

Health-Related Curriculum Resources for Educators

MIDDLE (GRADES 6-8)

Most of these resources are free, online, classroom-ready. This document will also be posted to the SD62 intranet.

The following resources have been identified, reviewed and vetted (for quality and evidence) to help support your health-related teaching efforts. If you have suggestions for this list, please see page 3 for contact details.

Resource	Description & Link
ActionSchoolsBC Resources (K-7)	Classroom-ready resources that engage students in learning to be healthy including <i>Being Me</i> (self-esteem & body image), <i>Brain Builders</i> , <i>Yoga</i> , <i>Fruit & Vegetable Journal</i> , <i>Is it a Little or a Lot (sodium)</i> , <i>Vegetable & Fruit Journal</i> , <i>Food Marketing</i> . healthy-schools-bc-resources/action-schools-bc-resources
BC Lung Vaping Toolkit (Gr 5-8)	Free vaping resources including factsheets, PowerPoint presentation with talking notes, activities for students, and resources for parents. Vaping Prevention Toolkit
Agriculture in the Classroom (K-12)	Many resources including <i>Spuds in Tubs</i> (free tubs, soil & seed potatoes), <i>Planting a Promise</i> (free daffodil bulbs). Available in French. aitc-canada.ca
BC at the Table (Grades 6-12)	Online videos and teacher packages to guide student inquiry about BC's food system and how we produce, process, distribute and acquire local food, following the story of produce, grains, dairy, salmon. Cross-curricular connections include science, social studies, home economics, culinary arts. BC at the Table Teacher Resources
BC Responsible and Problem Gambling Program (K-12)	Free, engaging classroom presentations and resources. Free teacher training workshops that look at gaming in today's youth culture and explore the consequences of social media, gaming and gambling. 1-888-795-6111 www.bcreponsiblegambling.ca/education
Beyond the Hurt (Grades 6-12)	Curriculum-linked, classroom-ready lessons by grade to build empathy, develop positive relationships & prevent bullying. redcross.ca//violence-bullying-and-abuse-prevention/educators
Build Your Best Day, 24 Hour Movement Guidelines	Many educator resources including the <i>Matching Game</i> , <i>Charades</i> , <i>'Fave 4</i> (students build their own Sit, Step, Sweat, Sleep graphic) buildyourbestday.participaction.com If link doesn't work, try copying and pasting into Chrome.
Everyday Mental Health Classroom Resource (K-8)	Co-created with practicing educators. Repository of high-quality everyday mental wellness practices that can be easily incorporated into the classroom. Skill categories include stress management & coping, emotion identification, positive motivation, relationship, self-confidence & identity, and executive functioning. School Mental Health Assist
Heart-Mind Online (K-12)	Resources to support social-emotional learning. Examples: - Gratitude Photo/Art Project Lesson Plan - Create Group Safety Lesson Plan - Extend Emotional Literacy Lesson Plan Many more lessons and resources at heartmindonline.org/resources/for-educators
iMinds (Grades K-12)	Wide range of curriculum linked learning materials and resources to teach substance use literacy, searchable by grade and/or subject. Examples: - Rolling with Life's Challenges (Gr 6-8)

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	<ul style="list-style-type: none"> - Rat Park (Gr 6-7) - The Ups and Downs of Stress (Gr 8-9) Many more lessons and resources available at www.helpingschools.ca
Kids Boost Immunity (Gr 4-12)	Free, online science, social studies & health lessons and videos developed with teachers about germs/infections, antibiotics, vaccines, global inequity in health & evaluating online information. KidsBoostImmunity (works best with Chrome, Safari or Firefox, not Explorer)
Learning for Life – Teaching Digital Health Literacy (Grades 4-7)	Curriculum linked, credible, interactive resources built by and for BC educators: <ul style="list-style-type: none"> - Educator’s guide with lesson plans and activities to address physical activity, healthy eating, sleep hygiene, social/emotional wellbeing - Lessons building competencies in health, media, information technology and science literacy to build overall digital literacy digem.med.ubc.ca/projects/ubclearningforlife or at LearningCommonsSD62
Media Smarts (K-12)	Hundreds of free digital and media literacy resources educators, parents and youth. Teacher resources searchable by grade and topic and include, Advertising all Around Us (5-6) , Create a Youth Consumer Magazine (6-8) and Half Girl, Half Face (7-9) More lessons at mediasmarts.ca/teacher-resources and www.commonsemmedia
MindUp (K-8)	Classroom lessons to provide students with emotional and cognitive tools to help manage emotions and behaviours, reduce stress, sharpen concentration and increase empathy & optimism. Available for purchase or contact the District Resource Centre or Student Services. mindup.org
Ministry of Health PHE Instructional Samples (K-12)	Instructional examples to meet the curriculum, examples: <ul style="list-style-type: none"> - Healthy Relationships (Gr 7-9) - Stress (Mental Well-being) (Gr 8-9) See more at curriculum.gov.bc.ca/curriculum/physical-health-education
Sip Smart (Grades 4-6)	Teaches students about sugary drinks and healthy drink choices in a fun way. Includes Lesson plans with handouts, assessment tools and other teacher resources. sipsmart.ca Related resource <i>Re-Think Your Drink</i> available – contact WSSookeSchoolTeam@viha.ca
Stress Lessons (4-6) and (7-9)	Classroom-ready resources including lesson plans and hands-on activities to help children recognize and manage stress effectively and build emotional resiliency. psychologyfoundation or learningcommons62.sd62.bc.ca//physical-and-health-education
Stop Wondering Start Knowing (Gr 8-10)	Classroom-ready mental health video resource. Includes facilitator’s guide and video stories from youth with lived experience with mental health challenges. foundrybc.ca//school-professionals
SOGI (K-12)	Sexual orientation and gender identity resources including lesson plans, videos and learning modules, presentations and facilitators guide. www.sogieducation.org
Teaching Sexual Health (Gr 4-12)	Comprehensive resources including lesson plans, presentations, quizzes and videos by grade. teachingsexualhealth.ca/teachers Also available in French. WSSookeSchoolTeam@viha.ca is available for free support/mentoring or to borrow Sexual Health Teaching Kits including slide presentation and games.

Resource	Description & Link
Teen Mental Health (Gr 7-12) and Learn/Teach Mental Health Literacy (Gr 7-12)	Many resources to increase understanding of mental health and mental illness, decrease stigma and enhance help-seeking. teenmentalhealth.org Free, online, self-paced training for educators UBC/LearnMentalHealthLiteracy (8-10 hours) and UBC/TeachMentalHealthLiteracy (6-8 hours)
Ted Ed Videos and Lessons (Grades 6-12)	Award-winning, short (~5 min.) evidence-based, video-based lessons searchable by subject. Lessons can be customized. Format: Watch (the video), Think (2 or 3 questions), Dig Deeper (additional resources) and Discussion (Guided discussion, view others' Q & A). Examples: <ul style="list-style-type: none"> - An exercise in self-compassion / How sugar affects the brain - What causes bad breath / How does your body know you're full? - How does the immune system work? / How do your hormones work? Many more lessons at ed.ted.com (lessons available on math, history, science & more!).
WE Schools and WE Well-being (K-12)	Lesson plans, activities and tools to help students understand and take action on world issues such as human rights and sustainable development. WE/Classroom Resources and WE/Educator resources and https://www.we.org/get-doing/activities-and-resources/wellbeing/

Find more PHE related resources including resources & apps for youth and families:

- Foundry foundrybc.ca
- Island Health Healthy Schools islandhealth.ca//healthy-schools
- Kelty Mental Health keltymentalhealth.ca
- Open Mind Youth Mental Health Resources openmindbc.ca/teachers
- Social-Emotional Resource Finder www.selresources.com/sel-resources
- TeachBC teachbc.bctf.ca

Looking for more support or ideas?

- Contact Cindy CAndrew@sd62.bc.ca (SD62 Healthy Schools Lead) or Melissa MHorner@sd62.bc.ca (Curriculum and Learning Team)
- Contact your local WSSookeSchoolTeam@viha.ca who can:
 - Support health-related grant applications
 - Share evidence-based, curriculum-linked teaching resources
 - Link to programs, services and community agencies
 - Collaborate to support a comprehensive school health approach
 - Assist with developing healthy living practices, environment and policy/guidelines
 - Facilitate food/nutrition/body image professional learning opportunities
 - Assist with finding facilitators for other health-related professional learning.

Do you have ideas or suggestions for this list?

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