A picture containing text

Description automatically generated

**Grade 4 Resource Links**

**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**

* [Human Body - Science for Kids - You Tube](https://www.youtube.com/watch?v=AHQGNb0zBgg)
* [Human Body Systems for Kids Video Lesson and Activity Plan](https://www.generationgenius.com/videolessons/human-body-systems-for-kids/)
* KidsHealth.org [http://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=35&Section=body>
* Scholastic Study Jams! <http://studyjams.scholastic.com/studyjams/jams/science/human-body/human-body.htm>
* TED Ed Resources:

[Can you be awake and asleep at the same time?](https://ed.ted.com/lessons/can-you-be-awake-and-asleep-at-the-same-time-masako-tamaki)

[What are the floaters in your eye?](https://ed.ted.com/lessons/what-are-those-floaty-things-in-your-eye-michael-mauser)

[How do lungs work?](https://ed.ted.com/lessons/what-do-the-lungs-do-emma-bryce)

[How oxygen circulates through your body](https://ed.ted.com/lessons/oxygen-s-surprisingly-complex-journey-through-your-body-enda-butler)

[How does the liver work?](https://ed.ted.com/lessons/what-does-the-liver-do-emma-bryce)

[How does your digestive system work?](https://ed.ted.com/lessons/how-your-digestive-system-works-emma-bryce)

[Your skin!](https://ed.ted.com/lessons/the-science-of-skin-emma-bryce)

[How does the immune system work?](https://ed.ted.com/lessons/how-does-the-immune-system-work-emma-bryce)

**Community/Environmental Health**

* CT Environmental Health Curricula For Health Teachers <http://www.ct.gov/dph/lib/dph/environmental_health/eoha/pdf/ieq_curriculums.pdf>
* EPA Environmental Health 101 Lesson <https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>
* EPA Games and Quizzes <https://www.epa.gov/students/games-quizzes-and-more>
* EPA Student Environmental Health Resources <https://www.epa.gov/students>
* 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/>
* TED Ed Resources:

[What is in the air you breathe?](https://ed.ted.com/lessons/what-s-in-the-air-you-breathe-amy-hrdina-and-jesse-kroll)

[Microbial Jungles- How Microbes form communities](https://ed.ted.com/lessons/the-microbial-jungles-all-over-the-place-and-you-scott-chimileski-and-roberto-kolter)

[Conserving our Coral Reefs](https://ed.ted.com/lessons/conserving-our-spectacular-vulnerable-coral-reefs-joshua-drew)

[Why do we wear sunscreen?](https://ed.ted.com/lessons/why-do-we-have-to-wear-sunscreen-kevin-p-boyd)

[Do we really need pesticides?](https://ed.ted.com/lessons/do-we-really-need-pesticides-fernan-perez-galvez)

[Meet the Blue Fin Tuna](https://ed.ted.com/lessons/meet-the-bluefin-tuna-the-toughest-fish-in-the-sea-grantly-galland-and-raiana-mckinney)

[How to Create Cleaner Coal](https://ed.ted.com/lessons/how-to-create-cleaner-coal-emma-bryce)

[How much land does it take to power the world?](https://ed.ted.com/lessons/how-much-land-does-it-take-to-power-the-world)

[How do wind turbines work?](https://ed.ted.com/lessons/how-do-wind-turbines-work-rebecca-j-barthelmie-and-sara-c-pryor)

[What if there were 1 million more trees?](https://ed.ted.com/lessons/can-we-build-a-perfect-forest-jean-francois-bastin)

[Beauty of Pollination](https://ed.ted.com/lessons/the-hidden-beauty-of-pollination-louie-schwartzberg" \l "review)

* + - We are Teachers - Earth Day Activities <https://www.weareteachers.com/meaningful-earth-day-activities/>
* Exploring Community <http://www.discoveryeducation.com/teachers/free-lesson-plans/exploring-your-community.cfm>
* Benefits of Volunteering <https://kidshealth.org/en/kids/volunteering.html?ref=search&WT.ac=msh-p-dtop-en-search-clk>

**Nutrition**

* + [The 5 Fabulous Food Groups - You Tube](https://www.youtube.com/watch?v=L9ymkJK2QCU)
  + American Heart Association (AHA) - Elementary Lesson Plans <http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0>
  + 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>
  + AHA Food Is Fuel <https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305557.pdf>
  + [Healthy Eating – 5 Food Groups – You Tube](https://www.youtube.com/watch?v=7GGUeqS3_7c)
  + KidsHealth for Kids <https://kidshealth.org/en/kids>
  + KidsHealth 3-5 Grade Food Labels Teacher’s Guide <https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food_labels.pdf>
  + PE Central Nutrition Station Circuit <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5786#.V8jDZMdNFho>
  + Serving Up My Plate - A Yummy Curriculum Grades 3-4 <https://fns-prod.azureedge.net/sites/default/files/tn/sump_level2.pdf>
  + Shape America - What’s in My Fast Food <http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2_Activity2015.pdf>
  + Utah Education Network Design a Meal <http://www.uen.org/Lessonplan/preview.cgi?LPid=68>
  + TED Ed Resources:

[Which type of milk is best for you?](https://ed.ted.com/lessons/which-type-of-milk-is-best-for-you-jonathan-j-o-sullivan-grace-e-cunningham)

[Fruit and Veggies for Kids](https://ed.ted.com/best_of_web/uZoCUkl3)

[The five fabulous food groups](https://ed.ted.com/best_of_web/gPvw8tfj)

[How does your body know you're full?](https://ed.ted.com/lessons/how-does-your-body-know-you-re-full-hilary-coller)

[What is a calorie?](https://ed.ted.com/lessons/what-is-a-calorie-emma-bryce)

[How do vitamins work?](https://ed.ted.com/lessons/what-s-the-value-of-vitamins-ginnie-trinh-nguyen)

[How the food you eat affects your brain](https://ed.ted.com/lessons/how-the-food-you-eat-affects-your-brain-mia-nacamulli)

* + Together Counts
  + Wellness <https://togethercounts.com/grades-k-5/>
  + What Is Energy Balance? <https://togethercounts.com/grades-k-5/>
  + What is the Pattern? <http://togethercounts.com/wp-content/uploads/2017/11/Lesson_2.1_WhatsthePattern.pdf>

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

* + Go Noodle – Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
  + 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) - Elementary Lesson Plans
    - <http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0>
    - Balance It Out Teacher’s Guide - <http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_448421.pdf>
    - 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>
    - 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>
* BAM! Physical Activity - <http://www.cdc.gov/bam/activity/index.html>
* Fuel Up to Play 60 <https://www.fueluptoplay60.com/tools#tab_why-physical-activity>
* Kids Health Fast Breaks - NBA Fit Classroom Lesson <https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf>
* K-2 Sleep Education <http://school.sleepeducation.com/K-2.aspx>
* Kids Health for Kids <https://kidshealth.org/en/kids>
* Let's Get Moving! <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
* Safe Routes <http://www.walkbiketoschool.org>
* Utah Education Network - Calorie Burning <http://www.uen.org/Lessonplan/preview.cgi?LPid=18870>
* [Jump Rope for the Heart Event](https://www2.heart.org/site/SPageServer;jsessionid=00000000.app318a?pagename=khc_resources_search&NONCE_TOKEN=3EDCDC062F849EB05174C95E83D6B834)
* Kids Health Grades 3-5 Teacher’s Guides
* Fitness <https://classroom.kidshealth.org/classroom/3to5/personal/fitness/fitness.pdf>
* Sleep <https://classroom.kidshealth.org/classroom/3to5/body/functions/sleep.pdf>
* Screen Time <https://classroom.kidshealth.org/classroom/3to5/personal/fitness/screen_time.pdf>
* PE Central
* Heart Power <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.WH6kQ2VNFho>
* Interactive Heart Rate <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4874>
* Power Chargers – Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
* SHAPE America
* Healthy Heart <http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf>
* Musical Spots Fitness Edition <http://www.shapeamerica.org/events/pesportweek/upload/Musical_Spots.pdf>
  + Ted Ed Resources:

[How do we know if we have a virus?](https://ed.ted.com/lessons/how-do-virus-tests-actually-work-cella-wright)

[How playing sports benefits your body and brain](https://ed.ted.com/lessons/how-playing-sports-benefits-your-body-and-your-brain-leah-lagos-and-jaspal-ricky-singh)

[Yoga does for body and brain](https://ed.ted.com/lessons/what-yoga-does-to-your-body-and-brain-krishna-sudhir)

[What is obesity?](https://ed.ted.com/lessons/what-is-obesity-mia-nacamulli)

[How playing an instrument benefits your brain](https://ed.ted.com/lessons/how-playing-an-instrument-benefits-your-brain-anita-collins)

[Why our muscles get tired](https://ed.ted.com/lessons/the-surprising-reason-our-muscles-get-tired-christian-moro)

**Substance Abuse Prevention**

* Featured Resource: [Health Smart Virginia Feature Section - Alcohol, Tobacco, Drug Use Prevention Resources](https://healthsmartva.pwnet.org/alcohol-tobacco-drug-use-prevention-school)
* ABC Virginia Elementary Guide <https://www.abc.virginia.gov/education/publications>
* Alcohol, Tobacco, Drugs <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-3-5.html> and <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-4-5.html>
* Brain Power! <https://www.drugabuse.gov/parents-educators>
* Drug Abstinence Skills <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929#.WD2wuWVNGs0>
* 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/>
* LifeSkills Training [http://www.lifeskillstraining.com](http://www.lifeskillstraining.com/)
* NEA Practice Saying No <http://www.nea.org/tools/practice-saying-no.html>
* On the Rocks Resource Guide <http://www.connectwithkids.com/LHI/pdf/OnTheRocks_ResourceGuide.pdf>
* Operation Prevention - opioid use prevention <https://www.operationprevention.com/classroom>
* Together Counts - Decision Making <https://togethercounts.com/grades-k-5/>
* Virginia ABC Elementary Guide <https://www.abc.virginia.gov/education/publications>
* Generation Rx – Elementary Prescription Rx Toolkit <https://www.generationrx.org/toolkits/elementary/>
* KidsHealth.org, Smoking, Alcohol and Drugs Teacher’s Guides:
  + <https://classroom.kidshealth.org/classroom/3to5/problems/drugs/alcohol.pdf>
  + <http://classroom.kidshealth.org/classroom/3to5/problems/drugs/drugs.pdf>
  + <https://classroom.kidshealth.org/classroom/3to5/problems/drugs/smoking.pdf>
* National Crime Prevention Council:
  + <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-3-5.html>
  + <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-4-5.html>
* Prescription Drug Abuse:
  + Practice Saying No <http://www.nea.org/tools/practice-saying-no.html>
  + Refusal: Sample Animation Activity <https://www.youtube.com/watch?v=PEEEJLtRJcM>

***Marijuana Specific Resources 2022***

* [(Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)](https://drugfree.org/article/marijuana-what-you-need-to-know/?gclid=Cj0KCQiAmKiQBhClARIsAKtSj-kT0qc-JRIgJg0SLuvxHDGbNwroArMLHDquwRk6htPEHb8UpvB-9MgaApa9EALw_wcB)
* [(Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)](https://drugfree.org/wp-content/uploads/2017/02/Marijuana_Talk_Kit.pdf)

**Safety/Injury Prevention**

* BAM! Safety <http://www.cdc.gov/bam/safety>
* Build a Kit <https://www.ready.gov/kids/kids>
* Bicycle Safety <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-3-5.html>
* CDC Brain Injury Basics <http://www.cdc.gov/headsup/basics/index.html>
* CDC Street Smartz <https://www.cdc.gov/bam/safety/street.html>
* Education World Be a Sport for Sport Safety <https://www.educationworld.com/a_lesson/lesson233.shtml>
* Jello Brain - ShawTV Edmonton <https://www.youtube.com/watch?v=BBbxCT5whN0>
* KidsHealth.org Concussions <https://www.youtube.com/watch?v=FkLT_aZ2u5k>
* Gun Safety <http://www.doe.virginia.gov/boe/guidance/safety/school_gun_safety_elementary.pdf>
* Gun Safety <http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/gun-safety-grades-4-5.html>
* Home Alone <http://archive.ncpc.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>
* National Head and Spinal Cord Injury Prevention Program <http://thinkfirst.org/youth>
* News Headline Templates <https://www.presentationmagazine.com/editable-powerpoint-newspapers-407.htm>
* Pedestrian Safety Curriculum <https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum>
* Philly Safe Routes to School <http://saferoutesphilly.org/wp-content/uploads/2011/09/Egg_Drop.pdf>
* 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>
* 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>

**Mental Wellness/Social Emotional Skills**

* Featured Resources

[Health Smart Virginia Feature Section – Social Emotional Health Resources](https://healthsmartva.pwnet.org/social-emotional-health-resources)

[Health Smart Virginia Feature Section – Mental Health Wellness Resources](https://healthsmartva.pwnet.org/social-emotional-health-resources)

[Health Smart Virginia Feature Section – Trauma Informed, Now What?](https://healthsmartva.pwnet.org/trauma-informed)

[What is SEL](https://casel.org/what-is-sel/)

[WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?](https://addypreslifestyle.com/what-is-sel-who-is-casel-why-does-sel-matter-to-everyone/)

[Teaching Activities to Support Core SEL Competencies](http://www.casel.org/wp-content/uploads/2017/08/Sample-Teaching-Activities-to-Support-Core-Competencies-8-20-17.pdf)

* [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube](https://www.youtube.com/watch?v=ihwcw_ofuME)
* [3 Committee for Children (CFC) Free SEL Classroom Activities](https://www.cfchildren.org/resources/free-classroom-activities/)
* [4 Inventive Games that Teach Students Social Skills](https://www.kqed.org/mindshift/35117/inventive-games-that-teach-kids-about-empathy-and-social-skills)
* [5 Activities to Support Students Through the Holidays](https://apertureed.com/helpful-ideas/5-activities-support-students-holidays/)
* [5-Minute Film Festival: Resources for Teaching About Character, Edutopia](https://www.edutopia.org/blog/film-festival-character-education)
* [5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes](https://www.extendednotes.com/after-school-articles/5-digital-tools-to-promote-social-emotional-learning-in-after-school)
* [7 Fun Communication Games that Increase Understanding](https://www.userlike.com/en/blog/communication-games)
* [7 SEL Activities for Students to Do at Home](https://www.understood.org/en/school-learning/for-educators/partnering-with-families/sel-printables-to-share-with-your-students-families)
* [8 Social Emotional Learning Activities for a Classroom](https://insightstobehavior.com/blog/8-social-emotional-learning-activities-classroom/)
* [8 Downloadable SEL Activities for Home and School](https://apertureed.com/parent-portal/free-home-resources/)
* [9 mental health activities to do with your children - BelievePerform](https://believeperform.com/product/9-mental-health-activities-to-do-with-your-children/)
* [10 Activities to Help Children Explore Emotions](https://www.apperson.com/teach-talk/10-activities-to-help-students-explore-emotions)
* [10 Activities to Integrate Social Emotional Learning into the Classroom](https://www.goguardian.com/blog/safety/activities-to-integrate-social-emotional-learning-into-the-classroom/)
* [10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools](https://selforschools.com/mentalhealth)
* [10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics](https://familytherapybasics.com/blog/2017/10/8/10-therapist-and-child-approved-activities-to-support-kids-with-anxiety)
* [10 Tips to Help Your Child with Anger, Aha! Parenting](https://www.ahaparenting.com/parenting-tools/emotional-intelligence/angry-child)
* [10 Important Conflict Resolution Skills for Teenagers, Mom Junction](http://www.momjunction.com/articles/important-conflict-resolution-skills-for-teenagers_00106119/)
* [12 Games to Teach Social-Emotional Learning - Playworks](https://www.playworks.org/resource/twelve-games-to-teach-students-social-emotional-learning/)
* [12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students](https://www.berkeleyschools.net/teaching-and-learning/toolbox/)
* [12 Ways Teachers Can Build Their Own Resilience](https://www.cultofpedagogy.com/resilience/)
* [13 Powerful SEL Activities | Edutopia](https://www.edutopia.org/article/13-powerful-sel-activities-emelina-minero)
* [15 Activities for Teaching CASEL Core Competencies | Waterford.org](https://www.waterford.org/education/15-activities-for-teaching-casel-core-competencies/)
* [16 Anger Management Activities, School Counseling Files](https://www.schoolcounselingfiles.com/anger-management-activities.html)
* [16 Social and Emotional Learning Activities - Aperture Education](https://apertureed.com/16-social-emotional-learning-activities/)
* [21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day](https://www.weareteachers.com/21-simple-ways-to-integrate-social-emotional-learning-throughout-the-day/)
* [25 Ways to Integrate Social Emotional Learning into Your Classroom](https://www.thepathway2success.com/25-ways-to-integrate-social-emotional-learning)
* [25 At Home SEL Activities - Choice Board](https://4.files.edl.io/66eb/03/25/20/160604-fed3609d-988a-458c-b31c-aa2c8b93f5ee.pdf)
* [28 Mental Health Activities, Worksheets & Books for Adults & Students](https://positivepsychology.com/mental-health-activities-worksheets-books/)
* [30 Character-Building Ideas and Activities for School, Sign Up Genius](https://www.signupgenius.com/school/character-education-activities.cfm)
* [30 + Free Choice SEL Activities](https://www.bridgeportedu.net/cms/lib/CT02210097/Centricity/Domain/18/SocialEmotionalLearningActivitiesFreeChoiceBoards.pdf)
* [73 Social Emotional Learning Activity Sheets](https://www.centervention.com/social-emotional-learning-activities/)
* [97 SEL Skills Activities – InspiredStudents.org](https://inspiredstudents.org/activities/)
* [100 Kid Activities to Build Character, Moments a Day](http://www.momentsaday.com/100-kids-activities-to-build-character/)
* [101 Ways to Teach Children Social Skills](https://healthiersfexcel.org/wp-content/uploads/2018/07/101-Ways-to-Teach-Children-Social-Skills.pdf)
* [132 SEL Apps, Games, Activities for Building Character in the Classroom](https://www.commonsense.org/education/articles/we-all-teach-sel-inspiring-activities-for-every-classroom)
* An ARTHUR Social, Emotional, and Character Development Curriculum K-5 <https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNFho>
* [Breathing Activity for Elementary Students](https://www.wps.k12.va.us/cms/lib/VA02201702/Centricity/Domain/1401/WPS%20Wellness%20Tips%20for%20Kids.pdf)
* [Butterfly Breathing Video – YouTube](https://www.youtube.com/watch?v=5AHYnXLdqpI&feature=youtu.be)
* CA Media Smarts Avatars and Body Image <http://mediasmarts.ca/teacher-resources/avatars-body-image>
* [Calming Exercises for Kids: Breathing and Stretching - YouTube](https://www.youtube.com/watch?v=cyvuaL_2avY)
* Centervention SEL Activities <https://www.centervention.com/social-emotional-learning-activities/>
* [Classroom Activities - MACMH | MACMH](https://macmh.org/classroom-activities/)
* [Classroom Physical Activity Helps Students with Mental Health and Anxiety](https://blog.moving-minds.com/2019/04/19/using-classroom-physical-activity-to-help-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 - Scared of Thunder <https://www.pbslearningmedia.org/resource/2335e27f-5ac0-4973-a0b9-c5ccd94677b2/daniel-and-o-are-scared-of-the-thunder/#.WRpJHmVNFho>
* BAM! Life <http://www.cdc.gov/bam/life/index.html>
* 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 Feelings <http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html>
* [EMOTIONAL ABC Classroom](https://www.emotionalabcs.com/teachers/)
* EVERFI-Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
* [Everyday mindfulness - YouTube](https://www.youtube.com/watch?v=QTsUEOUaWpY)
* Fit4TheClassroom - Mood Music Lesson <http://stage.fit4theclassroom.com/mood>
* [Free-Anger-Worksheets](https://www.teacherspayteachers.com/Product/Free-Anger-Worksheets-2035784?utm_source=www.thepathway2success.com&utm_campaign=Free%20SEL%20Resources) - An anger log to help kids track their triggers for anger. Elementary, Middle
* [Free-Calming-Poster](https://www.teacherspayteachers.com/Product/Free-Calming-Posters-1937021?utm_source=www.thepathway2success.com&utm_campaign=Free%20SEL%20Resources)- Simple calming posters for a calm down area that remind kids to relax and breathe. Elementary, Middle
* [Free-Coping-Strategies-Challenge](https://www.teacherspayteachers.com/Product/Free-Coping-Strategies-Challenge-3777553?utm_source=www.thepathway2success.com&utm_campaign=Free%20SEL%20Resources)- Have students learn 30 coping strategies in 30 days to teach about managing emotions. Elementary, Middle
* [Free-Coping-Strategies-Notebook](https://www.teacherspayteachers.com/Product/Free-Coping-Strategies-Notebook-Sampler-3012492?utm_source=www.thepathway2success.com&utm_campaign=Free%20SEL%20Resources)- A tool that helps kids to practice and use their coping strategies when they need them. Elementary, Middle
* [Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U](http://blogs.cuit.columbia.edu/child-adolescent-psychiatry/2016/06/08/fun-summer-activities-for-kids-that-encourage-mental-health/)
* Go Noodle - Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
* Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education   <http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf>
* How to Help Children Manage Fears <https://childmind.org/article/help-children-manage-fears/>
* [Interactive Games in Support of Mental Health | Mental Health Delta Division](https://mentalhealthdeltadivision.com/interactive-games/)
* Joyful Mind - Mindfulness in the Classroom Activities <http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions>
* KidsHealth.org Teacher’s Guides for Grades 3-5:
  + Self Esteem [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\_esteem.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf)
  + Empathy <http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf>
  + Conflict Resolution <https://classroom.kidshealth.org/3to5/personal/growing/conflict_resolution.pdf>
  + Getting Along <http://classroom.kidshealth.org/3to5/personal/growing/getting_along.pdf>
  + Peer Pressure <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
  + Stress <https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf>
  + Feeling Sad <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
* Learn to Be Healthy <http://www.learntobehealthy.org/health-education/mental-health.aspx>
* Learning to Give - I Feel Angry or Sad When <http://www.learningtogive.org/lessons/unit156/lesson5.html>
* Learning to Give - Define Wants and Needs <https://www.learningtogive.org/units/investing-others-k-2/define-wants-and-needs>
* Lesson - Responding to Teasing and Put Downs <http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20(Grade%203).pdf>
* [Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness](https://www.nami.org/Blogs/NAMI-Blog/August-2017/Lessons-We-Missed-as-Kids-Practicing-Mental-Healt)
* [Mental Health Activities for High School Students - The Truthful Tutor](https://thetruthfultutor.com/mental-health-activities-for-high-school-students/)
* [‎](http://canwetalk.ca/wp-content/uploads/2016/03/COOR-79l-2016-03-CWT-lesson-plans.pdf)[Mental Health Awareness: Free Resources & More | Share My Lesson](https://sharemylesson.com/collections/mental-health-awareness)
* 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](https://www.youtube.com/playlist?list=PLkZwAghwrSytgi1re_2Sr8Dt8poZCHgP5)
* [Mindful Movement for Young Learners - YouTube](https://www.youtube.com/watch?v=5aEI8lb7coY)
* Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening <http://www.mindfulschools.org/resources/explore-mindful-resources/>
* Mindful Schools <http://www.mindfulschools.org/resources/explore-mindful-resources>
* Mindful Teachers Site <http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html>
* [Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans](https://dese.mo.gov/college-career-readiness/school-counseling/curriculum/social-emotional-development-lesson-plans)
* No Time for Flash Cards - Circle Time Lessons about Emotions <http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html> <http://pbskids.org/daniel/videos/>
* 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/>
* PBS - Overview of Mindfulness <http://www.pbs.org/thebuddha/teachers-guide/>
* PBS - It's My Life <http://pbskids.org/itsmylife/index.html>
* PE Central lessons
  + Emotions in Motion <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho>
  + Emotion Discovery with DDR <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10126#.WR42smVNFho>
  + 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>
  + Problem Solving Door <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3584#.WR41J2VNFho>
  + Stress Hot Potato <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6604#.WR41RmVNFho>
* Reach Out - Asking students if they are okay <http://au.professionals.reachout.com/r-u-ok>
* 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 management and 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 - 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>
* Supporting Students’ Personal and Social Competencies <https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html>
* Teachnology - Mental Health and Stress Reduction [http://www.teach-nology.com](http://www.teach-nology.com/)
* Teacher Vision - Feelings Are Okay <http://www.teachervision.fen.com/mental-health/printable/44813.html>
* Together Counts - Smart from the Start - Every Body Is Special <https://healthsmartva.org/uploads/rteditor/file/3-Every%20Body%20Is%20Special%20.pdf>
* Together Counts - Energy Balance 1.2. Full Esteem Ahead <https://togethercounts.com/grades-k-5/>
* Together Counts - Foundations of Wellness <http://togethercounts.com/wp-content/uploads/2017/11/Lesson_1.1_FoundationsofWellness.pdf>
* [UNICEF Kid Power Videos for Children and Families](https://www.unicefkidpower.org/parents/?utm_content=brainbreaks&ms=CPC_DIG_2020_KidPower_20200511_google_brainbreaks_delve_none&initialms=CPC_DIG_2020_KidPower_20200511_google_brainbreaks_delve_none&gclid=Cj0KCQjwzZj2BRDVARIsABs3l9KjEyfXlEEAfYwjGYHOpG05nhqAAb11EJi8qI2Jl8-fnHhapPyoJKoaArNwEALw_wcB)
* Wall Street Journal - Overview of Mindfulness <https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647>
* We Are Teachers: Resources for Social and Emotional Learning <http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>
* When Grief Enters the Classroom <http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf>
* Y Project Cornerstone - Teasing and Putdowns Lesson <http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf>

**Violence Prevention**

* Al's Pals: Kids Making Healthy Choices [http://wingspanworks.com](http://wingspanworks.com/)
* Bullying Prevention Lesson Plans <https://rossieronline.usc.edu/bullying-prevention-lesson-plans/>
* Collection of Social Emotional Lesson Plans <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
* [Committee for Children - Bullying Prevention Unit](https://www.cfchildren.org/resources/bullying-prevention-information/)
* Decision Making and Assertiveness <http://www.uen.org/Lessonplan/preview.cgi?LPid=160>
* Emotional Development Resources <https://www.teachervision.com/emotional-development/teacher-resources/32913.html>
* Intel Education: "Flat Stanley” <http://www97.intel.com/en/ProjectDesign/UnitPlanIndex/FlatStanley>
* Kids against Bullying <http://www.pacerkidsagainstbullying.org/kab/>
* Kids Bullying Kids <http://www.educationworld.com/a_lesson/00-2/lp2055.shtml>
* LifeSkills Training [http://www.lifeskillstraining.com](http://www.lifeskillstraining.com/)
* 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>
* Olweus Bullying Prevention Program <http://www.olweus.org/public/school_bullying.page>
* 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/>
* Peaceful Schools [http://peacefulschoolsinternational.org](http://peacefulschoolsinternational.org/)
* Social Emotional Learning K-5 <http://www.scholastic.com/teachers/lesson-plans/free-lesson-plans/search?query=&subject%5B%5D=912>
* Teaching Guide: Bullying and Teasing <http://www.goodcharacter.com/GROARK/Bullying.html>
* Together Counts – Decision Making
* We Are Teachers: Resources for Social and Emotional Learning <http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>