



## Health Education Resource Document

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### Health Education

[Beecher's Foundation \(beechersfoundation.org\)](http://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.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Teachers\\_Toolbox\\_Health\\_Education.aspx](https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Teachers_Toolbox_Health_Education.aspx)

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

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

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<https://www.shapeamerica.org/advocacy/positionstatements/health/>

[https://www.shapeamerica.org/prodev/LMS/Health\\_Curriculum\\_Builder.aspx](https://www.shapeamerica.org/prodev/LMS/Health_Curriculum_Builder.aspx)

<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>

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## Driver Education

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

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

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

<https://njbcw.org/>

[https://classroom.iihs.org/?mc\\_cid=1ef6d606ef&mc\\_eid=fbee139cb8](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>

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## Health and Physical Education

[https://www.fueluptoplay60.com/resources/learning-plan/fuel-your-game-day?gclid=EAIaIQobChMIz9jBurzA-glVUffjBx2VZwBCEAAAYAAAEqLJKfD\\_BwE](https://www.fueluptoplay60.com/resources/learning-plan/fuel-your-game-day?gclid=EAIaIQobChMIz9jBurzA-glVUffjBx2VZwBCEAAAYAAAEqLJKfD_BwE)

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

[https://www.etr.org/healthsmart/lesson-planning-tool/?gclid=EAIaIQobChMIz9jBurzA-glVUffjBx2VZwBCEAAAYBCAAEgKq8PD\\_BwE](https://www.etr.org/healthsmart/lesson-planning-tool/?gclid=EAIaIQobChMIz9jBurzA-glVUffjBx2VZwBCEAAAYBCAAEgKq8PD_BwE)

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<https://convention.shapeamerica.org/uploads/pdfs/2019/may-week/Mindfulness-in-Physical-Education.pdf>

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[https://openphysed.org/curriculum\\_resources/yoga-mindfulness](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/>

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## **Mindfulness**

<https://convention.shapeamerica.org/uploads/pdfs/2019/may-week/Mindfulness-in-Physical-Education.pdf>

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<https://blog.shapeamerica.org/2019/11/how-to-integrate-social-and-emotional-learning-in-pe/>

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

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<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-gIVUffjBx2VZwBCEAMYASAAEqIboPD\\_BwE](https://www.common sense.org/education/articles/teachers-essential-guide-to-social-and-emotional-learning-in-digital-life?gclid=EAlaIqobChMIz9jBurzA-gIVUffjBx2VZwBCEAMYASAAEqIboPD_BwE)

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<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>

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[https://www.agingresearch.org/who-we-are/?gclid=EAlaIQobChMI5suUnJHh-wlVweDICh24dQxXEAMYAiAAEgJgVvD\\_BwE](https://www.agingresearch.org/who-we-are/?gclid=EAlaIQobChMI5suUnJHh-wlVweDICh24dQxXEAMYAiAAEgJgVvD_BwE)

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



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## **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>

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## **Professional Growth and Development**

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<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://www.shapeamerica.org/MemberPortal/Professional\\_Development/prodev/default.aspx?key=5fc4ffa3-8358-4f30-8959-16e1347323ce](https://www.shapeamerica.org/MemberPortal/Professional_Development/prodev/default.aspx?key=5fc4ffa3-8358-4f30-8959-16e1347323ce)

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## **Self-Care**

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

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



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## Other

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

<https://openphysed.org/>

<https://www.shapeamerica.org/prodev/webinars/Free-webinars.aspx?hkey=b6588e7f-48a2-42b7-afe5-c3720c5be643>

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