

**Grade 6 Resource Links**

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

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**Violence Prevention**

**Body Systems**

* Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Human Body Facts and Worksheets
* Asthma 101 https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/
* Body Composition https://healthpoweredkids.org/lessons/body-composition/
* Caring for Skin- Largest Organ https://healthpoweredkids.org/lessons/skin-health-how-to-care-for-your-largest-organ-2/
* Fact Monster- Biology – Human Body Systems https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems
* KidsHealth.Org How the Body Works: Urinary System http://kidshealth.org/en/kids/usmovie.html?WT.ac=en-k-htbw-main-page-i
* Kids Health How the Body Works YouTube Series https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z
* Kids Health-Human Body Series http://classroom.kidshealth.org/index.jsp?Grade=68&Section=body
* LiveStrong-Does Exercise Affect the Urinary System? http://www.livestrong.com/article/529262-does-exercise-affect-the-urinary-system/
* Wisconsin Department on Communicable disease prevention K-12- Communicable Disease Prevention Lesson Plans for Middle Schoolers “ Inspector Bacterium”; “ The Germs Go Marching In”; “Archaeological Dig” (21-39) http://dpi.wi.gov/sites/default/files/imce/sspw/pdf/k\_12communicable.pdf
* The Facts About Concussions https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/
* TED ED Resources

 What happens during a heart attack?

What causes migraines?

Can you be awake and asleep at the same time?

What are the floaters in your eye?

How do lungs work?

How your muscular system works

How oxygen circulates through your body

How does the thyroid manage your metabolism?

How do your kidneys work?

How do your hormones work?

How the heart actually pumps blood

Why does your voice change?

How does the liver work?

How does your digestive system work?

How blood pressure works

What does the pancreas do?

Your skin!

How does the immune system work?

* Your Happy Heart https://healthpoweredkids.org/lessons/your-happy-heart/

**Community/Environmental Health**

* Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Does Farming Impact Air Quality? https://www.sciencejournalforkids.org/articles/how-does-farming-impact-air-quality/
* EPA Environmental Health 101 Lesson https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101
* EPA Student Environmental Health Resources https://www.epa.gov/students
* Green Schools - Earth Day Activities and Ideas http://www.greenschools.net/article.php-id=160.html
* How Do Chemicals Affect Animals and Their Kids? https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/
* How can chemicals influence your hormones? https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/
* How is asthma related to the neighborhood you live in? https://www.sciencejournalforkids.org/articles/how-is-asthma-related-to-the-neighborhood-you-live-in/
* How can we get the most from our waste? https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/
* How do our food choices affect the environment? https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/
* KidsHealth.Org Ozone, Air Quality and Asthma http://kidshealth.org/en/parents/ozone-asthma.html
* KidsHealth.Org Smoking http://kidshealth.org/en/teens/smoking.html
* NIH Healthy Lungs Exercise and Air Quality – Top 10 Tips https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4666455/pdf/EDU-ELF1-2013.pdf
* Project Learning Tree - Earth Day Activities https://www.plt.org/educator-tips/earth-day-activities/
* TED ED Resources

TedEd - 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 much electricity does it take to power the world?

How do wind turbines work?

What if there were 1 million more trees?

Beauty of Pollination

* Recycle Plastic More Sustainably https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/
* Social Determinants of Health https://www.youtube.com/watch?v=8PH4JYfF4Ns
* Virginia Foundation for Healthy Youth http://www.vfhy.org
* Virginia 24/7 Campaign for Tobacco Free Schools http://247campaignva.com
* 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/

**Nutrition**

* Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 5-2-1-0 Let's Go Middle and High School Toolkit https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools
* Action for Healthy Kids – Nutrition https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS\_Nutrition\_v3.pdf
* 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) Middle School Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans\_UCM\_304280\_Article.jsp?appName=MobileApp
	+ AHA - We Jump We Shoot We Save Teacher's Guide 2012-13 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467922.pdf
	+ AHA - We Jump We Shoot We Save Teacher's Guide 2013-14 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467933.pdf
	+ AHA - What or Who Influences Your Food Choices http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\_314238.pdf
	+ AHA - Brain Power https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_467221.pdf
	+ AHA - Garden Growing While on the Move http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_467219.pdf
	+ AHA - Lesson In Sportsmanship -
	+ AHA - Don’t Fumble With This Jumble https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_306494.pdf
	+ AHA - Stepping Across the States - http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_306495.pdf
	+ AHA - Our Challenge: A Look At the Obesity Epidemic https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_452021.pdf
	+ AHA - Obesity Trends https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_452018.pdf
	+ AHA - NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans\_UCM\_453013\_Article.jsp#.V\_K0AvArLic
* CA Adolescent Nutrition and Fitness Program - Junk Food Marketing http://canfit.org/pdf/SchoolLessonPlan.pdf
* Canada Media Smarts
	+ Looking at food advertising lesson http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson
	+ Junk food advertising http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson\_Youve\_Gotta\_Have\_a\_Gimmick.pdf
	+ You’ve Gotta Have a Gimmick http://mediasmarts.ca/lessonplan/youve-gotta-have-gimmick-lesson
* Check Out What’s Chilling - Nutrition https://ymiclassroom.com/lesson-plans/nfra/
* Health Start Foundation – Nutrients
* 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
* Sports and Energy Drinks https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/
* The 5 Fabulous Food Groups - You Tube
* 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 do germs make us sick?

Why our muscles get tired

* Vegetable Database https://fruitsandveggies.org/stories/vegetables/

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

* Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 10 ways to stop eating sugar https://www.youtube.com/watch?v=eeAMIkjOqlw
* Asthma 101 https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/
* Chain of Infection https://www.youtube.com/watch?v=03mK0bpIeyQ
* CDC BAM! Body and Mind http://www.cdc.gov/bam/nutrition/index.html

 CDC BAM Teacher’s Corner – Body Image Ad lesson

 CDC BAM Teacher’s Corner – If Those Dolls Were Real People

* Decreasing Screen Time https://healthpoweredkids.org/lessons/decreasing-screen-time/
* Eat Fit - addresses media and body image https://uccalfresh.ucdavis.edu/curriculum/youth/EF
* Family Doctor.Org (American Association of Family Physicians) - Finding Reliable Health Information on the Web https://familydoctor.org/health-information-on-the-web-finding-reliable-information/?adfree=true
* Food Span - Marketing Lesson 11 - Johns Hopkins Center for a Livable Future http://foodspanlearning.org/
* FCS Fast Food Commercials & Nutrition Lesson http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/
* Food Day Curriculum https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267
* Girlshealth.gov - Nutrition http://www.girlshealth.gov/nutrition/index.html
* Girlshealth.gov - Having Body Image Issues https://www.girlshealth.gov/feelings/bodyimage/index.html
* Go Noodle – Physical Activity and Mindfulness Breaks https://www.gonoodle.com
* Goodheart Wilcox Middle School Health Skills

https://www.g-wlearning.com/health/3085/index.htm

https://www.g-wlearning.com/health/2958/index.htm

* Grocery Store Scavenger Hunt http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html
* Healthy Eating – 5 Food Groups – You Tube
* Healthy Eating – What is Healthy Eating? - You Tube
* Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube
* Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube
* Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube
* Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube
* Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise
* Hitting Cancer Below the Belt Colon Cancer Education http://hcb2.org
* How the food you eat affects your gut https://www.youtube.com/watch?v=1sISguPDlhY
* Insulin Resistance https://www.youtube.com/watch?v=OvopID91fTo
* Iowa Children’s Hospital - Online Health Information What Can You Trust https://uichildrens.org/online-health-information-what-can-you-trust
* Keeping Clean when You’re a Preteen https://healthpoweredkids.org/lessons/keeping-clean-when-youre-a-preteen/
* Kids Health Media Literacy and Health Teacher’s Guide https://classroom.kidshealth.org/classroom/6to8/personal/growing/media\_literacy\_health.pdf
* Kids Health Fast Breaks https://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf
* Kids Health Teacher Guides - Grades 6-8
	+ NBA Fit Classroom Lesson:
	http://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf
	+ Breakfast
	https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf
	+ Fitness
	https://classroom.kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf
	+ School Lunch
	https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school\_lunch.pdf
	+ Food Labels
	https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food\_labels.pdf
	+ Food Safety
	https://classroom.kidshealth.org/classroom/6to8/personal/safety/food\_safety.pdf
	+ Healthy Snacking
	https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy\_snacking.pdf
	+ Screen Time
	https://classroom.kidshealth.org/classroom/6to8/personal/fitness/screen\_time.pdf
* Let's Get Moving Unit - Michigan State University http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html
* Medline Plus - Evaluating Health Information https://medlineplus.gov/evaluatinghealthinformation.html
* Medline Plus - Guide to Healthy Web Surfing https://medlineplus.gov/healthywebsurfing.html
* Move your way https://youtu.be/dAaB8XDUi4I
* NYTimes- Thinking Critically About Ads http://learning.blogs.nytimes.com/2011/04/25/on-the-market-thinking-critically-about-advertising/?\_r=1
* Nutrition – High School Lesson Plans
* Nutrition Activities in Any Classroom – Junior and Senior High
* PE Central - Food Pyramid Game http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645
* PE Central - Calculating Fat, Carbohydrates & Proteins http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919
* Power Chargers – Quick Activity Breaks http://healthpoweredkids.org/power-chargers/
* Read, Write, Think - Advertisement Analysis http://www.readwritethink.org/files/resources/lesson\_images/lesson97/advert.pdf
* Scholastic - Body Image and the Media Lesson Plan https://www.scholastic.com/teachers/lesson-plans/teaching-content/body-image/
* Sample Physical Activity Log - Michigan State University http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html
* Scholastic – Choices – Magazines to “empower students to make positive, real world decisions https://choices.scholastic.com
* SENTARA Stroke Education Toolkit https://sentarastrokeawareness.com/toolkit/
* Social Determinants of Health https://www.youtube.com/watch?v=8PH4JYfF4Ns
* Super Sleep https://healthpoweredkids.org/lessons/super-sleep/
* TED ED and other 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 do germs make us sick?

Why our muscles get tired

* The Sleep Factor Lessons and Power Points https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints
* SuperTracker Nutrition Lesson Plans for High School Students
* USDA-Serving Up My Plate. A Yummy Curriculum for grades 5 and 6 http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum http://www.fns.usda.gov/sites/default/files/sump\_level3.pdf
* UC Davis Youth Nutrition Education Materials http://fsnep.ucdavis.edu/curriculum/youth-materials
	+ Nutrition to Grow On Curriculum http://cns.ucdavis.edu/resources/ntgo/index.html
	+ Eat Fit https://uccalfresh.ucdavis.edu/curriculum/youth/EF
* World Sleep Day Education Kit

https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes\_Ages%2011-18%20years.pdf

**Substance Abuse Prevention**

* Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 14 Drug Education Activities, Scholastic Printable Skills Pages
* Addiction and the Brain- for kids! https://youtu.be/s0bqT\_hxMwI
* Biological Sciences Curriculum Study (BSCS) - Drug Abuse, Addiction, and the Adolescent Brain https://bscs.org/resources/educator-resource-center/drug-abuse-addiction-and-the-adolescent-brain
* CATCH My Breath E-cigarette/JUUL youth prevention program for Middle and High School students. https://catchinfo.org/enroll/
* Catch My Breath – A Nicotine Vaping Prevention Program
* (Chippewa Valley Coalition) Marijuana Prevention - Middle School
* Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy
* Discovery Education - Deadly Highs – Grades 6-8 http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm
* Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
* Effects of Vaping https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/
* Easy to Start, Hard to Quit (Vaping) https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/
* E-Cigarettes and Vaping – Lesson 1: Why Should I care? and  Lesson 2: Don’t get (e-)Hooked!
* Everfi Marijuana Lesson Plans https://everfik12hc.wpengine.com/marijuana-lesson-plans/
* Everfi Prescription Drug Safety Lesson Plan – Introduction to the Opioid Crisis http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf
* Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
* Everfi Prescription Drug Safety Lesson Plan – Understanding Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf
* Everfi Prescription Drug Safety Lesson Plan – Resisting Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf
* Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
* FDA Anti-Juuling Video for Teens https://youtu.be/zYuyS1Oq8gY
* FDA Medicines in My Home https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm
* Generation RX – Teen Prescription Rx Toolkit https://www.generationrx.org/toolkits/teen/
* Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
* Girls Health Website https://www.girlshealth.gov/substance/
* Handling stress / Dealing with pressures - Teaching guide for 5-9 peer pressure; activities and great discussion questions http://www.goodcharacter.com/BCBC/Pressures.html
* Harding University Alcohol, Family, Community Lesson Plan alcohol-family-community
* Heads Up – Methamphetamine

http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf

* Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html
* How your brain responds to the reward circuit https://www.youtube.com/watch?v=s27f7Jzy2k0
* How Opioids Change the Brain: Lesson Plan https://vpm.pbslearningmedia.org/resource/e78a64a0-5098-4147-b86d-31d3b5e44fe1/how-opioids-change-the-brain-lesson-plan-understanding-the-opioid-epidemic/
* How to say no to drugs https://youtu.be/6Y6gn\_dd54Q
* Habits and Addiction https://youtu.be/oV38woahNso
* Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links\_grades\_kindergarten\_12/drug\_abuse\_guidance\_counselor\_lesson\_plans.htm
* Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals http://poisoncontrol.utah.edu/publiced/pdfs/InhalantLesson\_6thgr.pdf
* Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals and Poison Prevention (Grade 6-above) http://poisoncontrol.utah.edu/publiced/pdfs/InhalantComboLesson.pdf
* Johnny’s Ambassadors Online Marijuana Curriculum
* Keeping it Real –Middle, High School DARE Curriculum https://dare.org/education/
* KidsHealth.org https://kidshealth.org/en/teens
* KidsHealth – Methamphetamine – Teen Tip Sheet
* KidsHealth.org – Teachers Guide: Dealing with Peer Pressure -Grades 6-8 https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer\_pressure.pdf
* KidsHealth.Org Teachers Guides - Alcohol, Smoking, Drugs www.KidsHealth.org/classroom
* Kids meet a teen in recovery https://youtu.be/yl\_7qSgrf3Y
* Know VAPE The dangers of Youth Vaping https://vpm.pbslearningmedia.org/collection/know-vape/
* LA Health -  E-cig & vaping Informational video (Loudoun schools)https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig\_Vaping\_Cut.1.mp4
* Lessons for Responsible Medicine Use https://ymiclassroom.com/otcmedsafety/
* Lesson: The Mysterious Vaping Illness that’s Becoming and Epidemic
* Little Lungs in a Great Big World https://www.youtube.com/watch?v=fmKply2PfmI
* Lung Health https://vpm.pbslearningmedia.org/collection/lung-health/
* Marijuana – Download the Facts – Printables and Lessons
* Marijuana and Teens – American Academy of Child and Adolescent Psychiatry https://www.aacap.org/aacap/families\_and\_youth/facts\_for\_families/fff-guide/Marijuana-and-Teens-106.aspx
* Meth Mouse – Interactive Lesson on Effects of Methamphetamines
* Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)
* Medicine for Kids: Prescription and Non Prescription https://youtu.be/0Zs4EbWBdSc
* (NIDA) Stressed Out? How to Cope (grades 6-12)
* National Education Association’s Rx for Understanding: Prescription Drug Abuse Prevention Program- Grades 5-8 Lesson Plans https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/Documents/Prescription%20Drug%20Abuse%20Prevention%20Program\_Grades%205-8%20Lesson%20Plans.pdf
* NIDA Easy-to-Read/ESL Drug Facts and videos https://easyread.drugabuse.gov/
* NIDA - Mind Matters – The Body’s Response to Marijuana
* NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
* NIDA Teacher’s Edition Resources on Methamphetamine
* Nicotine Addiction – Toolkit for Schools
* NIH – Meth Mouse Gamehttps://teens.drugabuse.gov/teachers/lessonplans/meth-mouse
* NIH Video on synthetic cannabinoids - bath salts https://youtu.be/cRA54zeGAnM
* Online game/ad FDA https://whatsinavape.com
* (Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)
* (Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
* PBS Frontline – The Meth Epidemic
* PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction -Grades 6-12 https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/
	+ Myth or Fact Lesson – Grades 6-12  https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/
	+ Learning About Opioids – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/
	+ Science of Addiction – Grades 6-12https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/
	+ Accessibility – Grades 6-12
	+ https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
	+ Signs and Symptoms – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
	+ The Cycle of Addiction- Grades 6-12https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbfcf86/
	+ Contemplating Nature vs Nurture  Grades 6-12 https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/
	+ Full Educators Guide https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/
	+ Community and Family Guide https://www.pbslearningmedia.org/resource/b1e0862a-131f-4df2-ae55-4b343a65d366/community-and-family-guide/
* PBS – Teachers Guide: The Meth Epidemichttps://www.pbs.org/wgbh/pages/frontline/teach/meth/

PBS video on juuling epidemic https://youtu.be/lNs19kGAnLU

* PE Central - The Pressure Is On! http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4134#.WEJDSmVNFho
* Physician Advocacy Network - Lesson Plan – Vaping and Juuling
* Positive Choices – Numerous Drug Education Resources for Teachers
* Reality Matters: Under the Influence - Lesson plan teaching about addiction and the effects on the brain and body http://school.discoveryeducation.com/lessonplans/programs/underTheInfluence/
* Resources to Reduce Methamphetamine Use
* Risky Business - Lesson Plan: Risky choices, stats about risky choice, consequences of risky choices http://school.discoveryeducation.com/lessonplans/programs/riskyBusiness/
* Scholastic
	+ Heads Up Series http://headsup.scholastic.com
	+ Heads Up- Real News About Drugs and Your Body – 14 Activities http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf
	+ Youth Vaping Risks http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109////FDA/////&ET\_CID=20190109\_SNP\_FDA\_ACQ\_24770&ET\_RID=1708294776
	+ Alcohol and Your Body alcohol and your body - scholastic gr 6-8https://healthsmartva.org/uploads/rteditor/file/alcohol%20and%20your%20body%20-%20scholastic%20gr%206-8.pdf
	+ OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)
		- Comparing Over the Counter Medication (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/comparing-over-the-counter-and-prescription-medicine/
		- Reading and Understanding the Drug Facts Label (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-and-understanding-the-drug-facts-label/
		- Understanding Medication Measuring Tools, Storage and Safe Disposal (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-medicine-measuring-tools-storage-and-safe-disposal/
		- Exploring the Harms of Medication Misuse (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/exploring-the-harms-of-medicine-misuse/
		- Reading about Medication Safety – A Review (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-about-medicine-safety-a-review-of-informational-text-fea/
		- Distinguishing  Between Over the Counter and Prescription Medicine (grades 7-8) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/distinguishing-between-over-the-counter-and-prescription-medicin/
		- Obtaining Information From a Drug Facts Label  (grades 7-8) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/obtaining-information-from-a-drug-facts-label/
		- The Importance of Medicine Measuring, Tools, Storage and Safe Disposal https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/the-importance-of-medicine-measuring-tools-storage-and-safe-disp/
		- Understanding the Dangers of Misuse (grades 6-8) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-the-dangers-of-medicine-misuse/
		- Medicine Safety Text Analysis (grades 6-8) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/medicine-safety-text-analysis--identifying-the-authors-purpose/
* Smoking and Vaping - Lung Health https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/
* Sleep Well https://ymiclassroom.com/lesson-plans/sleep/
* SODAT NJ – Drug Prevention Lesson Plans http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html
* Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html
	+ Everything Tobacco
		- Unit 1- General Tobacco – Health Effects and Social Effects https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html
		- Unit 2 - What’s Menthol Got to Do With It? https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html
	+ E-Cigs/Vapes & Pod-Based
		- Unit 1 – Where did E Cigarettes and Vape Pens Come From? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html
		- Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html
		- Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html
		- Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html
		- Unit 5-What Can I Do About It? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html
		- Unit 6- What are JUULS & Other Pod-Based Systems? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html
	+ Hookah
		- Lesson - Understanding Hookah and Its Risks https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html
	+ Smokeless Tobacco
		- Lesson – Understanding Smokeless Tobacco and its Risks https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html
	+ Nicotine Addiction
		- Unit 1 – The Brain https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html
		- Unit 2- Addiction 101 https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html
		- Unit 3 – Nicotine Addiction  https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html
	+ Positive Youth Development
		- Refusal Skills Activities https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html
* (Stanford Medicine) Cannabis/Marijuana - The Basics
* (Stanford Medicine) Cannabis/Marijuana – Health Effects
* (Stanford Medicine) THC & The Brain
* (Stanford Medicine) Refusal Skills and Social Norms
* Substance Use and Abuse https://youtu.be/wQl\_4kcE5nw
* The Opioid Crisis: Help Teens Make Informed Decisions https://ymiclassroom.com/lesson-plans/opioids/
* Taking Down Tobacco https://ymiclassroom.com/lesson-plans/takingdowntobacco/
* The real cost: anti-vaping commercial (Hacked) https://www.youtube.com/watch?v=EzU4ihBbf3g
* The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
* Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos
* TED Ed Resources:

How do drugs affect the brain?

Is Marijuana bad for your brain?

How do steroids affect your muscles

What you should know about vaping

* Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
* Teen vaping https://www.pbs.org/video/teen-vaping-1531870790/
* Tobacco & Nicotine: Know the Facts (PowerPoint)Grades 6-12 – Virginia Foundation for Healthy Youth
* Treating Marijuana Addiction https://www.youtube.com/watch?v=md4lRQsLlnE
* Why Are Drugs so Hard to Quit? https://www.youtube.com/watch?v=Xbk35VFpUPI
* Why Is Meth so Addictive?  Hazelden Betty Ford Foundation – You Tube
* Why Is vaping so popularhttps://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/
* Understanding the Opioid Epidemic https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/
* Understanding the Opioid Epidemic: Family and Community Discussion Guide https://vpm.pbslearningmedia.org/resource/b83250e7-72a4-40c2-8bc1-c613cd4add08/understanding-the-opioid-epidemic-family-and-community-discussion-guide/
* US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide http://nahimgood.org/Docs/JustThinkTwice.pdf

 Videos:

* Prevention of Youth Marijuana Use (SAMHSA) https://youtu.be/CrA9lDd9ALo
* Let’s Talk About Cannabis and Teens (Prevention Connection, Kern County) https://youtu.be/k1QStvIzOpA
* How Marijuana Affects Your Developing Brain (Discovery Education) https://youtu.be/6Yp\_NIVx-QA
* Youth Marijuana Prevention, Future Self (Michigan HHS) PSA  https://youtu.be/QLfFxfu8IIA
* Marijuana is Legal in Massachusetts (City of Somerville Prevention Services) https://youtu.be/7m67nOvYV\_U
* Impact of Marijuana Industry Five Years after Legalization in Colorado (CBS News) https://youtu.be/zv5M5uxK\_6o
* Marijuana Risks: Virtual Assistant: 60 (SAMHSA) https://youtu.be/-nDGVFujQ9A
* The Stanford Medicine Toolkits: Tobacco and Cannabis Prevention  https://youtu.be/t71pDKlUfrE
* Middle School Drug Trends 2020: Marijuana (Marshfield Clinic Health System). https://youtu.be/YcWpd\_\_obE8
* The Human Brain: Major Structures and Functions (NIDA) https://youtu.be/0-8PvNOdByc
* The Reward Circuit: How the Brain Responds to Natural Rewards and Drugs (NIDA) https://youtu.be/DMcmrP-BWGk
* Anyone Can Become Addicted to Drugs (NIDA) https://youtu.be/wCMkW2ji2OE
* Addiction: A Disease that Impairs Free Will (NIDA) https://youtu.be/X1AEvkWxbLE
* Why are drugs so hard to quit? (NIDA) https://youtu.be/Xbk35VFpUPI
* Mind Matters: How does Marijuana Affect Your Brain and Body (NIDA) https://youtu.be/JB01nJwBveM
* Mind Matters: How do Drugs Affect Your Life? (NIDA) https://youtu.be/Fp4bdXYZmR4
* Mind Matters: How do Drugs Work on the Brain? (NIDA) https://youtu.be/ivzxGOK2nQ0
* Mind Matters: What if Someone I know Needs Help (NIDA) https://youtu.be/Avi9pHvTw-k
* Mind Matters: Teen Brain Development (NIDA) https://youtu.be/EpfnDijz2d8
* Marijuana Risks: Build a Brain (NIDA) https://youtu.be/HLYlDpJxxqs
* Nic Sick: The Dangers of Youth Vaping https://video.idahoptv.org/video/nic-sick-uesfxt/

**Safety/Injury Prevention**

* Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Are Teens Addicted to Texting? https://vpm.pbslearningmedia.org/resource/midlit11.soc.ush.texting/are-teens-addicted-to-texting/
* Bike Safety https://youtu.be/Pc5e8Un05aA
* Concussion Handout HeadsUp https://www.cdc.gov/headsup/pdfs/resources/RocketBlades\_Concussion\_HandoutforKids-a.pdf
* Concussion Conundrum https://healthpoweredkids.org/lessons/concussion-conundrum/
* 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
* Emergency CPR Activities from the American Heart Association http://bethebeat.heart.org/
* FEMA Youth Emergency Preparedness https://www.fema.gov/media-library-data/bb917e271da92ac61b0e717074f5281e/FEMA\_MS\_TG\_082613\_508.pdf
* KidsHealth.org Safety Tip Sheets http://kidshealth.org/en/kids/watch/
* Lessons for Responsible Medicine Use https://ymiclassroom.com/otcmedsafety/
* PE Central- Fire Safety Skills Tag http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6852
* PE Central First Aid Booklet http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1328
* Protect Skin from the Sun https://www.cdc.gov/cancer/skin/basic\_info/sun-safety.htm
* Safe Routes to School http://www.walkbiketoschool.org
* The Facts About Concussions https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/
* US Fire Administration Info https://www.usfa.fema.gov/prevention/outreach/children.html

**Mental Wellness/Social Emotional Skills**

* Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* What is SEL
* WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
* Teaching Activities to Support Core SEL Competencies
* 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
* 3 Committee for Children (CFC) Free SEL Classroom Activities
* 4 Inventive Games that Teach Students Social Skills
* 5 Activities to Support Students Through the Holidays
* 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
* 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
* 7 Fun Communication Games that Increase Understanding
* 7 SEL Activities for Students to Do at Home
* 8 Social Emotional Learning Activities for a Classroom
* 8 Downloadable SEL Activities for Home and School
* 9 mental health activities to do with your children - BelievePerform
* 10 Activities to Help Children Explore Emotions
* 10 Activities to Integrate Social Emotional Learning into the Classroom
* 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
* 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
* 10 Tips to Help Your Child with Anger, Aha! Parenting
* 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
* 12 Games to Teach Social-Emotional Learning - Playworks
* 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
* 12 Ways Teachers Can Build Their Own Resilience
* 13 Powerful SEL Activities | Edutopia
* 15 Activities for Teaching CASEL Core Competencies | Waterford.org
* 16 Anger Management Activities, School Counseling Files
* 16 Social and Emotional Learning Activities - Aperture Education
* 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
* 25 Ways to Integrate Social Emotional Learning into Your Classroom
* 25 At Home SEL Activities - Choice Board
* 28 Mental Health Activities, Worksheets & Books for Adults & Students
* 30 Character-Building Ideas and Activities for School, Sign Up Genius
* 30 + Free Choice SEL Activities
* 73 Social Emotional Learning Activity Sheets
* 97 SEL Skills Activities – InspiredStudents.org
* 100 Kid Activities to Build Character, Moments a Day
* 101 Ways to Teach Children Social Skills
* 132 SEL Apps, Games, Activities for Building Character in the Classroom
* An Adolescent Mental Health Curriculum - A Starter Kit for Schools http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools
* Breathing Activity for Elementary Students
* Butterfly Breathing Video – YouTube
* Calming Exercises for Kids: Breathing and Stretching - YouTube
* Canadian Mental Health Association - Mental Health and High School Curriculum Guide http://www.cibhs.org/sites/main/files/file-attachments/mental\_health\_and\_high\_school\_curriculum\_guide.pdf
* CA Media Smarts - Avatars and Body Image http://mediasmarts.ca/teacher-resources/avatars-body-image
* CA Media Smarts - Gender Body Image http://mediasmarts.ca/lessonplan/gender-stereotypes-and-body-image-lesson
* Caution: Thin Ice! (6th)
* CDC Healthy Relationships Talking Points http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf
* CDC Healthy Communication Skills Teachers Guide http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf
* Classroom Activities - MACMH | MACMH
* Classroom Physical Activity Helps Students with Mental Health and Anxiety
* Color Your Community
* Color Your Destiny
* Committee for Children (CFC) Free Classroom Activities https://www.centervention.com/social-emotional-learning-activities/
* Committee for Children (CFC) Free Classroom Activities https://www.cfchildren.org/resources/free-classroom-activities/
* The Compassion Project consists of 15 online lessons and 3 digital activities. http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12\_compassion\_course\_outline.pdf
* Decreasing Screen Time https://healthpoweredkids.org/lessons/decreasing-screen-time/
* Discovery - Self Esteem http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm
* Does Being Popular in High School Really Matter? https://vpm.pbslearningmedia.org/resource/teen-popularity-kqed/does-being-popular-in-high-school-really-matter-above-the-noise/
* EMOTIONAL ABC Classroom
* EVERFI - Social Emotional Learning Resources https://everfi.com/offerings/social-emotional-learning/
* Everyday mindfulness - YouTube
* Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
* Free-Anger-Worksheets- An anger log to help kids track their triggers for anger. Elementary, Middle
* Free-Calming-Poster- Simple calming posters for a calm down area that remind kids to relax and breathe. Elementary, Middle
* Free-Coping-Strategies-Challenge- Have students learn 30 coping strategies in 30 days to teach about managing emotions. Elementary, Middle
* Free-Coping-Strategies-Notebook- 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
* Future Self Social Emotional Learning https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/
* Getting Caught in the Web Lesson 1
* 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

* Guided Imagery https://healthpoweredkids.org/lessons/guided-imagery-create-the-state-you-want/
* Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
* How to Help Children Manage Fears https://childmind.org/article/help-children-manage-fears/
* Ingredients of a Relationship Recipe (6th)
* Interactive Games in Support of Mental Health | Mental Health Delta Division
* KidsHealth.org Teacher’s Guides for Grades 6-8:
	+ Conflict Resolution https://classroom.kidshealth.org/6to8/personal/growing/conflict\_resolution.pdf
	+ Depression https://classroom.kidshealth.org/classroom/6to8/problems/emotions/depression.pdf
	+ Empathy https://classroom.kidshealth.org/6to8/personal/growing/empathy.pdf
	+ Eating Disorders https://classroom.kidshealth.org/6to8/problems/conditions/eating\_disorders.pdf
	+ Getting Along http://classroom.kidshealth.org/6to8/personal/growing/getting\_along.pdf
	+ Healthy Relationships http://classroom.kidshealth.org/6to8/personal/growing/healthy\_relationships.pdf
	+ Peer Pressure http://classroom.kidshealth.org/6to8/personal/growing/peer\_pressure.pdf
	+ Self Esteem http://classroom.kidshealth.org/6to8/personal/growing/self\_esteem.pdf
	+ Stress https://classroom.kidshealth.org/6to8/problems/emotions/stress.pdf
	+ Suicide Prevention http://classroom.kidshealth.org/6to8/problems/emotions/suicide.pdf
* Know the Odds - Underage Gambling https://ymiclassroom.com/lesson-plans/know-the-odds/
* Learning to calm fear lesson plan https://healthpoweredkids.org/learning-to-calm-fear/
* Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
* Love is Respect https://www.loveisrespect.org
* Mental Health Activities for High School Students - The Truthful Tutor
* ‎Mental Health Awareness: Free Resources & More | Share My Lesson
* Mental Health First Aid https://www.thenationalcouncil.org
* Mental Health HS Curriculum Guide - Teen Mental Health.org http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/
* Michigan Education - Online Professional Development for Social Emotional Learning

Introduction to SEL https://plp.mivu.org/Registration.aspx?section=3195

Embedding SEL Schoolwide https://plp.mivu.org/Registration.aspx?course=542

Creating a Professional Culture Based on SEL https://plp.mivu.org/Registration.aspx?section=3224

Integrating SEL - Culturally Responsive Classrooms https://plp.mivu.org/Registration.aspx?section=3226

       Trauma Informed Support https://plp.mivu.org/Registration.aspx?section=2960

* Mindful Moments – MCPS Be Well 365 - Student Activity Videos
* Mindful Movement for Young Learners - YouTube
* Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening http://www.mindfulschools.org/resources/explore-mindful-resources/
* Mindful Schools http://www.mindfulschools.org/resources/explore-mindful-resources
* Mindful Teachers Site - NIDA CDC What Does Respect Mean To You https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence
* Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
* Noticing Walk and Reflection https://healthpoweredkids.org/lessons/noticingwalk/
* Open Up Magazine, Minnesota Association for Children’s Mental Health - It’s All in Your Viewpoint
* Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\_TAF\_love-is-respect.pdf
* PBS - Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/
* PBS - It's My Life http://pbskids.org/itsmylife/index.html
* PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides http://www.pbs.org/inthemix/educators/lessons/
* PE Central lessons
	+ Emotions in Motion http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho
	+ Sounds of Music (Stress Management) http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho
	+ What is Stress http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9659
* ProCon.org - Social Networking http://socialnetworking.procon.org/
* Purdue Healthy Body Image Middle School Lessons https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf
* Reach Out - Asking students if they are okay https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day
* Responsibility Knocks, But It Costs, Too! (6th)
* Resiliency: One Step at a Time https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/
* Relationship skills/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/
* Responsible Decision Making/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/responsible-decision-making-social-emotional/social-emotional-learning-video/
* Rossier USC - Creating Safe Spaces - Social Emotional Lessons https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/
* Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening
* SCDA Girls Only Toolkit http://www.sdcda.org/office/girlsonlytoolkit/
* Scholastic 6-8 Social Emotional Lessons https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/
* Scholastic Mind Up Curriculum - brain centered teaching strategies http://teacher.scholastic.com/products/mindup/
* Scholastic - Social and Emotional Learning: Essential Lessons for Student Success https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html
* Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson
* Screening for Mental Health - depression, suicide, and self-injury https://mentalhealthscreening.org/programs/sos-signs-of-suicide
* Self-Awareness/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/
* Self-Esteem and Body Image https://healthpoweredkids.org/lessons/self-esteem-and-body-image/
* Self-Management/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/
* Social Awareness/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/
* Shifting Boundaries - Lessons on Relationships for Students in Middle School https://preventipv.org/materials/shifting-boundaries
* Signs of Suicide and ACT https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum
* So Much to Do, So little time:  How Do I tie all of the loose ends together Lesson 2
* Social Networking http://socialnetworking.procon.org/
* Stress, Trauma and the Brain - Insights for Educators https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/
* Striking Out Stress: A “Gallery Walk” Activity http://www.educationworld.com/a\_tsl/archives/02-1/lesson045.shtml
* A Student’s Guide to Using Social Media
* Substance Abuse and Mental Health Services Administration www.SAMHSA.gov
* Suicide Prevention Resource Center www.sprc.org
* Supporting Students’ Personal and Social Competencies https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html
* TED ED Resources:

The psychology of PTSD

How to stay calm under pressure

* UNICEF Kid Power Videos for Children and Families
* Virginia Department of Behavioral Health Services http://www.dbhds.virginia.gov/
* “Walk in Our Shoes” Lesson Plan http://walkinourshoes.org/content/Classroom\_Lesson\_Plans.pdf
* 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
* What is important to me?
* What’s normal anxiety? https://www.youtube.com/watch?v=xsEJ6GeAGb0
* When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\_guide.pdf

**Violence Prevention**

* Health Smart Virginia 6th Grade Page https://healthsmartva.org/6th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Anti-Bullying Animated Short Film https://youtu.be/YyDJafzuUK4
* Anti-Bullying Resources for Teachers https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/
* Anti-Bullying Video https://youtu.be/0gpMP-qiAGI
* Blueprints for Healthy Youth Development site http://www.blueprintsprograms.com
* Building Community and Combating Hate - Middle School Lesson http://www.partnersagainsthate.org/educators/middle\_school\_lesson\_plans.pdf
* Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
* CDC Violence Prevention https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html
* Committee for Children - Bullying Prevention Unit
* 10 Conflict Resolution Lessons, Fairfax County Schools http://creducation.net/resources/CR\_Guidelines\_and\_10\_CR\_lessons\_FCPS.pdf
* Coaching Boys into Men Toolkits http://www.coachescorner.org
* Discovery Online - Resolving Conflicts http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf
* Five Ways to Stop Bullying https://youtu.be/vGV5jzPYvm0
* Healthy Communication Skills Guide http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf
* Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
* In the Mix - Thinking it Through https://www.youtube.com/watch?v=xDoQIpe5TxA
* Kids Health Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\_relationships\_handout1.pdf
* Love is Respect https://www.loveisrespect.org
* National Crime Prevention Council: Youth Gangs - Know the Facts http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf
* National Gang Center https://www.nationalgangcenter.gov,
* Olweus - Class Meetings That Matter - Grades 6-8 http://www.hazelden.org/OA\_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:22372:US
* Ophelia Project - It Has a Name: Relational Aggression http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf
* Olweus Schoolwide Bullying Prevention Program http://olweus.sites.clemson.edu
* Online Safety https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/
* PACER Classroom Resources (Bullying)

https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd

* PACER Middle/High School Activities (Bullying) https://www.pacer.org/bullying/classroom/middle-highschool/
* PACER Middle/High School Education Curriculum (Bullying)

https://www.pacer.org/bullying/classroom/mid-high-curr/

* PACER Middle and High School - Engaging Students in Anti-Bullying Leadership https://www.pacer.org/bullying/wewillgen/
* Pacer National Bullying Prevention Center http://www.pacer.org/bullying/
* Pacer Student Action Plan http://www.pacerkidsagainstbullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf
* Pacer Teens Against Bullying http://www.pacerteensagainstbullying.org
* Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\_TAF\_love-is-respect.pdf
* Positive Behavior Interventions and Supports (PBIS) https://www.pbis.org
* Respect Others Respect Yourself http://headsup.scholastic.com/teachers/respect-others-respect-yourself
* SDCDA Girls Only Toolkit http://www.sdcda.org/office/girlsonlytoolkit/
* Shifting Boundaries - Lessons on Relationships for Students in Middle School https://preventipv.org/materials/shifting-boundaries
* Stop Bullying.gov Youth Engagement Kit https://www.stopbullying.gov/what-you-can-do/teens/index.html
* Stop Bullying Video Clips https://www.cartoonnetwork.com/stop-bullying
* Teaching Tolerance at http://www.tolerance.org/school\_climate\_resources
* Teaching Health and Happiness - Communication https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf
* Teaching Tolerance - What’s a Clique https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique
* Teaching Tolerance - Cliques in School https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools
* 2023 Teen Dating Violence Prevention Toolkit https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf
* Virginia Rules https://virginiarules.org/varules\_topics/gangs/