



Health Education Resource Document

Health Education

[Beecher's Foundation \(beechersfoundation.org\)](https://www.beechersfoundation.org)

<https://www.cdc.gov/healthyschools/bam/child-development/back-to-school-resources.htm>

<https://place.education.wisc.edu/blog/back-to-school-resources-for-teachers-from-the-staff-at-place/>

<https://www.erikaslighthouse.org/educators/>

<https://www.cdc.gov/healthyyouth/hecat/index.htm>

<https://www.etr.org/healthsmart/standards/hecat/>

https://www.cdc.gov/healthyyouth/videos/Low-Res_HECAT_SEXUAL-HEALTH.mp4

<https://www.cdc.gov/healthyyouth/health-education/tool-training.htm>

https://www.healthworldeducation.org/?gclid=EAlaIQobChMIwee80oPy-QIVGczICh2ZSQXSEAAAYBCAAEgLrvvD_BwE

<https://slowchathealth.com/2022/08/26/inspiring-calendars/?fbclid=IwAR3d5mgDZ3KbWRctFoRb4C5cODRXqCCvyCnIOKT3vrQvqmGbNdwbYPbxPKg>

<https://www.cdc.gov/healthyschools/bam/teachers.htm>

<https://www.cdc.gov/healthyschools/wsccl/index.htm>

<https://www.cdc.gov/healthyschools/vhs.htm>

https://digitalmedia.hhs.gov/tobacco/educator_hub

<https://mastersinsocialworkonline.org/resources/mental-health-resources/>



<https://mastersinsocialworkonline.org/resources/student-mental-health/>

<https://www.cdc.gov/healthyyouth/whatworks/what-works-sexual-health-education.htm>

Driver Education

<https://mailchi.mp/saferoutespartnership/srtp-accelerator?e=4089048dc5>

<https://jerseydrives.com/educators/>

<https://justdrive.njm.com/online/>

<https://njbwc.org/>

https://classroom.iihs.org/?mc_cid=1ef6d606ef&mc_eid=fbee139cb8

<https://www.state.nj.us/mvc/pdf/license/drivermanual.pdf> (English version link)

<https://www.state.nj.us/mvc/pdf/license/drivermanuals.pdf> (Spanish version link)

<https://www.teendrive365inschool.com/safe-driving-resources/educators>

Health and Physical Education

https://www.fueluptoplay60.com/resources/learning-plan/fuel-your-game-day?gclid=EAlaIQobChMiz9jBurzA-glVUffjBx2VZwBCEAAAYAAAEqLJKfD_BwE

<https://www.cbhpe.org/resources>

<https://www.thepespecialist.com/home/>

<https://www.pinterest.com/haleyjo3/pe-health/>

https://www.etr.org/healthsmart/lesson-planning-tool/?gclid=EAlaIQobChMiz9jBurzA-glVUffjBx2VZwBCEAAAYBCAAEqKq8PD_BwE

https://www.fightbac.org/free-resources/?gclid=EAlaIQobChMiz9jBurzA-glVUffjBx2VZwBCEAMYAAAEqLZLvD_BwE



<https://blog.gophersport.com/yoga-in-physical-education/>

https://openphysed.org/curriculum_resources/yoga-mindfulness

<https://www.waterford.org/resources/mindfulness-activities-for-kids/>

<https://www.panoramaed.com/blog/mindfulness-for-educators>

<https://www.amle.org/ten-mindfulness-strategies-for-educators/>

<https://www.brilliantmindfulness.com/resources-for-teachers/>

<https://www.waterford.org/resources/mindfulness-activities-for-kids/>

<https://www.speciallearninghouse.com/mindfulness-activities-for-kids/>

Mindfulness

<https://blog.gophersport.com/yoga-in-physical-education/>

https://openphysed.org/curriculum_resources/yoga-mindfulness

<https://www.waterford.org/resources/mindfulness-activities-for-kids/>

<https://www.panoramaed.com/blog/mindfulness-for-educators>

<https://www.amle.org/ten-mindfulness-strategies-for-educators/>

<https://www.brilliantmindfulness.com/resources-for-teachers/>

<https://www.waterford.org/resources/mindfulness-activities-for-kids/>

<https://www.speciallearninghouse.com/mindfulness-activities-for-kids/>



Social and Emotional Learning

<https://blog.schoolspecialty.com/opportunities-for-social-emotional-learning-in-physical-education/>

<https://blog.gophersport.com/5-social-emotional-learning-strategies-in-pe-pe-express-blogcast-ep-66/>

https://cecweb.org/resources/?gclid=EAlaIqobChMI67C0pf3x-QIVitezCh2HdQaYEAAYBCAAEgKz1vD_BwE

<https://www.movethisworld.com/white-papers/back-to-school-sel-toolkit/>

https://changingperspectivesnow.org/middle-school-sel-curriculum/?gclid=EAlaIqobChMImNq1zYXy-QIVTLLICh0G5QuDEAAYAiAAEgJxf_D_BwE

<https://www.movethisworld.com/social-emotional-learning/sel-in-physical-education/>

<https://www.edutopia.org/article/sel-possibilities-physical-education>

<https://www.nchpad.org/fppics/Social%20Emotional%20Learning%20Guide.pdf>

<https://www.k12.wa.us/sites/default/files/public/studentssupport/sel/pubdocs/SEL%20Parent%20and%20Educator%20Activities.pdf>

https://www.common sense.org/education/articles/teachers-essential-guide-to-social-and-emotional-learning-in-digital-life?gclid=EAlaIqobChMIz9jBurzA-gIVUffjBx2VZwBCEAMYASAAEgIboPD_BwE

https://changingperspectivesnow.org/social-emotional-learning/?gclid=EAlaIqobChMI9-Dhqo3h-wIVINzICh0L3gPqEAMYAyAAEgJ2dfD_BwE

https://www.friendzy.co/sel-program?gclid=EAlaIqobChMIICW7I7h-wIVEY7ICh0I2wjhEAAYBCAAEgI-PvD_BwE



<https://www.movethisworld.com/social-emotional-learning/sel-in-physical-education/>

<https://blog.schoolspecialty.com/opportunities-for-social-emotional-learning-in-physical-education/>

Retirees

<https://www.councilonaging.org/classes-events/health-education-classes/>

<https://www.nia.nih.gov/health/fun-ways-older-adults-stay-physically-active>

<https://www.pinterest.com/comfortkeepers/exercises-activities-for-seniors/>

<https://ncoa.org/article/the-life-changing-benefits-of-exercise-after-60>

<https://www.acsm.org/blog-detail/acsm-blog/2022/05/20/cognitive-benefits-physical-activity-older-adults>

<https://www.seniorlifestyle.com/resources/blog/7-best-exercises-for-seniors-and-a-few-to-avoid/>

<https://www.gov.nl.ca/tcar/files/Older-Adult-Physical-Activity-Toolkit.pdf>

<https://www.nia.nih.gov/health/exercise-physical-activity>

<https://food.unl.edu/article/physical-activity-older-adults>

<https://www.agingresearch.org/who-we-are/?gclid=EAIaIQobChMI5suUnJHh-wlVweDICh24dQxXEAMYAiAAEqJgVvD BwE>

<https://medlineplus.gov/exerciseforolderadults.html>

<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-older-adults>



New Jersey Department of Education

<https://www.nj.gov/education/standards/chp/index.shtml>

<https://www.nj.gov/education/educators/>

<https://www.nj.gov/education/safety/wellness/mh/index.shtml>

Professional Growth and Development

<https://learningforward.org/wp-content/uploads/2017/08/professional-development-matters.pdf>

<https://www.nea.org/professional-excellence/professional-learning/teachers>

<https://www.teachhub.com/professional-development/2019/11/15-professional-development-skills-for-modern-teachers/>

<https://blog.gophersport.com/10-pe-professional-development-websites/>

Self-Care

https://partnersinhealing.counselinginschools.org/activities/take-5-for-self-care/?gclid=EAIaIQobChMIkMOM-47y-QIVYSmzAB1ABQ7VEAAYAiAAEgLOsvD_BwE

<https://www.waterford.org/education/teacher-self-care-activities/>

<https://www.mindfulteachers.org/blog/self-care-resources>

<https://www.youtube.com/watch?v=n3pdoe1hfuE>



Other

<https://www.carnpetespowerpe.com/single-post/the-top-20-pe-websites-quality-physical-education-resources-at-your-fingertips>

<https://openphysed.org/>

www.nahpl.org

NJAHPERD
PO Box 1469
Wallingford, CT. 06492
203-679-1568

Executive Director: njahperdexectivedirector@gmail.com
Treasurer/Business Manager: njahperdbusmanager@gmail.com

