



Grade 1 Resource Links

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

Body Systems

Community/Environmental Health

Nutrition

Physical Health/Disease Prevention/Health Promotion

Substance Abuse Prevention

Safety/Injury Prevention

Mental Wellness/Social Emotional Skills

Violence Prevention

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) 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) <http://mypages.iit.edu/~smile/bi9307.html>
 - [BrainPop Jr. – Bones](https://jr.brainpop.com/health/bodies/bones/) <https://jr.brainpop.com/health/bodies/bones/>
 - [BrainPop Jr. – Lungs](https://jr.brainpop.com/health/bodies/lungs/) <https://jr.brainpop.com/health/bodies/lungs/>
 - [BrainPop Jr. – Senses](https://jr.brainpop.com/health/bodies/senses/) <https://jr.brainpop.com/health/bodies/senses/>
 - [BrainPop Jr. – Muscles](https://jr.brainpop.com/health/bodies/muscles/) <https://jr.brainpop.com/health/bodies/muscles/>
 - [BrainPop Jr. – Heart](https://jr.brainpop.com/health/bodies/heart/) <https://jr.brainpop.com/health/bodies/heart/>
 - [BrainPop Jr. – Exercise](https://jr.brainpop.com/health/bodies/exercise/) <https://jr.brainpop.com/health/bodies/exercise/>
 - [BrainPop Jr. – Digestive System](https://jr.brainpop.com/health/bodies/digestivesystem/) <https://jr.brainpop.com/health/bodies/digestivesystem/>
 - [Dental Care Quizzes](https://vpm.pbslearningmedia.org/resource/face9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/) <https://vpm.pbslearningmedia.org/resource/face9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
 - [Every Body Is Special](https://healthsmartva.org/uploads/rtditor/file/3-Every%20Body%20Is%20Special%20.pdf) <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) <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/) <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/) <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) <https://www.youtube.com/watch?v=HcgNh4hVi4k>
 - [Magic School Bus Explores the Human Body Part 2 \(Kids Global\)](#)
 - <https://www.youtube.com/watch?v=aDQIFbMbChw>
 - [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.thegreatbodysshop.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 Safety* https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food_safety.pdf
 - *Healthy Snacking* https://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.pdf<http://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/face9675-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/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
- 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.npc.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-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>
- Top 10 Bike Safety Rules <https://youtu.be/PT1-mDIVyal>
- 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 \[http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf\]\(http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf\)](#)
- [How to Help Children Manage Fears <https://childmind.org/article/help-children-manage-fears/>](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>](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/>](https://www.generationrx.org/toolkits/elementary/)
- [Help Each Other <https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/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 \[https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf\]\(https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf\)](https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf)
 - [Empathy <https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf>](https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf)
 - [Feelings <https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf>](https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf)
 - [Stress <http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf>](http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf)
 - [Sportsmanship <https://classroom.kidshealth.org/prekto2/personal/fitness/sportsmanship.pdf>](https://classroom.kidshealth.org/prekto2/personal/fitness/sportsmanship.pdf)
 - [Conflict Resolution \[https://classroom.kidshealth.org/prekto2/personal/growing/conflict_resolution.pdf\]\(https://classroom.kidshealth.org/prekto2/personal/growing/conflict_resolution.pdf\)](https://classroom.kidshealth.org/prekto2/personal/growing/conflict_resolution.pdf)
 - [Getting Along \[http://classroom.kidshealth.org/prekto2/personal/growing/getting_along.pdf\]\(http://classroom.kidshealth.org/prekto2/personal/growing/getting_along.pdf\)](http://classroom.kidshealth.org/prekto2/personal/growing/getting_along.pdf)
 - [Stress <http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf>](http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf)
- [Learn to Be Healthy <http://www.learntobehealthy.org/health-education/mental-health.aspx>](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>](http://www.learningtogive.org/lessons/unit156/lesson5.html)
- [Learning Mindfulness Through Movement <https://healthpoweredkids.org/lessons/mindfulnesssthroughmovement/>](https://healthpoweredkids.org/lessons/mindfulnesssthroughmovement/)
- [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\)](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/>](http://www.mindfulschools.org/resources/explore-mindful-resources/)
- [Mindful Schools <http://www.mindfulschools.org/resources/explore-mindful-resources>](http://www.mindfulschools.org/resources/explore-mindful-resources)
- [Mindful Teachers Site <http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html>](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/>](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>
- Technology - 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/rteeditor/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>