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**Grade 2 Resource Links**

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

*This 2023 Update was funded by the* [*Office of Behavioral Health Wellness*](about:blank)*, Virginia Department of Behavioral Health and Developmental Services*

**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 VA 2nd Grade Page: [https://healthsmartva.org/2nd-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* AAAS Science NetLinks All Systems Go! [http://sciencenetlinks.com/afterschool-resources/all-systems-go](about:blank)
* Education.Com Worksheets [http://www.education.com/worksheets/body/](about:blank)
* [How does the immune system work?](about:blank) (TED Ed)
* Human Body for Kids Games, etc. [http://www.sciencekids.co.nz/humanbody.html](about:blank)
* [Human Body - Science for Kids - You Tube](about:blank)
* [Human Body Systems for Kids Video Lesson and Activity Plan](about:blank)
* Interactive Sites for Education-Body Systems [http://interactivesites.weebly.com/body-systems.html](about:blank)
* Kids Health Human Body PreK-2 [https://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body](about:blank)
* Kids Health How the Body Works [http://kidshealth.org/en/kids/center/htbw-main-page.html](about:blank)
* Kids Health How the Body Works YouTube Video Series [https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z](about:blank)
* My Senses Tell Me [http://sciencenetlinks.com/lessons/my-senses-tell-me/](about:blank)
* PBS Arthur Family Health [http://www.pbslearningmedia.org/collection/arthur-family-health/#](about:blank)
* **Lesson Plans**
  + - Amazing Body Systems [http://www.coreknowledge.org/mimik/mimik\_uploads/lesson\_plans/271/Amazing%20Body%20Systems.pdf](about:blank)
  + Anatomy: A Fun Look at the Digestive System [http://mypages.iit.edu/~smile/bi9307.html](about:blank)
  + BAM! Body and Mind-Unit 4: Health Conditions and Disease [https://www.cdc.gov/healthyschools/bam/diseases.htm](about:blank)
  + BrainPop Jr. – Bones [https://jr.brainpop.com/health/bodies/bones/](about:blank)
  + BrainPop Jr. – Lungs [https://jr.brainpop.com/health/bodies/lungs/](about:blank)
  + BrainPop Jr. – Senses [https://jr.brainpop.com/health/bodies/senses/](about:blank)
  + BrainPop Jr. – Muscles [https://jr.brainpop.com/health/bodies/muscles/](about:blank)
  + BrainPop Jr. – Heart [https://jr.brainpop.com/health/bodies/heart/](about:blank)
  + BrainPop Jr. – Exercise [https://jr.brainpop.com/health/bodies/exercise/](about:blank)
  + BrainPop Jr. – Digestive System [https://jr.brainpop.com/health/bodies/digestivesystem/](about:blank)
  + BrainPop Jr. – Exercise [https://jr.brainpop.com/health/bodies/exercise/](about:blank)
  + Dental Care Quizzes [https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/](about:blank)
  + Every Body Is Special [https://healthsmartva.org/uploads/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf](about:blank)
  + Heart Power [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho](about:blank#.V8jCnMdNFho)
  + Hello Body/ The Healthy Kids Project [https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/](about:blank)
  + Human Body Systems – Science Queens [https://www.thesciencequeen.net/human-body-systems.htm](about:blank)
  + Magic School Bus Explores the Human Body Part 1 (Kids Global) [https://www.youtube.com/watch?v=HcgNh4hVi4k](about:blank)
  + Magic School Bus Explores the Human Body Part 2 (Kids Global)
  + [https://www.youtube.com/watch?v=aDQlFbMbChw](about:blank)
  + Magic School Bus Explores the Human Body Part 3 (Kids Global)
  + [https://www.youtube.com/watch?v=KTSLeXjvorM](about:blank)
  + Magic School Bus Explores the Human Body Part 4 (Kids Global)
  + [https://www.youtube.com/watch?v=vodfA3MDkTM](about:blank)
  + Magic School Bus Explores the Human Body Part 5
  + [https://www.youtube.com/watch?v=hkZ2X3Fzm6U&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=5](about:blank)
  + 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](about:blank)
  + Magic School Bus Explores the Human Body Part 7
  + [Https://www.youtube.com/watch?v=JvLCtm8y8EU&list=PL4\_ZUN-XIZuiEcG\_HSjtsWK4W6f-sLwn-&index=7](about:blank)
  + No Bones About It! [http://www.coreknowledge.org/mimik/mimik\_uploads/lesson\_plans/558/No%20Bones%20About%20It.pdf](about:blank)
  + Our Systematic Body [http://www.coreknowledge.org/mimik/mimik\_uploads/lesson\_plans/1167/1\_OurSystematicBody.pdf](about:blank)
  + Project Heart for Educators Grade 2 Curriculum [http://www.texasheart.org/ProjectHeart/Educators/Grade2/Curriculum.cfm](about:blank)
  + Straight from the Heart [http://mypages.iit.edu/~smile/bi9514.html](about:blank)
  + Super Hero Fitness [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5895#.V8iAdcdNFho](about:blank#.V8iAdcdNFho)
  + The Circulatory System [http://www.pbslearningmedia.org/resource/tdc02.sci.life.stru.lp\_circula/the-circulatory-system/](about:blank)
  + The Human Brain [https://www.youtube.com/watch?v=1aCYsYSM1MA](about:blank)
  + Top Five Body Shop [https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body-five-senses/](about:blank)
  + We Have Bodies/The Healthy Kids Project [https://vpm.pbslearningmedia.org/resource/ddb402fe-71b8-444a-85ab-a56e3f962bbc/we-have-bodies/](about:blank)
  + What Happens When You Eat? [http://mypages.iit.edu/~smile/bi9706.html](about:blank)
  + What Is Blood and How It Circulates In and Out of the Heart [http://mypages.iit.edu/~smile/bi9009.html](about:blank)
  + What Makes This Machine of Ours Work? [https://www.coreknowledge.org/free-resource/ckla-domain-02-human-body/](about:blank)

**Community/Environmental Health**

* Health Smart VA 2nd Grade Page: [https://healthsmartva.org/2nd-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* CT Environmental Health Curricula For Health Teachers [http://www.ct.gov/dph/lib/dph/environmental\_health/eoha/pdf/ieq\_curriculums.pdf](about:blank)
* Do Fish Have a Home? [https://www.sciencejournalforkids.org/articles/do-fish-have-a-home/](about:blank)
* EPA Games and Quizzes [https://www.epa.gov/students/games-quizzes-and-more](about:blank)
* EPA Student Resources [https://www.epa.gov/students](about:blank)
* Go Green [http://kidshealth.org/en/kids/go-green.html](about:blank)
* Green Schools - Earth Day Activities and Ideas [http://www.greenschools.net/article.php-id=160.html](about:blank)
* IDAHO Environmental Health Education - Lesson Plans for All Grade Levels [http://healthandwelfare.idaho.gov/Portals/0/Health/EnvironmentalHealth/Lesson%20Plans-Reduced%20File%20Size.pdf](about:blank)
* Project Learning Tree - Earth Day Activities [https://www.plt.org/educator-tips/earth-day-activities/](about:blank)
* Reduce, Reuse, Recycle [http://kids.niehs.nih.gov/topics/reduce/](about:blank)
* TED Ed Resources:

[What is in the air you breathe?](about:blank)

[Microbial Jungles- How Microbes form communities](about:blank)

[Conserving our Coral Reefs](about:blank)

[Why do we wear sunscreen?](about:blank)

[Do we really need pesticides?](about:blank)

[Meet the Blue Fin Tuna](about:blank)

[How to Create Cleaner Coal](about:blank)

[How much land does it take to power the world?](about:blank)

[How do wind turbines work?](about:blank)

[What if there were 1 million more trees?](about:blank)

[Beauty of Pollination](about:blank#review)

* We Are Teachers - Earth Day Activities [https://www.weareteachers.com/meaningful-earth-day-activities/](about:blank)
* What happens to plastic in the soil? [https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/](about:blank)
* [World Wildlife Educational Resources](about:blank)

**Nutrition**

* Health Smart VA 2nd Grade Page: [https://healthsmartva.org/2nd-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* [The 5 Fabulous Food Groups - You Tube](about:blank)
* American Heart Association (AHA) - Elementary Lesson Plans

[http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans\_UCM\_001258\_Article.jsp#.WHVMj2VNGs0](about:blank#.WHVMj2VNGs0)

* Be A Store Explorer, Nutrition [https://ymiclassroom.com/lesson-plans/be-a-store-explorer/](about:blank)
* BAM! Body and Mind Teacher’s Corner Nutrition [http://www.cdc.gov/bam/nutrition/index.html](about:blank)
* BAM! Body and Mind\_Unit 2: Nutrition [https://www.cdc.gov/healthyschools/bam/nutrition.htm](about:blank)
* Balanced Diet – AumSum [https://www.youtube.com/watch?v=YimuIdEZSNY](about:blank)
* Foods that Grow [https://vpm.pbslearningmedia.org/resource/bfe98864-02f2-4885-9553-0dc849536e49/foods-that-grow/](about:blank)
* Food Plate Game [https://lesson-plans.theteacherscorner.net/health/food-plate-game.php](about:blank)
* Great Body Shop [https://www.thegreatbodyshop.net/curriculum/k-six/topics](about:blank)
* [Healthy Eating – 5 Food Groups – You Tube](about:blank)
* Health Start Foundation – Brain Foods [https://www.healthstartfoundation.org/snackscience-360028-489536-881576-358809-315160-753867-895845.html](about:blank)
* Health Tips – Mocomi Kids [https://www.youtube.com/watch?v=fagLa\_46HkY](about:blank)
* How the food you eat affects your brain [https://www.youtube.com/watch?v=xyQY8a-ng6g](about:blank)
* How the food you eat affects your gut [https://www.youtube.com/watch?v=1sISguPDlhY](about:blank)
* Kids Health Teacher’s Guides:
  + Breakfast [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/breakfast.pdf](about:blank)
  + Food and Cooking Safety[https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food\_safety.pdf](about:blank)
  + Healthy Snacking[https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy\_snacking.pdf](about:blank)
  + School Lunch [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school\_lunch.pdf](about:blank)
* Learning to Give - What Is a Balanced Menu? [http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu](about:blank)
* Learning to Give - What Is My Plate? [http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate](about:blank)
* Learning to Give - World Hunger [http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger](about:blank)
* My Plate Kids Place [https://www.choosemyplate.gov/kids](about:blank)
* NIH We Can! Eat Play Grow site [http://www.nhlbi.nih.gov/health/educational/wecan/](about:blank)
* NIH Eat Play Grow Curriculum [https://www.nhlbi.nih.gov/health/educational/wecan/downloads//eatplaygrow.pdf](about:blank)
* PBS Arthur Nutrition - Eat Well [http://pbskids.org/arthur/health/nutrition/](about:blank)
* PBS Fizzy’s Lunch Lab site [http://pbskids.org/lunchlab/](about:blank)
* PBS Fizzy’s Lunch Lab videos [http://www.pbslearningmedia.org/collection/fizzys-lunch-lab/](about:blank)
* PE Central Lessons [http://www.pecentral.org/lessonideas/pelessonplans.html](about:blank)
* Smart Snacking Action Plan [https://healthpoweredkids.org/lessons/smart-snacking/](about:blank)
* Sugar: Master of Disguise [https://vpm.pbslearningmedia.org/resource/c67ae734-c4f8-48e8-9dc7-b2a777c94033/sugar-master-of-disguise/](about:blank)
* The Water Song [https://vpm.pbslearningmedia.org/resource/97e04eaa-4af0-4371-8764-f86965c9cfcb/the-water-song/](about:blank)
* TED Ed Resources

[Which type of milk is best for you?](about:blank)

[Fruit and Veggies for Kids](about:blank)

[The five fabulous food groups](about:blank)

[How does your body know you're full?](about:blank)

[What is a calorie?](about:blank)

[How do vitamins work?](about:blank)

[How the food you eat affects your brain](about:blank)

* Together Counts K-2 Nutrition curriculum [http://www.togethercounts.com](about:blank)
  + Food for Thought [http://togethercounts.com/wp-content/uploads/2017/11/Lesson\_2.3\_FoodforThought.pdf](about:blank)
  + Healthy Eating Patterns [http://togethercounts.com/wp-content/uploads/2017/11/K-2\_2.1\_Healthy\_Eating\_Patterns.pdf](about:blank)
  + Job of a Nutrient [http://togethercounts.com/wp-content/uploads/2017/11/K-2\_2.2\_Job\_of\_a\_Nutrient.pdf](about:blank)
* USDA - Serving Up My Plate - A Yummy Curriculum Grades 1-2 [https://www.choosemyplate.gov/kids-parents-educators](about:blank) [https://fns-prod.azureedge.net/sites/default/files/tn/sump\_level1.pdfhttp://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum](about:blank)
* Water Every Day [https://ymiclassroom.com/lesson-plans/water-every-day/](about:blank)
* Zach Lunch: Funky Fruit [https://vpm.pbslearningmedia.org/resource/zach-lunch-funky-fruit-video/rise-and-shine-health-and-wellness-time/](about:blank)
* Zach Lunch: Veggies [https://vpm.pbslearningmedia.org/resource/veggies-zach-lunch-video/rise-and-shine-health-and-wellness-time/](about:blank)
* Zach Lunch: Grain [https://vpm.pbslearningmedia.org/resource/grain-zach-lunch-video/rise-and-shine-health-and-wellness-time/](about:blank)
* Zach Lunch: Daring Dairy [https://vpm.pbslearningmedia.org/resource/zach-lunch-daring-dairy-video/rise-and-shine-health-and-wellness-time/](about:blank)
* Zach Lunch: Protein [https://vpm.pbslearningmedia.org/resource/zach-lunch-protein-video/rise-and-shine-health-and-wellness-time/](about:blank)
* Zach Lunch: Lunchtime [https://vpm.pbslearningmedia.org/resource/zach-lunch-lunchtime-video/rise-and-shine-health-and-wellness-time/](about:blank)

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

* Health Smart VA 2nd Grade Page: [https://healthsmartva.org/2nd-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* **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](about:blank)
  + American Heart Association (AHA) - NFL Play 60 Challenge [http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge\_UCM\_304278\_Article.jsp#.WHVKCWVNGs0](about:blank#.WHVKCWVNGs0)
  + BAM! Body and Mind\_Unit 2: Physical Education and Activity [https://www.cdc.gov/healthyschools/bam/pe\_pa.htm](about:blank)
  + East Carolina University - Energizers for Grades K-2 [https://www.ecu.edu/cs-hhp/exss/upload/Energizers\_for\_Grades\_K\_2.pdf](about:blank)
  + Fuel Up to Play 60 [https://www.fueluptoplay60.com/tools#tab\_why-physical-activity](about:blank#tab_why-physical-activity)
  + Fast Breaks Poster [https://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf](about:blank)
  + Go Noodle - Physical Activity and Mindfulness Breaks [https://www.gonoodle.com](about:blank)
  + Health Start Build Strong Bones [https://www.youtube.com/watch?v=AI25GY5-U68](about:blank)
  + Health Tips – Mocomi Kids [https://www.youtube.com/watch?v=fagLa\_46HkY](about:blank)
  + Kids Health Teacher’s Guides:
    - Fitness [https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/fitness.pdf](about:blank)
    - Sportsmanship [https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/sportsmanship.pdf](about:blank)
  + National Institutes of Health (NIH) - We Can! Eat Play Grow [http://www.nhlbi.nih.gov/health/educational/wecan/](about:blank)
  + National Institutes of Health (NIH) Eat Play Grow Curriculum [https://www.nhlbi.nih.gov/health/educational/wecan/downloads//eatplaygrow.pdf](about:blank)
  + PE Central Lessons Site [http://www.pecentral.org/lessonideas/pelessonplans.html](about:blank)
  + PE Central - Heart Power [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho](about:blank#.V8jCnMdNFho)
  + Power Chargers - Quick Activity Breaks [http://healthpoweredkids.org/power-chargers/](about:blank)
  + Safe Routes to School [http://www.walkbiketoschool.org](about:blank)
  + SHAPE America
    - Space Jamming [http://www.shapeamerica.org/events/pesportweek/upload/Space-Jamming-2.pdf](about:blank)
    - Healthy Heart Transport [http://www.shapeamerica.org/events/pesportweek/upload/Heart\_Healthy.pdf](about:blank)
* **Sleep and Hygiene**
  + Al's Pals: Kids Making Healthy Choices [http://wingspanworks.com](about:blank)
  + CDC Cover Your Cough Poster [http://www.cdc.gov/flu/pdf/protect/cdc\_cough.pdf](about:blank)
  + CDC Hand Washing Experiment [https://www.cdc.gov/bam/teachers/documents/epi\_4\_hand\_wash.pdf](about:blank)
  + CDC Healthy Habits to Help Prevent Flu Stop Germs Stop Germs [https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm?CDC\_AA\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fflu%2Fprotect%2Fhabits%2Findex.htm](about:blank)
  + Dental Care Quizzes [https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/](about:blank)
  + Delta Dental Smart Smiles K-5 Program [https://deltadentalva.com/foundation/smart-smiles.html](about:blank)
  + Germs - video [https://www.youtube.com/watch?v=DYKADcR34Y8](about:blank)
  + Getting Ready for Bed [https://www.teachervision.com/healthy-lifestyle/printable/33800.html](about:blank)
  + Hand Washing - It’s a Snap (Middle School Curriculum) [http://itsasnap.org/Get-Started/Students](about:blank)
  + Health Start Germs to Yourself [https://www.youtube.com/watch?v=Xoh82fefs0M](about:blank)
  + Healthy Choices A to Z [https://vpm.pbslearningmedia.org/resource/7524fcd9-67d2-4ee7-8340-9d974d8f35ef/healthy-choices-a-to-z/](about:blank)
  + Health Feels Great! [https://vpm.pbslearningmedia.org/resource/17e26dc6-ed92-482b-910a-b703c83a2440/health-feels-great/](about:blank)
  + Hello Body/ The Healthy Kids Project [https://vpm.pbslearningmedia.org/resource/6cd2a799-240a-47ed-ba91-dac79bccd0f2/hello-body/](about:blank)
  + Henry the Hand - 4 Principles of Hand Awareness [http://www.henrythehand.com](about:blank)
  + How to Brush Your Teeth Properly - For Kids - video [https://youtu.be/hDZXSMU2lAk](about:blank)
  + How to Wash Your Hands - video [https://www.youtube.com/watch?v=LQ24EfM7sEw](about:blank)
  + Kids Health Teachers Guides:
    - Germs [https://classroom.kidshealth.org/classroom/prekto2/personal/hygiene/germs.pdf](about:blank)
    - Sleep [https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf](about:blank)
  + 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](about:blank)
  + PE Central - Rush to Brush - Grades K-2 [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7\_RU8dNFho](about:blank#.V7_RU8dNFho)
  + Seuss Sleep Book Lesson Plan [https://www.brighthubeducation.com/lesson-plans-grades-1-2/20926-dr-seuss-sleep-book-lesson-plan/](about:blank)
  + Sleep Education K-2 [http://school.sleepeducation.com/K-2.aspx](about:blank)
  + Sleep - BrainPop [https://www.brainpop.com/science/ecologyandbehavior/sleep/](about:blank)
  + Super Sleep Lesson [http://healthpoweredkids.org/lessons/super-sleep/](about:blank)
  + The Couch Potato Blues [https://vpm.pbslearningmedia.org/resource/c5f6efdb-b93f-49a5-9096-25418906b54c/the-couch-potato-blues/](about:blank)
  + The Healthy Kids Project - Disease Prevention/Health Promotion [https://vpm.pbslearningmedia.org/collection/the-healthy-kids-project/](about:blank)
  + Virginia Department of Health Dental Program [http://www.vdh.virginia.gov/oral-health/](about:blank)
  + Wash Your Hands [https://vpm.pbslearningmedia.org/resource/wash-your-hands-video/meet-the-helpers/](about:blank)
  + We Have Bodies/The Healthy Kids Project [https://vpm.pbslearningmedia.org/resource/ddb402fe-71b8-444a-85ab-a56e3f962bbc/we-have-bodies/](about:blank)
  + When and How to Wash Hands [http://www.cdc.gov/handwashing/when-how-handwashing.html](about:blank)
  + Why We Need Sleep - [http://www.instructorweb.com/lesson/sleep.asp](about:blank)
  + TED Ed Resources

[How do we know if we have a virus?](about:blank)

[How playing sports benefits your body and brain](about:blank)

[Yoga does for body and brain](about:blank)

[What is obesity?](about:blank)

[How playing an instrument benefits your brain](about:blank)

[Why our muscles get tired](about:blank)

**Substance Abuse Prevention**

* Health Smart VA 2nd Grade Page: [https://healthsmartva.org/2nd-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* [Health Smart Virginia Feature Section - Alcohol, Tobacco, Drug Use Prevention Resources](about:blank)
* Alcohol, Tobacco, Drugs [http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-2-3.html](about:blank)
* Addiction and the Brain- for kids! [https://youtu.be/s0bqT\_hxMwI](about:blank)
* Department of Alcoholic Beverage Control [https://www.abc.virginia.gov/education/publications](about:blank)
* Heart Power [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho](about:blank#.V8jCnMdNFho)
* Internet4Kids Drug Lesson Plans K-12 [https://www.internet4classrooms.com/links\_grades\_kindergarten\_12/drug\_abuse\_guidance\_counselor\_lesson\_plans.htm](about:blank)
* Keeping It Real - Elementary School DARE Curriculum [https://dare.org/education/](about:blank)
* Keeping Medicine Safe [https://youtu.be/UHvPSwIX4aQ](about:blank)
* Generation Rx – Elementary Prescription Rx Toolkit [https://www.generationrx.org/toolkits/elementary/](about:blank)
* KidsHealth.Org
  + [https://kidshealth.org/classroom/prekto2/problems/drugs/smoking.pdf](about:blank)
  + [https://kidshealth.org/classroom/prekto2/problems/drugs/alcohol.pdf](about:blank)
  + [https://kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf](about:blank)
* National Institute on Drug Abuse Brain Power [https://www.drugabuse.gov/brain-power](about:blank)
* Operation Prevention - opioid use prevention [https://www.operationprevention.com/](about:blank)

**Safety/Injury Prevention**

* Health Smart VA 2nd Grade Page: [https://healthsmartva.org/2nd-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* BAM! Body and Mind Unit 7: Injury Prevention and Safety Promotion [https://www.cdc.gov/healthyschools/bam/injury.htm](about:blank)
* Bicycle Safer Journey [https://youtu.be/dkoVxBnnGko](about:blank)
* 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](about:blank)
* Bicycle Helmet Safety [https://youtu.be/sV9GjU7cA7o](about:blank)
* Caregiver Tips for Talking About Emergencies [https://vpm.pbslearningmedia.org/resource/caregiver-tips-for-talking-about-emergencies-video/meet-the-helpers/](about:blank)
* Drugs and Medication Lessons for Pre-K-2 [https://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf](about:blank)
* Education World Be a Sport for Sport Safety [https://www.educationworld.com/a\_lesson/lesson233.shtml](about:blank)
* Fire Safety for Kids [https://www.youtube.com/watch?v=AWHGdWOI4kw](about:blank)
* Fire Safety Printables [https://www.teachervision.com/emergency/teacher-resources/47554.html](about:blank)
* Help Each Other [https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/](about:blank)
* Home Alone [http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-2-3.html](about:blank)
* Job and Career Printables (e.g., fire, police, doctor) [https://www.teachervision.com/careers/teacher-resources/6637.html](about:blank)
* Kids Fire Safety Awareness [https://www.youtube.com/watch?v=Lc2aCmxG6II](about:blank)
* Road Safety Video [https://www.youtube.com/watch?v=\_NeEF1fwT4k](about:blank)
* Media BAM Safety Grades 2-6 [http://www.cdc.gov/bam/safety/](about:blank)
* Meet the Helpers - 911 Operators are Helpers [https://vpm.pbslearningmedia.org/resource/meet-the-helpers-911-operators-helpers-in-depth/](about:blank)
* Meet the Helpers - Doctors are Helpers [https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-helpers-in-depth](about:blank)
* Meet the Helpers - Doctors are Helpers – Emergencies [https://vpm.pbslearningmedia.org/resource/meet-the-helpers-doctors-are-helpers-emergencies](about:blank)
* Meet the Helpers - Firefighters are Helpers [https://vpm.pbslearningmedia.org/resource/meet-the-helpers-firefighters-helpers-in-depth/](about:blank)
* Pedestrian Safer Journey [https://youtu.be/E5BFdJu-pjE](about:blank)
* Safety Adventures: Home Safety [https://youtu.be/QSWC75raMx4](about:blank)
* Strangers [http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-2-3.html](about:blank)
* Support Tree: Who’s Safe to Ask for Help Activity [https://www.cfchildren.org/blog/2017/12/support-tree-activity/](about:blank)
* Sound Off with the Home Safety Fire Patrol https://ymiclassroom.com/lesson-plans/soundoff-teachers/
* Top 10 Bike Safety Rules [https://youtu.be/PT1-mDlVyaI](about:blank)
* Traffic Signs and Rules [https://youtu.be/PpEWVxNj2xo](about:blank)

**Mental Wellness/Social Emotional Skills**

* Health Smart VA 2nd Grade Page: [https://healthsmartva.org/2nd-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* [What is SEL](about:blank)
* [WHAT is SEL? WHO is CASEL? Why Does SEL Matter to Everyone?](about:blank)
* [Teaching Activities to Support Core SEL Competencies](about:blank)
* [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube](about:blank)
* [3 Committee for Children (CFC) Free SEL Classroom Activities](about:blank)
* [4 Inventive Games that Teach Students Social Skills](about:blank)
* [5 Activities to Support Students Through the Holidays](about:blank)
* [5-Minute Film Festival: Resources for Teaching About Character, Edutopia](about:blank)
* [5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes](about:blank)
* [7 Fun Communication Games that Increase Understanding](about:blank)
* [7 SEL Activities for Students to Do at Home](about:blank)
* [8 Social Emotional Learning Activities for a Classroom](about:blank)
* [8 Downloadable SEL Activities for Home and School](about:blank)
* [9 mental health activities to do with your children - Believe Perform](about:blank)
* [10 Activities to Help Children Explore Emotions](about:blank)
* [10 Activities to Integrate Social Emotional Learning into the Classroom](about:blank)
* [10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools](about:blank)
* [10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety - Family Therapy Basics](about:blank)
* [10 Tips to Help Your Child with Anger, Aha! Parenting](about:blank)
* [10 Important Conflict Resolution Skills for Teenagers, Mom Junction](about:blank)
* [12 Games to Teach Social-Emotional Learning - Playworks](about:blank)
* [12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students](about:blank)
* [12 Ways Teachers Can Build Their Own Resilience](about:blank)
* [13 Powerful SEL Activities | Edutopia](about:blank)
* [15 Activities for Teaching CASEL Core Competencies | Waterford.org](about:blank)
* [16 Anger Management Activities, School Counseling Files](about:blank)
* [16 Social and Emotional Learning Activities - Aperture Education](about:blank)
* [21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day](about:blank)
* [25 Ways to Integrate Social Emotional Learning into Your Classroom](about:blank)
* [25 At Home SEL Activities - Choice Board](about:blank)
* [28 Mental Health Activities, Worksheets & Books for Adults & Students](about:blank)
* [30 Character-Building Ideas and Activities for School, Sign Up Genius](about:blank)
* [30 + Free Choice SEL Activities](about:blank)
* [73 Social Emotional Learning Activity Sheets](about:blank)
* [97 SEL Skills Activities – InspiredStudents.org](about:blank)
* [100 Kid Activities to Build Character, Moments a Day](about:blank)
* [101 Ways to Teach Children Social Skills](about:blank)
* [132 SEL Apps, Games, Activities for Building Character in the Classroom](about:blank)
* An ARTHUR Social, Emotional, and Character Development Curriculum K-5 [https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNFho](about:blank#.WRpHZ2VNFho)
* Attitude of Gratitude [https://healthpoweredkids.org/lessons/gratefulsandgrumbles/](about:blank)
* BAM! Life [http://www.cdc.gov/bam/life/index.html](about:blank)
* BAM! Body and Mind\_Unit 6: Mental Health, Child Development and Hygiene [https://www.cdc.gov/healthyschools/bam/child\_development.htm](about:blank)
* Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids [https://www.youtube.com/watch?v=ZBnPlqQFPKs](about:blank)
* [Calming Exercises for Kids: Breathing and Stretching - YouTube](about:blank)
* Centervention SEL Activities [https://www.centervention.com/social-emotional-learning-activities/](about:blank)
* [Classroom Activities - MACMH | MACMH](about:blank)
* [Classroom Physical Activity Helps Students with Mental Health and Anxiety](about:blank)
* Committee for Children (CFC) Free Classroom Activities [https://www.cfchildren.org/resources/free-classroom-activities/](about:blank)
* 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](about:blank#.WRpJHmVNFho)
* Daniel Tiger's Neighborhood - You Feel So Mad that You Want to Roar - Strategy Song/ Activity (Anger) [https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNFho](about:blank#.WRpKfWVNFho)
* Exercise and your brain [https://healthpoweredkids.org/lessons/exerciseandbrain/](about:blank)
* Elementary School Counseling - Activity Ideas and Worksheets - Identifying and Expressing Feelings [http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html](about:blank)
* [EMOTIONAL ABC Classroom](about:blank)
* EVERFI-Social Emotional Learning Resources [https://everfi.com/offerings/social-emotional-learning/](about:blank)
* [Everyday Mindfulness - YouTube](about:blank)
* Fit4 the Classroom – Mood Music Lesson [http://stage.fit4theclassroom.com/mood](about:blank)
* [Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U](about:blank)
* 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](about:blank)
* Help Each Other [https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/](about:blank)
* How Your Brain Works – I Have a Go [https://www.youtube.com/watch?v=mFuHKJqpxPw](about:blank)
* How to Help Children Manage Fears [https://childmind.org/article/help-children-manage-fears/](about:blank)
* [Interactive Games in Support of Mental Health | Mental Health Delta Division](about:blank)
* Joyful Mind –Mindfulness in the Classroom Activities [http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions](about:blank)
* KidsHealth.org Teacher’s Guides for PreK-2:
  + Self Esteem [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\_esteem.pdf](about:blank)
  + Empathy [https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf](about:blank)
  + Feelings [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf](about:blank)
  + Feeling Sad [http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf](about:blank)
  + Stress [http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf](about:blank)
* Learn to Be Healthy [http://www.learntobehealthy.org/health-education/mental-health.aspx](about:blank)
* Learning to Give - I Feel Angry or Sad When [http://www.learningtogive.org/lessons/unit156/lesson5.html](about:blank)
* Learning to Give - Define Wants and Needs [https://www.learningtogive.org/units/investing-others-k-2/define-wants-and-needs](about:blank)
* Learning Mindfulness Through Movement [https://healthpoweredkids.org/lessons/mindfulnesthroughmovement/](about:blank)
* Lesson - Responding to Teasing and Put Downs [http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20(Grade%203).pdf](about:blank)
* [Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness](about:blank)
* [Mental Health Activities for High School Students - The Truthful Tutor](about:blank)
* [‎Mental Health Awareness: Free Resources & More | Share My Lesson](about:blank)
* Michigan Education - Online Professional Development for Social Emotional Learning
  + Introduction to SEL [https://plp.mivu.org/Registration.aspx?section=3195](about:blank)
  + Embedding SEL Schoolwide [https://plp.mivu.org/Registration.aspx?course=542](about:blank)
  + Creating a Professional Culture Based on SEL [https://plp.mivu.org/Registration.aspx?section=3224](about:blank)
  + Integrating SEL - Culturally Responsive Classrooms [https://plp.mivu.org/Registration.aspx?section=3226](about:blank)
  + Trauma Informed Support [https://plp.mivu.org/Registration.aspx?section=2960](about:blank)
* [Mental Health Activities for High School Students - The Truthful Tutor](about:blank)
* [‎Mental Health Awareness: Free Resources & More | Share My Lesson](about:blank)
* Mindful Schools – Lesson- Introduction to Mindful Bodies and Listening [http://www.mindfulschools.org/resources/explore-mindful-resources/](about:blank)
* Mindful Schools [http://www.mindfulschools.org/resources/explore-mindful-resources](about:blank)
* Mindful Teachers Site [http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html](about:blank)
* [Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans](about:blank)
* 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/](about:blank)
* Not About Perfection/Healthy Kids Project [https://vpm.pbslearningmedia.org/resource/6ed1e16d-c01c-41d6-9046-e2f92685d4fb/not-about-perfection/](about:blank)
* No Time For Flash Cards – Circle Time lessons About Emotions [http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html](about:blank) [http://pbskids.org/daniel/videos/](about:blank)
* Open Up Magazine, Minnesota Association for Children’s Mental Health – Getting to Know You, Empathy –How are You Feeling, It’s All in Your Viewpoint [http://www.macmh.org/open-up-magazine/classroom-activities/](about:blank)
* PBS- Overview of Mindfulness [http://www.pbs.org/thebuddha/teachers-guide/](about:blank)
* PE Central lessons
  + Emotions in Motion [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho](about:blank#.WR3WWmVNFho)
  + Lesson on Feelings [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11039#.WR3WfWVNFho](about:blank#.WR3WfWVNFho)
  + The Feelings Hop [http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=1636#.WR3W02VNFho](about:blank#.WR3W02VNFho)
  + Yoga Unit – Feelings and Reactions [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFWVNFho](about:blank#.WR3XFWVNFho)
* Reach Out - Asking students if they are okay [https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day](about:blank)
* Rossier USC - Creating Safe Spaces – Social Emotional Lessons [https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/](about:blank)
* Scholastic – Learning About Emotions (Gr. K) [https://www.scholastic.com/teachers/lesson-plans/teaching-content/activity-plan-4-5-learning-about-emotions/](about:blank)
* Scholastic - Mind Up Curriculum – brain centered management and teaching strategies [http://teacher.scholastic.com/products/mindup/](about:blank)
* 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](about:blank)
* Sesame Street - Quiet or Loud Video – when to be quiet, when to be loud – helps prepare students to ask for help [https://www.pbslearningmedia.org/resource/sesame-quiet-or-loud/quiet-or-loud-song-sesame-street/#.WRpIGGVNFho](about:blank#.WRpIGGVNFho)
* Self-Esteem and Body Image [https://healthpoweredkids.org/lessons/self-esteem-and-body-image/](about:blank)
* Supporting Students’ Personal and Social Competencies [https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html](about:blank)
* Stress, Trauma and the Brain - Insights for Educators [https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/](about:blank)
* Teachnology - Mental Health and Stress Reduction [http://www.teach-nology.com](about:blank)
* Teacher Vision - Feelings Are Okay [http://www.teachervision.fen.com/mental-health/printable/44813.html](about:blank)
* 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](about:blank)
* Together Counts – Smart From the Start - Every Body is Special [https://healthsmartva.org/uploads/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf](about:blank)
* Together Counts - Energy Balance 1.2. Full Esteem Ahead [https://togethercounts.com/grades-k-5/](about:blank)
* [UNICEF Kid Power Videos for Children and Families](about:blank)
* We Are Teachers: Resources for Social and Emotional Learning [http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources](about:blank)
* When Grief Enters The Classroom [http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\_guide.pdf](about:blank)
* Wellbeing Healthy Habits [https://www.youtube.com/watch?v=dhpCdqOtuj0](about:blank)
* Y Project Cornerstone – Teasing and Putdowns Lesson [http://www.projectcornerstone.org/html/pdfs/PC\_ABCsamplelessonplan.pdf](about:blank)

**Violence Prevention**

* Health Smart VA 2nd Grade Page: [https://healthsmartva.org/2nd-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* Al's Pals: Kids Making Healthy Choices [http://wingspanworks.com](about:blank)
* BAM! Life [http://www.cdc.gov/bam/life/index.html](about:blank)
* Be an Upstander - Prevent Bullying [https://youtu.be/eeqQCyQOCPg](about:blank)
* Bullying and Harassment Prevention Curriculum [http://studentservices.dadeschools.net/#!/fullWidth/3697](about:blank#!/fullWidth/3697)
* Bullying Prevention Lesson Plans [https://rossieronline.usc.edu/bullying-prevention-lesson-plans/](about:blank)
* Collection of Social Emotional Lesson Plans for K-3 [http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf](about:blank)
* [Committee for Children - Bullying Prevention Unit](about:blank)
* Emotional Development Resources [https://www.teachervision.com/emotional-development/teacher-resources/32913.html](about:blank)
* Help Each Other [https://vpm.pbslearningmedia.org/resource/1d9ca25e-2867-4488-b032-77464a8d2067/help-each-other/](about:blank)
* Kids against Bullying [http://www.pacerkidsagainstbullying.org/kab/](about:blank)
* 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](about:blank)
* PACER Classroom Resources (Bullying)

[https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd](about:blank)

* PACER Elementary School Activities (Bullying) [https://www.pacer.org/bullying/classroom/elementary/](about:blank)
* PACER Elementary School Curriculum (Bullying) [https://www.pacer.org/bullying/classroom/ele-curr/](about:blank)
* Peaceful Schools [http://peacefulschoolsinternational.org](about:blank)
* Social Emotional Learning K-5 [http://www.scholastic.com/teachers/lesson-plans/free-lesson-plans/search?query=&subject%5B%5D=912](about:blank)
* We Are Teachers: Resources for Social and Emotional Learning [http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources](about:blank)