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**Grade 4 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*

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**Violence Prevention**

**Body Systems**

* Health Smart Virginia 4th Grade Page [https://healthsmartva.org/4th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](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)
* Human Body Systems – Science Queens [https://www.thesciencequeen.net/human-body-systems.htm](about:blank)
* [Human Body - Science for Kids - You Tube](about:blank)
* [Human Body Systems for Kids Video Lesson and Activity Plan](about:blank)
* KidsHealth.org [http://kidshealth.org](about:blank)
* Kids Health How the Body Works YouTube Video Series [https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z](about:blank)
* Kids Health - human body series [http://classroom.kidshealth.org/index.jsp?Grade=35&Section=body](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)
* The Human Brain [https://www.youtube.com/watch?v=1aCYsYSM1MA](about:blank)
* Muscles - Science Trek [https://vpm.pbslearningmedia.org/resource/muscles-science-trek/muscles-science-trek/](about:blank)
* Scholastic Study Jams! [http://studyjams.scholastic.com/studyjams/jams/science/human-body/human-body.htm](about:blank)
* TED Ed Resources:

[Can you be awake and asleep at the same time?](about:blank)

[What are the floaters in your eye?](about:blank)

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

[How oxygen circulates through your body](about:blank)

[How does the liver work?](about:blank)

[How does your digestive system work?](about:blank)

[Your skin!](about:blank)

[How does the immune system work?](about:blank)

* The Facts About Concussions [https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/](about:blank)

**Community/Environmental Health**

* Health Smart Virginia 4th Grade Page [https://healthsmartva.org/4th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* Benefits of Volunteering [https://kidshealth.org/en/kids/volunteering.html?ref=search&WT.ac=msh-p-dtop-en-search-clk](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)
* EPA Environmental Health 101 Lesson [https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101](about:blank)
* EPA Games and Quizzes [https://www.epa.gov/students/games-quizzes-and-more](about:blank)
* EPA Student Environmental Health Resources [https://www.epa.gov/students](about:blank)
* EPA Student Resources [https://www.epa.gov/students](about:blank)
* Exploring Community [http://www.discoveryeducation.com/teachers/free-lesson-plans/exploring-your-community.cfm](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)
* How Do Chemicals Affect Animals and Their Kids? [https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/](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

* The Science of Safety (Natural Hazards) [https://ymiclassroom.com/lesson-plans/science-of-safety/](about:blank)
  + - 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)

**Nutrition**

* Health Smart Virginia 4th Grade Page [https://healthsmartva.org/4th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](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)

* AHA Balance It Out Teacher’s Guide [http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_448421.pdf](about:blank)
* 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](about:blank)
* 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](about:blank)
* AHA Food Is Fuel [https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\_305557.pdf](about:blank)
* Balanced Diet – AumSum [https://www.youtube.com/watch?v=YimuIdEZSNY](about:blank)
* BAM! Body and Mind\_Unit 2: Nutrition [https://www.cdc.gov/healthyschools/bam/nutrition.htm](about:blank)
* Be A Store Explorer, Nutrition [https://ymiclassroom.com/lesson-plans/be-a-store-explorer/](about:blank)
* Check Out What’s Chilling - Nutrition [https://ymiclassroom.com/lesson-plans/nfra/](about:blank)
* Fuel It! – Nutrition [https://vpm.pbslearningmedia.org/collection/move-it/t/fuel-it/](about:blank)
* Get it Going with GOYA (beans) [https://ymiclassroom.com/lesson-plans/getitgoingwithgoya/](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)
  + KidsHealth for Kids [https://kidshealth.org/en/kids](about:blank)
  + KidsHealth 3-5 Grade Food Labels Teacher’s Guide [https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food\_labels.pdf](about:blank)
  + PE Central Nutrition Station Circuit [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5786#.V8jDZMdNFho](about:blank#.V8jDZMdNFho)
  + Serving Up My Plate - A Yummy Curriculum Grades 3-4 [https://fns-prod.azureedge.net/sites/default/files/tn/sump\_level2.pdf](about:blank)
  + Shape America - What’s in My Fast Food [http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2\_Activity2015.pdf](about:blank)
* Smart Snacking Action Plan [https://healthpoweredkids.org/lessons/smart-snacking/](about:blank)
* Sports and Energy Drinks [https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/](about:blank)
  + Utah Education Network Design a Meal [http://www.uen.org/Lessonplan/preview.cgi?LPid=68](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)

* [The 5 Fabulous Food Groups - You Tube](about:blank)
* Together Counts
  + Wellness [https://togethercounts.com/grades-k-5/](about:blank)
  + What Is Energy Balance? [https://togethercounts.com/grades-k-5/](about:blank)
  + What is the Pattern? [http://togethercounts.com/wp-content/uploads/2017/11/Lesson\_2.1\_WhatsthePattern.pdf](about:blank)
* With The Whole Grain for Kids [https://ymiclassroom.com/lesson-plans/go-with-the-whole-grain/](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 Virginia 4th Grade Page [https://healthsmartva.org/4th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* 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) - Elementary Lesson Plans
  + [http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans\_UCM\_001258\_Article.jsp#.WHVMj2VNGs0](about:blank#.WHVMj2VNGs0)
  + Balance It Out Teacher’s Guide - [http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_448421.pdf](about:blank)
  + 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](about:blank)
  + 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](about:blank)
* BAM! Physical Activity - [http://www.cdc.gov/bam/activity/index.html](about:blank)
* BAM! Body and Mind\_Unit 2: Physical Education and Activity [https://www.cdc.gov/healthyschools/bam/pe\_pa.htm](about:blank)
* BAM! Body and Mind\_Unit 4: Health Conditions and Disease [https://www.cdc.gov/healthyschools/bam/diseases.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)
* Fitness Bingo Lesson Plan [https://vpm.pbslearningmedia.org/resource/07424363-3e7d-4f64-b676-140aeb54f9a4/fitness-bingo-lesson-plan/](about:blank)
* Fuel Up to Play 60 [https://www.fueluptoplay60.com/tools#tab\_why-physical-activity](about:blank#tab_why-physical-activity)
* Go Noodle – Physical Activity and Mindfulness Breaks [https://www.gonoodle.com](about:blank)
* Health Start Germs to Yourself [https://www.youtube.com/watch?v=Xoh82fefs0M](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 Fast Breaks - NBA Fit Classroom Lesson [https://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf](about:blank)
* K-2 Sleep Education [http://school.sleepeducation.com/K-2.aspx](about:blank)
* Kids Health for Kids [https://kidshealth.org/en/kids](about:blank)
* Kids Health Grades 3-5 Teacher’s Guides
  + Fitness [https://classroom.kidshealth.org/classroom/3to5/personal/fitness/fitness.pdf](about:blank)
  + Sleep [https://classroom.kidshealth.org/classroom/3to5/body/functions/sleep.pdf](about:blank)
  + Screen Time [https://classroom.kidshealth.org/classroom/3to5/personal/fitness/screen\_time.pdf](about:blank)
* Let's Get Moving! [http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html](about:blank)
* Move It! - Physical Activity [https://vpm.pbslearningmedia.org/collection/move-it/t/move-it-physical-activity/](about:blank)
* Safe Routes [http://www.walkbiketoschool.org](about:blank)
* Season Fitness Lesson Plan [https://vpm.pbslearningmedia.org/resource/8148142e-a441-4861-8359-f56adfeff15b/season-fitness-lesson-plan/](about:blank)
* Sleep Well [https://ymiclassroom.com/lesson-plans/sleep/](about:blank)
* Utah Education Network - Calorie Burning [http://www.uen.org/Lessonplan/preview.cgi?LPid=18870](about:blank)
* [Jump Rope for the Heart Event](about:blank)
* PE Central
  + Heart Power [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.WH6kQ2VNFho](about:blank#.WH6kQ2VNFho)
  + Interactive Heart Rate [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4874](about:blank)
  + Power Chargers – Quick Activity Breaks [http://healthpoweredkids.org/power-chargers/](about:blank)
  + SHAPE America
  + Healthy Heart [http://www.shapeamerica.org/events/pesportweek/upload/Heart\_Healthy.pdf](about:blank)
  + Musical Spots Fitness Edition [http://www.shapeamerica.org/events/pesportweek/upload/Musical\_Spots.pdf](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)

* Wheel of Fitness Lesson Plan [https://vpm.pbslearningmedia.org/resource/0140c51f-86a6-4a9f-a081-ecc3c50a9831/wheel-of-fitness-lesson-plan/](about:blank)

**Substance Abuse Prevention**

* Health Smart Virginia 4th Grade Page [https://healthsmartva.org/4th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* ABC Virginia Elementary Guide [https://www.abc.virginia.gov/education/publications](about:blank)
* Addiction and the Brain- for kids! [https://youtu.be/s0bqT\_hxMwI](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-3-5.html](about:blank) 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](about:blank)
* Bam! Body and Mind\_Unit 8: E-cigarettes and Alcohol [https://www.cdc.gov/healthyschools/bam/e\_cigarettes\_and\_alcohol.htm](about:blank)
* Brain Power! [https://www.drugabuse.gov/parents-educators](about:blank)
* Drug Abstinence Skills [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929#.WD2wuWVNGs0](about:blank#.WD2wuWVNGs0)
* Internet4Kids Drug Lesson Plans K-12 [https://www.internet4classrooms.com/links\_grades\_kindergarten\_12/drug\_abuse\_guidance\_counselor\_lesson\_plans.htm](about:blank)
* It's My Life [http://pbskids.org/itsmylife/index.html](about:blank)
* Keeping it Real – Elementary School DARE Curriculum [https://dare.org/education/](about:blank)
* Keeping Medicine Safe [https://youtu.be/UHvPSwIX4aQ](about:blank)
* LifeSkills Training [http://www.lifeskillstraining.com](about:blank)
* NEA Practice Saying No [http://www.nea.org/tools/practice-saying-no.html](about:blank)
* On the Rocks Resource Guide [http://www.connectwithkids.com/LHI/pdf/OnTheRocks\_ResourceGuide.pdf](about:blank)
* Operation Prevention - opioid use prevention [https://www.operationprevention.com/classroom](about:blank)
* Together Counts - Decision Making [https://togethercounts.com/grades-k-5/](about:blank)
* Virginia ABC Elementary Guide [https://www.abc.virginia.gov/education/publications](about:blank)
* Generation Rx – Elementary Prescription Rx Toolkit [https://www.generationrx.org/toolkits/elementary/](about:blank)
* KidsHealth.org, Smoking, Alcohol and Drugs Teacher’s Guides:
  + [https://classroom.kidshealth.org/classroom/3to5/problems/drugs/alcohol.pdf](about:blank)
  + [http://classroom.kidshealth.org/classroom/3to5/problems/drugs/drugs.pdf](about:blank)
  + [https://classroom.kidshealth.org/classroom/3to5/problems/drugs/smoking.pdf](about:blank)
* 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](about:blank)
  + [http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-4-5.html](about:blank)
* [(Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)](about:blank)
* [(Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)](about:blank)
* Prescription Drug Abuse:
  + Practice Saying No [http://www.nea.org/tools/practice-saying-no.html](about:blank)
  + Refusal: Sample Animation Activity [https://www.youtube.com/watch?v=PEEEJLtRJcM](about:blank)

**Safety/Injury Prevention**

* Health Smart Virginia 4th Grade Page [https://healthsmartva.org/4th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* BAM! Safety [http://www.cdc.gov/bam/safety](about:blank)
* BAM! Body and Mind\_Unit 7: Injury Prevention and Safety Promotion [https://www.cdc.gov/healthyschools/bam/injury.htm](about:blank)
* Build a Kit [https://www.ready.gov/kids/kids](about:blank)
* Bicycle Helmet Safety [https://youtu.be/sV9GjU7cA7o](about:blank)
* Bicycle Safer Journey [https://youtu.be/dkoVxBnnGko](about:blank)
* Bicycle Safety [http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/bicycle-safety-grades-3-5.html](about:blank)
* CDC Brain Injury Basics [http://www.cdc.gov/headsup/basics/index.html](about:blank)
* CDC Street Smartz  [https://www.cdc.gov/bam/safety/street.html](about:blank)
* Education World Be a Sport for Sport Safety [https://www.educationworld.com/a\_lesson/lesson233.shtml](about:blank)
* Jello Brain - ShawTV Edmonton [https://www.youtube.com/watch?v=BBbxCT5whN0](about:blank)
* Fire Safety for Kids [https://www.youtube.com/watch?v=AWHGdWOI4kw](about:blank)
* Gun Safety [http://www.doe.virginia.gov/boe/guidance/safety/school\_gun\_safety\_elementary.pdf](about:blank)
* Gun Safety [http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/gun-safety-grades-4-5.html](about:blank)
* Home Alone [http://archive.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/home-alone-grades-3-5.html](about:blank)
* Internet Safety [http://www.safesurfingkids.com/lesson\_plans\_grades\_3\_12.htm](about:blank)
* Kids Fire Safety Awareness [https://www.youtube.com/watch?v=Lc2aCmxG6II](about:blank)
* KidsHealth.org Concussions [https://www.youtube.com/watch?v=FkLT\_aZ2u5k](about:blank)
* National Head and Spinal Cord Injury Prevention Program [http://thinkfirst.org/youth](about:blank)
* News Headline Templates [https://www.presentationmagazine.com/editable-powerpoint-newspapers-407.htm](about:blank)
* Pedestrian Safety Curriculum [https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum](about:blank)
* Pedestrian Safer Journey [https://youtu.be/E5BFdJu-pjE](about:blank)
* Philly Safe Routes to School [http://saferoutesphilly.org/wp-content/uploads/2011/09/Egg\_Drop.pdf](about:blank)
* Playground Safety Check [http://www.educationworld.com/a\_lesson/01-1/lp233\_03.shtml](about:blank)
* Risk Watch Safety Videos [http://dasmus.weebly.com/risk-watch.html](about:blank)
* Road Safety Video [https://www.youtube.com/watch?v=\_NeEF1fwT4k](about:blank)
* Safety Adventures: Home Safety [https://youtu.be/QSWC75raMx4](about:blank)
* Safety Lessons [https://mecklenburg.ces.ncsu.edu/youthsafety](about:blank)
* SafeKids Home Safety [http://www.safekids.org/home-safety-educators](about:blank)
* SafeKids Pedestrian Safety [http://www.safekids.org/sites/default/files/documents/educators/pedestrian\_safety\_lesson\_plan\_0.pdf](about:blank)
* The Facts About Concussions [https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/](about:blank)
* The Concussion Conundrum [https://healthpoweredkids.org/lessons/concussion-conundrum/](about:blank)
* 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 Virginia 4th Grade Page [https://healthsmartva.org/4th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* [Health Smart Home Page Social Emotional Resources](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 - BelievePerform](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)
* Balloon (Peace Out: Guided Meditation for Kids) | Cosmic Kids [https://www.youtube.com/watch?v=ZBnPlqQFPKs](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)
* [Breathing Activity for Elementary Students](about:blank)
* [Butterfly Breathing Video – YouTube](about:blank)
* CA Media Smarts Avatars and Body Image [http://mediasmarts.ca/teacher-resources/avatars-body-image](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)
* Cool It! - Self Awareness (Yoga) [https://vpm.pbslearningmedia.org/collection/move-it/t/cool-it/](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 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)
* Elementary School Counseling - 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)
* Exercise and your brain [https://healthpoweredkids.org/lessons/exerciseandbrain/](about:blank)
* Fit4TheClassroom - Mood Music Lesson [http://stage.fit4theclassroom.com/mood](about:blank)
* [Free-Anger-Worksheets](about:blank) - An anger log to help kids track their triggers for anger. Elementary, Middle
* [Free-Calming-Poster](about:blank)- Simple calming posters for a calm down area that remind kids to relax and breathe. Elementary, Middle
* [Free-Coping-Strategies-Challenge](about:blank)- Have students learn 30 coping strategies in 30 days to teach about managing emotions. Elementary, Middle
* [Free-Coping-Strategies-Notebook](about:blank)- 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](about:blank)
* Go Noodle - Physical Activity and Mindfulness Breaks [https://www.gonoodle.com](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)
* How to Help Children Manage Fears [https://childmind.org/article/help-children-manage-fears/](about:blank)
* How Your Brain Works – I Have a Go [https://www.youtube.com/watch?v=mFuHKJqpxPw](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 Grades 3-5:
  + Self Esteem [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\_esteem.pdf](about:blank)
  + Empathy [http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf](about:blank)
  + Conflict Resolution [https://classroom.kidshealth.org/3to5/personal/growing/conflict\_resolution.pdf](about:blank)
  + Getting Along [http://classroom.kidshealth.org/3to5/personal/growing/getting\_along.pdf](about:blank)
  + Peer Pressure [http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf](about:blank)
  + Stress [https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf](about:blank)
  + Feeling Sad [http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf](about:blank)
* Learning Mindfulness Through Movement [https://healthpoweredkids.org/lessons/mindfulnesthroughmovement/](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)
* 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)

* [Mindful Moments – MCPS Be Well 365 - Student Activity Videos](about:blank)
* [Mindful Movement for Young Learners - YouTube](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)
* Noticing Walk and Reflection [https://healthpoweredkids.org/lessons/noticingwalk/](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)
* PBS - It's My Life [http://pbskids.org/itsmylife/index.html](about:blank)
* PE Central lessons
  + Emotions in Motion [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho](about:blank#.WR3WWmVNFho)
  + Emotion Discovery with DDR [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10126#.WR42smVNFho](about:blank#.WR42smVNFho)
  + 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)
  + Problem Solving Door [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3584#.WR41J2VNFho](about:blank#.WR41J2VNFho)
  + Stress Hot Potato [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6604#.WR41RmVNFho](about:blank#.WR41RmVNFho)
* Reach Out - Asking students if they are okay [http://au.professionals.reachout.com/r-u-ok](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)
* Self-Esteem and Body Image [https://healthpoweredkids.org/lessons/self-esteem-and-body-image/](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)
* Stress, Trauma and the Brain - Insights for Educators [https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/](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)
* 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)
* 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)
* Together Counts - Foundations of Wellness [http://togethercounts.com/wp-content/uploads/2017/11/Lesson\_1.1\_FoundationsofWellness.pdf](about:blank)
* [UNICEF Kid Power Videos for Children and Families](about:blank)
* Wall Street Journal - Overview of Mindfulness [https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647](about:blank)
* We Are Teachers: Resources for Social and Emotional Learning [http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources](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)
* Wellbeing Healthy Habits [https://www.youtube.com/watch?v=dhpCdqOtuj0](about:blank)
* 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](about:blank)

**Violence Prevention**

* Health Smart Virginia 4th Grade Page [https://healthsmartva.org/4th-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)
* Anti-Bullying Squad [https://youtu.be/3ypxq2C4JuY](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 [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)
* Decision Making and Assertiveness [http://www.uen.org/Lessonplan/preview.cgi?LPid=160](about:blank)
* Emotional Development Resources [https://www.teachervision.com/emotional-development/teacher-resources/32913.html](about:blank)
* Five Ways to Stop Bullying [https://youtu.be/vGV5jzPYvm0](about:blank)
* Intel Education: "Flat Stanley” [http://www97.intel.com/en/ProjectDesign/UnitPlanIndex/FlatStanley](about:blank)
* Kids against Bullying [http://www.pacerkidsagainstbullying.org/kab/](about:blank)
* Kids Bullying Kids [http://www.educationworld.com/a\_lesson/00-2/lp2055.shtml](about:blank)
* LifeSkills Training [http://www.lifeskillstraining.com](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)
* Olweus Bullying Prevention Program [http://www.olweus.org/public/school\_bullying.page](about:blank)
* Online Safety [https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/](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)
* Robot Bullies [https://youtu.be/YTQxTvcMjng](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)
* Teaching Guide: Bullying and Teasing [http://www.goodcharacter.com/GROARK/Bullying.html](about:blank)
* Together Counts – Decision Making
* We Are Teachers: Resources for Social and Emotional Learning [http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources](about:blank)