classroom/prekto2/personal/safety/bike\\_safety.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/safety/bike_safety.pdf)
- KidsHealth.org Water Safety Lesson Plan [https://classroom.kidshealth.org/classroom/prekto2/personal/safety/water\\_safety.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/safety/water_safety.pdf)
- Maryland DOT Pedestrian Safety Lessons for First Grade <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf>
- National Program for Playground Safety Report Card <http://playgroundsafety.org/resources/safety-checklist>
- NHTSA Bicycle Safety Activity Kit <http://www.nhtsa.gov/people/injury/pedbimot/bike/bskitboth/3152bskit/index.htm>
- NHTSA Pedestrian Safety K-5 <https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum>
- NHTSA Walkability Checklist <http://www.nhtsa.gov/Driving-Safety/Pedestrians/Walkability-Checklist>
- PBS Learning Media - Search Topic: Safety [http://www.pbslearningmedia.org/search/?q=safety&selected\\_facets=&selected\\_facets=grades\\_exact%3A1](http://www.pbslearningmedia.org/search/?q=safety&selected_facets=&selected_facets=grades_exact%3A1)
- Safe Kids 4-H Pedestrian-Bike Safety Curriculum <https://mecklenburg.ces.ncsu.edu/wp-content/uploads/2015/06/FINAL-4-H-Safe-Kids-Pedestrian-Bike-Safety-Safety-1K-Curriculum.pdf?fwd=no>
- Sesame Street - Lets Get Ready <http://www.sesamestreet.org/toolkits/ready?language=en>
- Strangers and Trusted Adults <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-k-1.html>
- Sun Safety: A Summer Safety Activity <http://www.scholastic.com/teachers/lesson-plan/sun-safety-summer-safety-activity>
- SunWise <https://www.neefusa.org/sunwise>
- Support Tree: Who's Safe to Ask for Help Activity <https://www.cfchildren.org/blog/2017/12/support-tree-activity/>
- TeacherVision Safety Resources and Lesson Plans <https://www.teachervision.com/subjects/health-safety/safety>
- US Army Core of Engineers Safe Passages Water Safety Program [https://www.usace.army.mil/Missions/Civil-Works/Recreation/Water-Safety/National-Water-Safety-Program/Education\\_Resources/](https://www.usace.army.mil/Missions/Civil-Works/Recreation/Water-Safety/National-Water-Safety-Program/Education_Resources/)
- USDOTFHWA Bicycle Safer Journey <https://www.youtube.com/watch?v=dkoVxBnnGko>
- USDOTFHWA Pedestrian Safer Journey <https://www.youtube.com/watch?v=PzghGxEqBMQ>
- Virginia Safe Kids Coalitions <https://www.safekids.org/coalition/safe-kids-virginia>



## Mental Wellness/Social Emotional Skills

- **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
- Al's Pals: Kids Making Healthy Choices <http://www.wingspanworks.com>
- An ARTHUR Social, Emotional, and Character Development Curriculum K-5 <https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNFho>
- BAM! Life <http://www.cdc.gov/bam/life/index.html>
- 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/>
- Daniel Tiger's Neighborhood - Activity Fast and Slow Then Stop <https://www.pbslearningmedia.org/resource/7db6cd68-1538-4961-aa11-66bcff9ec328/activity-fast-and-slow-then-stop-daniel-tigers-neighborhood/#.WRpK3WVNFho>
- Daniels Neighborhood - Katerina Sneaks in Front - Strategy Song/ Activity (Anger) <https://www.pbslearningmedia.org/resource/25bb2e63-2508-4926-a178-ed01518def6d/25bb2e63-2508-4926-a178-ed01518def6d/#.WRpKUmVNFho>
- 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>
- Daniel Tiger's Neighborhood - You Feel So Mad You Want to Roar - Strategy Song /Activity (Anger) <https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNFho>
- Elementary School Counseling - Identifying and Expressing
- EMOTIONAL ABC Classroom
- EVERFI - Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
- Everyday mindfulness - YouTube
- Feelings <http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html>
- 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](http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf)
- 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>
- Generation Rx – Elementary Prescription Rx Toolkit <https://www.generationrx.org/toolkits/elementary/>
- KidsHealth.org Teacher’s Guides for PreK-2:
  - Self Esteem [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\\_esteem.pdf](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>
  - Sportsmanship <https://classroom.kidshealth.org/prekto2/personal/fitness/sportsmanship.pdf>
  - Conflict Resolution [https://classroom.kidshealth.org/prekto2/personal/growing/conflict\\_resolution.pdf](https://classroom.kidshealth.org/prekto2/personal/growing/conflict_resolution.pdf)
  - Getting Along [http://classroom.kidshealth.org/prekto2/personal/growing/getting\\_along.pdf](http://classroom.kidshealth.org/prekto2/personal/growing/getting_along.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 to Give - I Feel Angry or Sad When <http://www.learningtogive.org/lessons/unit156/lesson5.html>
- Lesson - Responding to Teasing and Put Downs [http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20\(Grade%203\).pdf](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](#)
- 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 Learning Media; Numerous K-12 Lessons Using Search Term: Social Skills <http://www.pbslearningmedia.orghttp://pbskids.org/daniel/videos/>
- 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 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>
- 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 (K-3<sup>rd</sup>grade) <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/rtditor/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](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](http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf)

## Violence Prevention

- Al's Pals: Kids Making Healthy Choices <http://www.wingspanworks.com>
- Committee for Children - Bullying Prevention Unit
- Group Cooperation <http://atozteacherstuff.com/pages/220.shtml>
- Looks Like Respect, Sounds Like Respect, Feels Like <http://www.learningtogive.org/lessons/unit156/lesson4.html>
- 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](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/>
- PBS Learning Media; Numerous K-12 Lessons Using Search Term: Social Skills <http://www.pbslearningmedia.org>
- KidsHealth Classroom [www.KidsHealth.org](http://www.KidsHealth.org)