

This is a compilation of no-cost resources national, state and local to assist educators with professional development and distance learning during school closures. Please note that the Florida Department of Education's Office of Healthy Schools is not endorsing a specific activity, strategy, organization or resource.

<b>Mental and Emotional Health Education Resources</b>			
<b>Resource</b>	<b>Link</b>	<b>Grade Level</b>	<b>Brief Description</b>
BAM! Body and Mind Classroom Resources for Teachers	<a href="https://www.cdc.gov/healthyschools/bam/teachers.htm">https://www.cdc.gov/healthyschools/bam/teachers.htm</a>	4-8	This CDC learning portal has lesson plans and activities related to nutrition, physical education and activity, child development, health conditions and diseases, and much more.
Believe in You Video Series	<a href="https://www.varsitybrands.com/believe-in-you">https://www.varsitybrands.com/believe-in-you</a>	6-12	Varsity Brands provides a motivational video series with two seasons of lesson plans and activity guides to inspire and educate students on believing in themselves.
BrainPOP	<a href="https://go.brainpop.com/COVID19?utm_source=bp-com&amp;utm_medium=...">https://go.brainpop.com/COVID19?utm_source=bp-com&amp;utm_medium=...</a>	K-12	BrainPOP is offering free access to all BrainPOP products for 30 days. If you are applying for free access during the COVID-19 pandemic, your access will be extended as long as schools are closed. Lessons include a variety of topics including mental and emotional health and substance abuse.
Calm Resources	<a href="https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&amp;utm_medium=email&amp;utm_campaign=difficult_times_nonsubs_031720">https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&amp;utm_medium=email&amp;utm_campaign=difficult_times_nonsubs_031720</a>	K-12	Calm is a free resource page with meditations, stories, music, talks and more that are all handpicked to support mental health and wellness.
CASEL SEL Resources During COVID-19	<a href="https://casel.org/covid-resources/">https://casel.org/covid-resources/</a>	K-12	CASEL provides resources to attend to the social and emotional needs that arise during stressful times like these. SEL offers a powerful means to explore and express our emotions, build relationships, and support each other – children and adults alike – during this challenging time.
CDC Talking with Children about COVID-19	<a href="https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html">https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html</a>	K-12	Information includes facts about COVID-19 as well as tips for talking with children about the virus.
Character Playbook by EVERFI	<a href="https://characterplaybook.com/">https://characterplaybook.com/</a>	K-12	Character Playbook: Healthy Relationships and Mental Wellness Basics
Corona Shut Down Curriculum	<a href="https://docs.google.com/document/d/1tjqDO0L_bhVmWsBv4XkVPsrSp_clbYDuoq8Ga_WMVvWI/edit">https://docs.google.com/document/d/1tjqDO0L_bhVmWsBv4XkVPsrSp_clbYDuoq8Ga_WMVvWI/edit</a>	6-12	An outline for secondary students to fill out daily focusing on physical and mental/emotional health that can be done with or without WiFi.
Dimensions of Wellness Photo Journal Project	<a href="https://docs.google.com/presentation/d/1bNH3jLd91SJDVnqSiSS-WsfsOww8vpge3-BZuyA1ik/edit#slide=id.g8178a92ab1_0_76">https://docs.google.com/presentation/d/1bNH3jLd91SJDVnqSiSS-WsfsOww8vpge3-BZuyA1ik/edit#slide=id.g8178a92ab1_0_76</a>	9-12	Dimensions of Wellness project for high school students to explore the 8 dimensions of wellness and enrich their understanding of social and emotional well-being.
Erika's Lighthouse	<a href="https://www.erikalighthouse.org/teen-depression-awareness-classr">https://www.erikalighthouse.org/teen-depression-awareness-classr</a>	6-12	Free teen depression awareness programs designed to create discussion in your classrooms. Comprehensive enough to use immediately.
EVERFI Mental Wellness Courses	<a href="http://get.everfi.com/parent-remote-learning/">http://get.everfi.com/parent-remote-learning/</a>	K-12	EVERFI provides SEL learning for K-5, and mental wellness education for 6-12, at no cost and with an online learning format.
Five Star Life Video Curriculum	<a href="https://www.fivestarlife.org/for-parents/covid-19-programming-from-f">https://www.fivestarlife.org/for-parents/covid-19-programming-from-f</a>	K-12	Five Star Life is providing free live streamed videos to educate students on mental and emotional health.
KidsHealth	<a href="https://classroom.kidshealth.org/?WT_ac=ms_tab">https://classroom.kidshealth.org/?WT_ac=ms_tab</a>	K-12	KidsHealth in the Classroom offers educators free health-related lesson plans for PreK through 12th grade.

Lauren's Kids Safer, Smarter Families	<a href="https://safersmarterfamilies.org/">https://safersmarterfamilies.org/</a>	K-12	Welcome to the Safer, Smarter Families Family Safety Toolkit generator, designed to help your family address personal safety in a comfortable way. In order to create your custom Family Safety Toolkit with tips, tools, and lessons for families of children grades K-12, please create an account or login in as a guest on the next page.
Leaps Activities for Parents	<a href="https://selforschools.com/familytalk">https://selforschools.com/familytalk</a>	K-12	Family Talk Activities are designed to help families talk about important social and emotional behaviors. Everyone can now share, especially Teachers subscribed to the Leaps program, what they are working on at school and encourage more parental involvement at home with our Family Talk resource.
Monique Burr Foundation	<a href="http://www.mbfpreventioneducation.org/resources">www.mbfpreventioneducation.org/resources</a>	K-12	The Monique Burr Foundation for children, effective immediately, is encouraging schools to present the MBF Child Safety Matters® and MBF Teen Safety Matters® lessons remotely to educate and protect children and teens from all types of bullying, abuse and victimization. MBF programs are evidence-based and evidence-informed and are currently being used in 67 counties in nearly 2,500 schools across Florida, 23 other states, and 3 countries.
National Alliance on Mental Illness	<a href="https://www.nami.org/Find-Support/NAMI-Programs">https://www.nami.org/Find-Support/NAMI-Programs</a>	K-12	Across the country, thousands of trained NAMI volunteers bring peer-led programs to a wide variety of community settings, from churches to schools to NAMI Affiliates. NAMI provides trainings, as well as online resources and information, to educate youth on mental illness awareness and prevention.
PBS Learning	<a href="https://www.pbslearningmedia.org/subjects/health-and-physical-education/#.XnVv5KhKg2w">https://www.pbslearningmedia.org/subjects/health-and-physical-education/#.XnVv5KhKg2w</a>	K-12	Explore the many aspects of Personal, Mental, and Emotional Health with an assortment of resources that cover topics stretching from cosmetology, to brain trauma, to pregnancy, to vaping.
Sandy Hook Promise	<a href="https://www.sandyhookpromise.org/">https://www.sandyhookpromise.org/</a>	K-12	Sandy Hook Promise's mission is to create a culture engaged in preventing shootings, violence, and other harmful acts in schools.
Sanford Inspire: Free Teacher Professional Development	<a href="https://sanfordinspire.org/">https://sanfordinspire.org/</a>	PK-12	Sanford Inspire celebrates and develops inspirational educators through free on-demand courses and resources designed to support social emotional learning and inspirational instruction in the PK-12 classroom and at our partner universities.
<a href="http://TeenMentalHealth.org">TeenMentalHealth.org</a>	<a href="http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/">http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/</a>	9-12	TeenMentalHealth.org provides a free curriculum guide for educators to access using the password t33nh3alth with modules including classroom ready lesson plans, activities and easily accessible resources to assist them.
The Daily Big 3	<a href="https://www.shapeamerica.org/uploads/pdfs/2020/resources/The-Daily-Big-3.pdf">https://www.shapeamerica.org/uploads/pdfs/2020/resources/The-Daily-Big-3.pdf</a>	K-12	SHAPE America's "The Daily Big 3" focuses on mental and physical wellness and provides activities to complete while at home that keep students in check with daily mental and physical exercise.