



Grade 3 Resource Links

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

- Health Smart VA 3rd Grade Page <https://healthsmartva.org/3rd-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- Amazing Body Systems (http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf)
- Body Systems Lesson Plan <http://inside.mines.edu/~nstantbac/Body%20Systems%20Lesson%20Plan.pdf>
- BrainPop Jr. – Bones <https://jr.brainpop.com/health/bodies/bones/>
- BrainPop Jr. – Lungs <https://jr.brainpop.com/health/bodies/lungs/>
- BrainPop Jr. – Senses <https://jr.brainpop.com/health/bodies/senses/>
- BrainPop Jr. – Muscles <https://jr.brainpop.com/health/bodies/muscles/>
- BrainPop Jr. – Heart <https://jr.brainpop.com/health/bodies/heart/>
- BrainPop Jr. – Exercise <https://jr.brainpop.com/health/bodies/exercise/>
- BrainPop Jr. – Digestive System <https://jr.brainpop.com/health/bodies/digestivesystem/>
- Dental Care Quizzes <https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
- [Human Body - Science for Kids - You Tube](#)
- [Human Body Systems for Kids Video Lesson and Activity Plan](#)
- Human Body Systems – Science Queens <https://www.thesciencequeen.net/human-body-systems.htm>
- KidsHealth.org <http://kidshealth.org>
- Kids Health How the Body Works YouTube Video Series <https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- Kids Health - human body series <http://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body>
- Magic School Bus Explores the Human Body Part 1 (Kids Global) <https://www.youtube.com/watch?v=HcgNh4hVi4k>
- Magic School Bus Explores the Human Body Part 2 (Kids Global) <https://www.youtube.com/watch?v=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
- Muscles - Science Trek <https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/>
- Scholastic Study Jams! <http://studyjams.scholastic.com>
- TED Ed Resources:
[Can you be awake and asleep at the same time?](#)

What are the floaters in your eye?

How do lungs work?

How oxygen circulates through your body

How does the liver work?

How does your digestive system work?

Your skin!

How does the immune system work?

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

Community/Environmental Health

- Health Smart VA 3rd Grade Page <https://healthsmartva.org/3rd-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Do Fish Have a Home? <https://www.sciencejournalforkids.org/articles/do-fish-have-a-home/>
- CT Environmental Health Curricula for Health Teachers http://www.ct.gov/dph/lib/dph/environmental_health/eoha/pdf/ieq_curriculums.pdf
- EPA Games and Quizzes <https://www.epa.gov/students/games-quizzes-and-more>
- EPA Student Resources <https://www.epa.gov/students>
- Go Green - <http://kidshealth.org/en/kids/go-green.html>
- Green Schools - Earth Day Activities and Ideas <http://www.greenschools.net/article.php-id=160.html>
- IDAHO Environmental Health Education – Lesson Plans for All Grade Levels <http://healthandwelfare.idaho.gov/Portals/0/Health/EnvironmentalHealth/Lesson%20Plans-Reduced%20File%20Size.pdf>
- Project Learning Tree - Earth Day Activities <https://www.plt.org/educator-tips/earth-day-activities/>
- Reduce, Reuse, Recycle - <http://kids.niehs.nih.gov/topics/reduce/>
- The Science of Safety (Natural Hazards) <https://ymiclassroom.com/lesson-plans/science-of-safety/>
- TED Ed Resources:
 - What is in the air you breathe?
 - Microbial Jungles- How Microbes form communities
 - Conserving our Coral Reefs
 - Why do we wear sunscreen?
 - Do we really need pesticides?
 - Meet the Blue Fin Tuna
 - How to Create Cleaner Coal
 - How much land does it take to power the world?
 - How do wind turbines work?
 - What if there were 1 million more trees?
 - Beauty of Pollination
- We Are Teachers - Earth Day Activities <https://www.weareteachers.com/meaningful-earth-day-activities/>
- What happens to plastic in the soil? <https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/>
- World Wildlife Educational Resources

Nutrition

- Health Smart VA 3rd Grade Page <https://healthsmartva.org/3rd-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- The 5 Fabulous Food Groups - You Tube
- AHA Balance It Out Teacher's Guide http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_448421.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2012-2013 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467892.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2013-2014 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467893.pdf
- Balanced Diet – AumSum <https://www.youtube.com/watch?v=YimuIdEzSNY>
- BAM! Body and Mind_Unit 2: Nutrition <https://www.cdc.gov/healthyschools/bam/nutrition.htm>
- Be A Store Explorer, Nutrition <https://ymiclassroom.com/lesson-plans/be-a-store-explorer/>
- BAM! Body and Mind Teacher's Corner Nutrition <http://www.cdc.gov/bam/nutrition/index.html>
- Check Out What's Chilling - Nutrition <https://ymiclassroom.com/lesson-plans/nfra/>
- Education World Popcorn Nutrition http://www.educationworld.com/a_lesson/03/lp324-04.shtml
- Food Plate Game <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Fuel It! – Nutrition <https://vpm.pbslearningmedia.org/collection/move-it/t/fuel-it/>
- Get it Going with GOYA (beans) <https://ymiclassroom.com/lesson-plans/getitgoingwithgoya/>
- Healthy Eating – 5 Food Groups – You Tube
- Health Start Foundation – Brain Foods <https://www.healthstartfoundation.org/snackscience-360028-489536-881576-358809-315160-753867-895845.html>
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- How the food you eat affects your brain <https://www.youtube.com/watch?v=xyQY8a-ng6g>
- How the food you eat affects your gut <https://www.youtube.com/watch?v=1sISguPDlhY>
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- Kids Health Teacher's Guides:
 - *Breakfast* <https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/breakfast.pdf>
 - *Food Labels* https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food_labels.pdf
 - *Healthy Snacking* http://classroom.kidshealth.org/3to5/personal/nutrition/healthy_snacking.pdf
 - *School Lunch* https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/school_lunch.pdf
- Learning to Give - What Is a Balanced Menu? <http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu>
- Learning to Give - What Is My Plate <http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate>
- Learning to Give - World Hunger <http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger>
- NIH We Can! Eat Play Grow <http://www.nhlbi.nih.gov/health/educational/wecan/>
- PBS Nutrition for Educators <http://pbskids.org/arthur/health/nutrition/educators.html>

- PBS Learning Media Nutrition Resources http://www.pbslearningmedia.org/search/?q=nutrition&order=&selected_facets=&selected_facets=grades_exact%3A3
- PE Central Lessons <http://www.pecentral.org/lessonideas/pelessonplans.html>
- PE Central Nutrition Station Circuit <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5786#.V8jDZMdNFho>
- Science NetLinks - Got Broccoli? <http://sciencenetlinks.com/lessons/nutrition-3-got-broccoli/>
- Smart Snacking Action Plan <https://healthpoweredkids.org/lessons/smart-snacking/>
- TED Ed Resources:
 - [Which type of milk is best for you?](#)
 - [Fruit and Veggies for Kids](#)
 - [The five fabulous food groups](#)
 - [How does your body know you're full?](#)
 - [What is a calorie?](#)
 - [How do vitamins work?](#)
 - [How the food you eat affects your brain](#)
- Together Counts - nutrition curriculum <http://www.togethercounts.com>
- USDA My Plate Kids' Place <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids>
- Utah Education Network Design a Meal <http://www.uen.org/Lessonplan/preview.cgi?LPid=68>
- USDA - Serving Up My Plate – A Yummy Curriculum Grades 3-4
 - <https://www.choosemyplate.gov/kids-parents-educators>
 - https://fns-prod.azureedge.net/sites/default/files/tn/sump_level2.pdf
 - <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
- Water Every Day <https://ymiclassroom.com/lesson-plans/water-every-day/>
- With The Whole Grain for Kids <https://ymiclassroom.com/lesson-plans/go-with-the-whole-grain/>
- Zach Lunch: Funky Fruit <https://vpm.pbslearningmedia.org/resource/zach-lunch-funky-fruit-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Veggies <https://vpm.pbslearningmedia.org/resource/veggies-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Grain <https://vpm.pbslearningmedia.org/resource/grain-zach-lunch-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Daring Dairy <https://vpm.pbslearningmedia.org/resource/zach-lunch-daring-dairy-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Protein <https://vpm.pbslearningmedia.org/resource/zach-lunch-protein-video/rise-and-shine-health-and-wellness-time/>
- Zach Lunch: Lunchtime <https://vpm.pbslearningmedia.org/resource/zach-lunch-lunchtime-video/rise-and-shine-health-and-wellness-time/>

Physical Health/Disease Prevention/Health Promotion

- Health Smart VA 3rd Grade Page <https://healthsmartva.org/3rd-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- American Heart Association (AHA) - Elementary Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- American Heart Association (AHA) - NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WHVKCWVNGs0
- BAM! Body and Mind_Unit 2: Physical Education and Activity https://www.cdc.gov/healthyschools/bam/pe_pa.htm
- BAM! Body and Mind_Unit 4: Health Conditions and Disease <https://www.cdc.gov/healthyschools/bam/diseases.htm>
- BAM! Oral Health <http://www.cdc.gov/bam/body/smile.html>
- Dental Care Quizzes <https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
- Delta Dental Smart Smiles K-5 Program <https://deltadentalva.com/foundation/smart-smiles.html>
- East Carolina University -Energizers for Grades K-2 https://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf
- Fast Breaks Poster https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- Fitness Bingo Lesson Plan <https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140aeb54f9a4/fitness-bingo-lesson-plan/>
- Fuel Up to Play 60 https://www.fueluptoplay60.com/tools#tab_why-physical-activity
- Go Noodle - Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Health Start Germs to Yourself <https://www.youtube.com/watch?v=Xoh82fef0M>
- Health Start Build Strong Bones <https://www.youtube.com/watch?v=AI25GY5-U68>
- Health Tips – Mocomi Kids https://www.youtube.com/watch?v=fagLa_46HkY
- Kids Health Teacher’s Guides:
 - *Fitness* <https://classroom.kidshealth.org/classroom/3to5/personal/fitness/fitness.pdf>
 - *Screen time* https://classroom.kidshealth.org/classroom/3to5/personal/fitness/screen_time.pdf
 - *Sports Safety* https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sports_safety.pdf
 - *Sportsmanship* <https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmanship.pdf>
- Move It! - Physical Activity <https://vpm.pbslearningmedia.org/collection/move-it/t/move-it-physical-activity/>
- National Institutes of Health (NIH) - We Can! Eat Play Grow <http://www.nhlbi.nih.gov/health/educational/wecan/>
- PBS Kids It's My Life Interactive <http://pbskids.org/itsmylife/index.html>
- PE Central Lessons <http://www.pecentral.org/lessonideas/pelessonplans.html>
- PE Central - Heart Power <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdnFho>
- Power Chargers - Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Safe Routes to School <http://www.walkbiketoschool.org>

- SHAPE America Lessons:
 - *PE Musical Spots Fitness Edition* http://www.shapeamerica.org/events/pesportweek/upload/Musical_Spots.pdf
 - *Healthy Heart Transport* http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf
- Season Fitness Lesson Plan <https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness-lesson-plan/>
- Sleep Well <https://ymiclassroom.com/lesson-plans/sleep/>
- TED Ed Resources:
 - [How do we know if we have a virus?](#)
 - [How playing sports benefits your body and brain](#)
 - [Yoga does for body and brain](#)
 - [What is obesity?](#)
 - [How playing an instrument benefits your brain](#)
 - [Why our muscles get tired](#)
- Wheel of Fitness Lesson Plan <https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness-lesson-plan/>

Substance Abuse Prevention

- Health Smart VA 3rd Grade Page <https://healthsmartva.org/3rd-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- Addiction and the Brain- for kids! https://youtu.be/s0bqT_hxMwI
- Alcohol, Tobacco, Drugs (NCPC)
 - <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-2-3.html>
 - <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-3-5.html>
- Attitude of Gratitude <https://healthpoweredkids.org/lessons/gratefulsandgrumbles/>
- Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids <https://www.youtube.com/watch?v=ZBnPlqQFPKs>
- Bam! Body and Mind_Unit 8: E-cigarettes and Alcohol https://www.cdc.gov/healthyschools/bam/e_cigarettes_and_alcohol.htm
- Brain Power! <https://www.drugabuse.gov/parents-educators>
- Exercise and your brain <https://healthpoweredkids.org/lessons/exerciseandbrain/>
- How Your Brain Works – I Have a Go <https://www.youtube.com/watch?v=mFuHKJqpxPw>
- Got Weirdos Video https://www.youtube.com/watch?v=kIzN5lk6iUM&list=PLC_m_qYDT0jMooPITWRSqJy5La7oFc6lE
- Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm
- It's My Life <http://pbskids.org/itsmylife/index.html>
- Keeping it Real – Elementary School DARE Curriculum <https://dare.org/education/>
- Keeping Medicine Safe <https://youtu.be/UHvPSwIX4aQ>
- Generation Rx – Elementary Prescription Rx Toolkit <https://www.generationrx.org/toolkits/elementary/>
- KidsHealth.org, Smoking, Alcohol and Drugs Teacher's Guides:
 - <http://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf>
 - <https://classroom.kidshealth.org/classroom/3to5/problems/drugs/alcohol.pdf>
 - <https://classroom.kidshealth.org/classroom/3to5/problems/drugs/drugs.pdf>
 - <https://classroom.kidshealth.org/classroom/3to5/problems/drugs/smoking.pdf>
- Learning Mindfulness Through Movement <https://healthpoweredkids.org/lessons/mindfulnesssthroughmovement/>
- LifeSkills Training <http://www.lifeskillstraining.com>
- NEA Practice Saying No <http://www.nea.org/tools/practice-saying-no.html>
- NIDA Brain Power Curriculum <https://www.drugabuse.gov/brain-power>
- Operation Prevention - opioid use prevention <https://www.operationprevention.com/classroom>
- Poison Control Center, Children's Hospital of Philadelphia <http://media.chop.edu/data/files/pdfs/poison-control-center-medicine-is-not-candy.pdf>
- PE Central Drug Abstinence Skills Lesson <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929#.WD2wuWVNGs0>
- Practice Saying No <http://www.nea.org/tools/practice-saying-no.html>
- Refusal: Sample Animation Activity <https://www.youtube.com/watch?v=PEEEJLrJcM>

- SAMHSA www.samhsa.gov
- Self-Esteem and Body Image <https://healthpoweredkids.org/lessons/self-esteem-and-body-image/>
- Together Counts - Decision Making <https://togethercounts.com/grades-k-5/>
- Wellbeing Healthy Habits <https://www.youtube.com/watch?v=dhpCdqOtuJ0>
- Wise Owl's Drug Safety Kit: What Is Medicine Video https://www.youtube.com/watch?v=9OK6_OdWxTA

Safety/Injury Prevention

- Health Smart VA 3rd Grade Page <https://healthsmartva.org/3rd-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- BAM! Safety <http://www.cdc.gov/bam/safety>
- BAM! Body and Mind_Unit 7: Injury Prevention and Safety Promotion <https://www.cdc.gov/healthyschools/bam/injury.htm>
- Bicycle Safer Journey <https://youtu.be/dkoVxBnnGko>
- Bicycle Safety <http://archive.npc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-3-5.html>
- Bicycle Helmet Safety <https://youtu.be/sV9GjU7cA7o>
- Build a Kit <https://www.ready.gov/kit>
- Education World Be a Sport for Sport Safety https://www.educationworld.com/a_lesson/lesson233.shtml
- FEMA Be a Hero Youth Emergency Preparedness https://www.fema.gov/media-library-data/a09faf19c5354c01beb9f30125a785cb/FEMA%20UE%20TG_082613_508.pdf
- Fire Safety for Kids <https://www.youtube.com/watch?v=AWHGdWOI4kw>
- Gun Safety http://www.doe.virginia.gov/boe/guidance/safety/school_gun_safety_elementary.pdf
- Home Alone <http://archive.npc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-2-3.html>
- Home Alone <http://archive.npc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-3-5.html>
- Internet Safety http://www.safesurfingkids.com/lesson_plans_grades_3_12.htm
- Kids Fire Safety Awareness <https://www.youtube.com/watch?v=Lc2aCmxG6II>
- KidsHealth.Org Personal Safety – Strangers and 911 Lesson http://kidshealth.org/classroom/prekto2/personal/safety/strangers_911.pdf
- KidsHealth.org Video: Concussion https://www.youtube.com/watch?v=FkLT_aZ2u5k
- KidsHealth.org Bicycle Safety Lesson https://classroom.kidshealth.org/classroom/3to5/personal/safety/bike_safety.pdf
- NHTSA Bicycle Safety Activity Kit <https://one.nhtsa.gov/people/injury/pedbimot/bike/bskitboth/3152bskit/index.htm>
- NHTSA Pedestrian Safety Curriculum <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/cpsc-teachersguide.pdf>
- Pedestrian Safer Journey <https://youtu.be/E5BFdJu-pjE>
- Playground Safety Check - http://www.educationworld.com/a_lesson/01-1/lp233_03.shtml
- Risk Watch Safety Videos <http://dasmus.weebly.com/risk-watch.html>
- Road Safety Video https://www.youtube.com/watch?v=_NeEF1fwT4k
- Safety Adventures: Home Safety <https://youtu.be/QSWC75raMx4>
- Safety Lessons <https://mecklenburg.ces.ncsu.edu/youthsafety>
- SafeKids Home Safety <http://www.safekids.org/home-safety-educators>
- SafeKids Pedestrian Safety http://www.safekids.org/sites/default/files/documents/educators/pedestrian_safety_lesson_plan_0.pdf
- Sound Off with the Home Safety Fire Patrol <https://ymiclassroom.com/lesson-plans/soundoff-teachers/>
- Strangers <http://archive.npc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-2-3.html>
- Smart Choices Curriculum Grade 3 <http://www.youthsafenb.ca/en/smartchoices/pdf/smart%20choices%20grade%203.pdf>
- Staying Safe Online/Safety Net Kids Tip Sheet <http://www.safetynetkids.org.uk/personal-safety/staying-safe-online/>

- Support Tree: Who's Safe to Ask for Help Activity <https://www.cfchildren.org/blog/2017/12/support-tree-activity/>
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- The Concussion Conundrum <https://healthpoweredkids.org/lessons/concussion-conundrum/>
- Top 10 Bike Safety Rules <https://youtu.be/PT1-mDlVyaI>
- Traffic Signs and Rules <https://youtu.be/PpEWVxNj2xo>
- USDOTFHWA Bicycle Safer Journey Video https://www.youtube.com/watch?v=dkoVxBnnGko&list=PL5_sm9g9d4T3BymMO8D8FcNn9PyuynSoG
- Water Safety Video: Danger Rangers Everybody Be Water Safe <https://www.youtube.com/watch?v=6AoOXxVOPUw>
- Water Safety Video: Modeling Water Safety <https://www.youtube.com/watch?v=v3cID86hw0k>
- Kidshealth.org Educators Site <http://classroom.kidshealth.org>
- Youth Emergency Kit Checklist and Youth Family Emergency Plan <https://www.ready.gov/kids/family-emergency-planning/build-a-kit>

Mental Wellness/Social Emotional Skills

- Health Smart VA 3rd Grade Page <https://healthsmartva.org/3rd-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Featured Resources
 - Health Smart Virginia Feature Section – Social Emotional Health Resources
 - Health Smart Virginia Feature Section – Mental Health Wellness Resources
 - Health Smart Virginia Feature Section – Trauma Informed, Now What?
 - What is SEL
 - WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
 - Teaching Activities to Support Core SEL Competencies
- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 3 Committee for Children (CFC) Free SEL Classroom Activities
- 4 Inventive Games that Teach Students Social Skills
- 5 Activities to Support Students Through the Holidays
- 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
- 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
- 7 Fun Communication Games that Increase Understanding
- 7 SEL Activities for Students to Do at Home
- 8 Social Emotional Learning Activities for a Classroom
- 8 Downloadable SEL Activities for Home and School
- 9 mental health activities to do with your children - BelievePerform
- 10 Activities to Help Children Explore Emotions
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Violence Prevention

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