

**Grade 1 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 1st Grade Page https://healthsmartva.org/1st-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* AAAS Science NetLinks All Systems Go! http://sciencenetlinks.com/afterschool-resources/all-systems-go
* BAM! Body and Mind\_Unit 4: Health Conditions and Disease https://www.cdc.gov/healthyschools/bam/diseases.htm
* 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
* The Human Brain https://www.youtube.com/watch?v=1aCYsYSM1MA
* 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
	+ Anatomy: A Fun Look at the Digestive System http://mypages.iit.edu/~smile/bi9307.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/
	+ Every Body Is Special https://healthsmartva.org/uploads/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf
	+ Heart Power http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho
	+ Hello Body/ The Healthy Kids Project https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/
	+ Muscles - Science Trek https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/
	+ 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 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
	+ Our Systematic Body 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/
	+ Top Five Body Shop
	https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body-five-senses/
	+ We Have Bodies/The Healthy Kids Project https://vpm.pbslearningmedia.org/resource/ddb402fe-71b8-444a-85ab-a56e3f962bbc/we-have-bodies/
	+ 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**

* Health Smart Virginia 1st Grade Page https://healthsmartva.org/1st-grade
* 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/
* Be a Green Kid http://kidshealth.org/en/kids/go-green.html
* Do Fish Have a Home? https://www.sciencejournalforkids.org/articles/do-fish-have-a-home/
* 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
* 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
* What happens to plastic in the soil? https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/
* 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**

* Health Smart Virginia 1st Grade Page https://healthsmartva.org/1st-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 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
* BAM! Body and Mind\_Unit 2: Nutrition https://www.cdc.gov/healthyschools/bam/nutrition.htm
* Balanced Diet – AumSum https://www.youtube.com/watch?v=YimuIdEZSNY
* Be A Store Explorer, Nutrition https://ymiclassroom.com/lesson-plans/be-a-store-explorer/
* Food Plate Game https://lesson-plans.theteacherscorner.net/health/food-plate-game.php
* Foods that Grow https://vpm.pbslearningmedia.org/resource/bfe98864-02f2-4885-9553-0dc849536e49/foods-that-grow/
* 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
* Healthy Eating – 5 Food Groups – You Tube
* 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/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/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
		- 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
* Water Every Day https://ymiclassroom.com/lesson-plans/water-every-day/
* 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/
* 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/

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

* Health Smart Virginia 1st Grade Page https://healthsmartva.org/1st-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* **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

* + 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
	+ Fuel Up to Play 60 https://www.fueluptoplay60.com/tools#tab\_why-physical-activity
	+ 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/
	+ Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
	+ 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
	+ 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/
	+ Hello Body/ The Healthy Kids Project https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/
	+ 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
	+ Season Fitness Lesson Plan https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness-lesson-plan/
	+ SHAPE America - Space Jamming http://www.shapeamerica.org/events/pesportweek/upload/Space-Jamming-2.pdf
	+ Wheel of Fitness Lesson Plan https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-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/bam/teachers/documents/epi\_4\_hand\_wash.pdf
	+ 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
	+ Henry the Hand - 4 Principles of Hand Awareness http://www.henrythehand.com
	+ Health Start Germs to Yourself https://www.youtube.com/watch?v=Xoh82fefs0M
	+ 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
	+ 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
	+ PE Central - Rush to Brush - Grades K-2 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/
	+ The Couch Potato Blues https://vpm.pbslearningmedia.org/resource/c5f6efdb-b93f-49a5-9096-25418906b54c/the-couch-potato-blues/
	+ The Healthy Kids Project - Disease Prevention/Health Promotion https://vpm.pbslearningmedia.org/collection/the-healthy-kids-project/
	+ Virginia Department of Health Dental Program http://www.vdh.virginia.gov/oral-health/
	+ Wash Your Hands https://vpm.pbslearningmedia.org/resource/wash-your-hands-video/meet-the-helpers/
	+ 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**

* Health Smart Virginia 1st Grade Page https://healthsmartva.org/1st-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Addiction and the Brain- for kids! https://youtu.be/s0bqT\_hxMwI
* Bam! Body and Mind\_Unit 8: E-cigarettes and Alcohol https://www.cdc.gov/healthyschools/bam/e\_cigarettes\_and\_alcohol.htm
* Keeping Medicine Safe https://youtu.be/UHvPSwIX4aQ

**Safety/Injury Prevention**

* Health Smart Virginia 1st Grade Page https://healthsmartva.org/1st-grade
* 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 Safer Journey https://youtu.be/dkoVxBnnGko
* Bicycle Helmet Safety https://youtu.be/sV9GjU7cA7o
* 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
* Caregiver Tips for Talking About Emergencies https://vpm.pbslearningmedia.org/resource/caregiver-tips-for-talking-about-emergencies-video/meet-the-helpers/
* 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
* 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
* Fire Safety for Kids https://www.youtube.com/watch?v=AWHGdWOI4kw
* Kids Fire Safety Awareness https://www.youtube.com/watch?v=Lc2aCmxG6II
* Fire 911 Kids Activity Book 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
* Gun Safety K-5 http://www.doe.virginia.gov/boe/guidance/safety/school\_gun\_safety\_elementary.pdf
* Help Each Other https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/
* 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
* 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
* KidsHealth.org Water Safety Lesson Plan 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
* 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/
* 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
* Pedestrian Safer Journey https://youtu.be/E5BFdJu-pjE
* PBS Learning Media - Search Topic: Safety http://www.pbslearningmedia.org/search/?q=safety&selected\_facets=&selected\_facets=grades\_exact%3A1
* Road Safety Video https://www.youtube.com/watch?v=\_NeEF1fwT4k
* Safety Adventures: Home Safety https://youtu.be/QSWC75raMx4
* 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-Curricululm.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
* Top 10 Bike Safety Rules https://youtu.be/PT1-mDlVyaI
* Traffic Signs and Rules https://youtu.be/PpEWVxNj2xo
* 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/
* 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**

* Health Smart Virginia 1st Grade Page https://healthsmartva.org/1st-grade
Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
What is SEL
WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
Teaching Activities to Support Core SEL Competencies
* 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
* 3 Committee for Children (CFC) Free SEL Classroom Activities
* 4 Inventive Games that Teach Students Social Skills
* 5 Activities to Support Students Through the Holidays
* 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
* 5 Digital Tools To Promote Social-Emotional Learning in After School | Extended Notes
* 7 Fun Communication Games that Increase Understanding
* 7 SEL Activities for Students to Do at Home
* 8 Social Emotional Learning Activities for a Classroom
* 8 Downloadable SEL Activities for Home and School
* 9 Mental Health Activities to Do with Your Children - BelievePerform
* 10 Activities to Help Children Explore Emotions
* 10 Activities to Integrate Social Emotional Learning into the Classroom
* 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
* 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
* 10 Tips to Help Your Child with Anger, Aha! Parenting
* 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
* 12 Games to Teach Social-Emotional Learning - Playworks
* 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
* 12 Ways Teachers Can Build Their Own Resilience
* 13 Powerful SEL Activities | Edutopia
* 15 Activities for Teaching CASEL Core Competencies | Waterford.org
* 16 Anger Management Activities, School Counseling Files
* 16 Social and Emotional Learning Activities - Aperture Education
* 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
* 25 Ways to Integrate Social Emotional Learning into Your Classroom
* 25 At Home SEL Activities - Choice Board
* 28 Mental Health Activities, Worksheets & Books for Adults & Students
* 30 Character-Building Ideas and Activities for School, Sign Up Genius
* 30 + Free Choice SEL Activities
* 73 Social Emotional Learning Activity Sheets
* 97 SEL Skills Activities – InspiredStudents.org
* 100 Kid Activities to Build Character, Moments a Day
* 101 Ways to Teach Children Social Skills
* 132 SEL Apps, Games, Activities for Building Character in the Classroom
* 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
* 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
* 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
* Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
* How Your Brain Works – I Have a Go https://www.youtube.com/watch?v=mFuHKJqpxPw
* 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
* 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/
* Help Each Other https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/
* 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
	+ Sportsmanship https://classroom.kidshealth.org/prekto2/personal/fitness/sportsmanship.pdf
	+ Conflict Resolution https://classroom.kidshealth.org/prekto2/personal/growing/conflict\_resolution.pdf
	+ Getting Along 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
* Learning Mindfulness Through Movement https://healthpoweredkids.org/lessons/mindfulnesthroughmovement/
* 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 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/
* 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 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
* 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 (K-3rdgrade) 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
* Wellbeing Healthy Habits https://www.youtube.com/watch?v=dhpCdqOtuj0
* 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 Virginia 1st Grade Page https://healthsmartva.org/1st-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Al's Pals: Kids Making Healthy Choices http://www.wingspanworks.com
* 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
* Group Cooperation http://atozteacherstuff.com/pages/220.shtml
* Help Each Other https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/
* KidsHealth Classroom www.KidsHealth.org
* 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
* 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