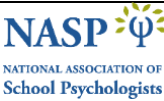




Science & Mental/Physical Health Resource Guide – Fall 2026

Organizations Offering Resources (Partial List)

	American Academy of Pediatrics www.aap.org		Association for Supervision and Curriculum Development www.ascd.org
	Association of American Medical Colleges www.aamc.org		Centers for Disease Control www.cdc.gov
	California Dept. of Education www.cde.gov		Edutopia www.edutopia.org
	Khan Academy www.khanacademy.org		let's talk science www.letstalkscience.ca
	National Alliance on Mental Illness www.namimainlinepa.org		National Association of School Psychologists www.nasponline.org
	National Science Teaching Association www.nsta.org		Network of the National Library of Medicine www.nlm.gov
	The Physical Educator www.thephysicaleducator.com		Shape America Society of Health and Physical Educators www.shapeamerica.org
	Springboard to Active Schools www.schoolspringboard.org		Support Real Teachers www.supportrealteachers.org
	Teach for America www.teachforamerica.org		Ventura County Office of Education www.vcoe.org
	We Are Teachers www.weareteachers.com		YouTube www.youtube.com

These resources were curated by Michael Tapia, VEP Board Member and Retired VUSD Principal



Science and Mental/Physical Health Resource Guide

Articles/Lessons/Activities

- [Introducing Students to Health Care Careers | Edutopia](#) October 2018
- [Student Internships: Building a Bigger Pipeline to STEM | Edutopia](#) May 2011
- [Student Interest in Health-Care Careers Takes Off During Pandemic \(edweek.org\)](#)
- [Building a Whole Child Wellness Team in Pre-K and Elementary School | Edutopia](#) November 2021
- [6 Essential Student Mindsets to Work On This Year | Edutopia](#) August 2024
- [Developing Purpose-Driven Students | Edutopia](#) August 2024
- [Let's Talk About Mental Health \(ascd.org\)](#) September 2023
- [Mental health needs of children are surging — and care can be hard to find : Shots - Health News : NPR](#)
- [An MTSS Approach to SEL | Edutopia](#) August 2024
- [Providing Students With Emotional Support | Edutopia](#) April 2024
- [Using Backward Design to Foster SEL | Edutopia](#) February 2024
- [Using Anchors for Emotional Regulation | Edutopia](#) May 2024
- [Cost-Effective Sensory Spaces for Schools | Edutopia](#) November 2023
- [How to Help High School Students Manage Their Emotions | Edutopia](#) October 2022
- [What's the Role of Teachers in Supporting Student Mental Health? | Edutopia](#) October 2022
- [Fostering Hope, Healing, and Well-Being \(ascd.org\)](#) September 2021
- [Supporting Students Affected by Trauma | Edutopia](#) January 2024
- [Incorporating the Five Senses Into the Classroom | Edutopia](#) November 2023
- [Prioritizing Digital Wellness in Everyday Teaching \(ascd.org\)](#) March 2022
- [How Poverty and Stress Influence Students' Behavior \(ascd.org\)](#) October 2021

- [Mental Health | Edutopia](#) Links to multiple articles and videos
- [A Unique Design and Technology Unit for Middle School Students | Edutopia](#) July 2025
- [Addressing School Avoidance | Edutopia](#) April 2024
- [How Students Can Overcome Learned Helplessness | Edutopia](#) August 2025
- [Restorative Practices in Preschool | Edutopia](#) July 2025
- [How “Seizing the Awkward” Can Help Students in Crisis](#) *Educational Leadership* February 2024
- [Student Mental Health: What’s Autonomy Got to Do with It?](#) *Educational Leadership* Feb. 2024
- [What I Heard from Students About Mental Health—and What Helps](#) *Educational Leadership* Feb. 2024
- [Let’s Talk About Mental Health](#) *Educational Leadership* February 2023
- [The Signals We Send About Who Belongs](#) July 1, 2025, ASCD
- [The Pandemic Was a 'Wrecking Ball' for K-12, and We're Still Tallying the Damage \(edweek.org\)](#)
- [Mental health and the pandemic: What U.S. surveys have found | Pew Research Center](#)
- [What helps students feel safe? - kappanonline.org](#) November 2022
- [Safe, supported, and empowered - kappanonline.org](#) November 2022
- [K-12 Resources | NNLM](#) *Nutrition and Wellness* (Homepage provides links to K-12 Standards for multiple subject areas in the context of health education along with K-12 Health Education Standards themselves; general resources for all ages; resources for K-5 and 6-12) *Network of the National Library of Medicine*
- [Home | BioEd Online](#) *Science Teacher Resources from Baylor College of Medicine* (Links to STEM home lessons, educator lesson plans, etc. are offered)
- [Lesson Plans, Teacher Guides and Online Environmental Resources for Educators | US EPA](#)
- [Learning and Teaching about the Environment | US EPA](#)
- [Science | Khan Academy](#) *Science* (Homepage includes lessons for the following: Middle School Biology, Earth and Space Science and physics, all NGSS-based; High School Biology, 2 sections, 1 NGSS-based; High School Physics, 2 sections, 1 NGSS-based), *Khan Academy*
- [Medicine and Science: Resources | Let's Talk Science \(letstalkscience.ca\)](#)
- [UEN Resources for K-12 Education - UEN](#) *Science, Utah Education Network*
- [8 Famous Female Doctors to Inspire Your Students \(studiesweekly.com\)](#)

- [Famous Doctors - Science Struck](#) (“pioneers in the world of medicine”)
- [Who Am I? Twelve Notable Women in Medical History | NLM in Focus \(nih.gov\)](#) *National Library of Medicine*
- [How Short Breaks Help K-12 Students and Teachers Find Their Calm | Edutopia](#) Connie Morris, October 11, 2021
- [More Than a Dozen Ways to Build Movement Into Learning | Edutopia](#) Stephen Merrill, Sarah Gonser, October 8, 2021
- [8 Simple Steps to Launching a Middle or High School Outdoor Learning Program | Edutopia](#) Mike Champman, August 26, 2021
- [Pediatricians on Balancing Screen Time, Sleep, and Family During Coronavirus | Edutopia](#)
- [Mental Health Resources for Educators | Teach For America](#) May 15, 2020
- [Unit 1: CDC Basics | Healthy Schools | CDC](#) (Grades 4-8; provides links to various resources related to public health and epidemiology, different career paths to work at the CDC, etc.)
- [Unit 2: Nutrition | Healthy Schools | CDC](#) *Nutrition* (Provides nutrition information, healthy eating in schools and food safety)
- [Unit 3: Physical Education and Physical Activity | Healthy Schools | CDC](#) *Physical Education and Physical Activity* (Provides many links to resources related to P. E. and physical activity)
- [Unit 4: Health Conditions and Diseases | Healthy Schools | CDC](#) *Health Conditions and Diseases* (Provides information on how to manage health conditions while at school)
- [Unit 5: Disabilities and Birth Defects | Healthy Schools | CDC](#) *Disabilities and Birth Defects* (Most of this unit is for parents and educators but “Kidsquest” is meant for student use – recommend reviewing first)
- [Unit 6: Mental Health, Child Development, & Hygiene | Healthy Schools | CDC](#) *Mental Health, Child Development & Hygiene* (Provides information for educators)
- [Unit 7: Injury Prevention and Safety Promotion | Healthy Schools | CDC](#) *Injury Prevention and Safety Promotion* (Information for educators including some lessons)
- [Unit 8: E-cigarettes and Alcohol | Healthy Schools | CDC](#) *E-cigarettes and Alcohol* (Offers resources for parents, educators and students)
- [Helping Children Cope With Changes Resulting From COVID-19 \(nasponline.org\)](#) *National Association of School Psychologists*, 2020
- <https://www.edutopia.org/article/high-school-not-time-let-sel> *High School Is Not the Time to Let Up On SEL*, October 29, 2020

- <https://www.healio.com/news/primary-care/20201110/aap-issues-guidance-on-supporting-childrens-emotional-and-behavioral-health> AAP [American Academy of Pediatrics] issues guidance on supporting children's emotional and behavioral health, *healio.com*, November 10, 2020
- [How to Keep Physical Education Fun and Safe for Elementary Students | Edutopia](#) December 4, 2020
- [Coronavirus Resources for Physical Education and Health \(shapeamerica.org\)](#) Society of Health and Physical Educators
- [11 Ways Kids Can Still Have Recess at Home During Remote Learning \(weareteachers.com\)](#) November 23, 2020
- [Focusing on K-12 Students' Well-Being in Challenging Times | Edutopia](#), September 23, 2020
- [Isolated Students May Struggle to Stay Mentally Healthy | Edutopia](#), October 13, 2020
- [3 Ways to Reduce Stress and Build Connections During Distance Learning | Edutopia](#), July 7, 2020
- [We Need More SEL in High Schools \(Here's How\) | Edutopia](#), September 11, 2020
- [Using Athletics to Teach Social and Emotional Skills | Edutopia](#), October 8, 2020
- [How to Build School Community Through Physical Activity | Edutopia](#), November 19, 2019
- [SEL Skill Development During Recess and PE | Edutopia](#), September 25, 2018
- [Resources - ThePhysicalEducator.com](#), *Teacher Tools – Professional Resources, ThePhysicalEducator.com*
- [Resources for Health, Fitness, and Nutrition \(supportrealteachers.org\)](#)
- [Physical Education Printables, Lessons & Resources - TeacherVision](#)
- [Teaching to Empower During the Coronavirus Pandemic \(ascd.org\)](#) ASCD Express, May 14, 2020
- [Teacher Collaboration During a Global Pandemic - Educational Leadership \(ascd.org\)](#) 2020
- [Educational Leadership: The Promise of Social-Emotional Learning \(ascd.org\)](#)
- [Helping Students Cope with Change and Disruption \(ascd.org\)](#) ASCD Express, July 9, 2020
- [Why We Can't Afford Whitewashed Social-Emotional Learning \(ascd.org\)](#) ASCD Education Update, April 2019
- [Students Speak Out on COVID-19 \(ascd.org\)](#) by Juliette Reyes and Sadie Bograd, ASCD Express, June 11, 2020
- [Six Online Activities to Help Students Cope With COVID-19 \(berkeley.edu\)](#) by Lea Waters, *Greater Good Magazine*, August 5, 2020

- [Virtual PE Resources to Keep Kids Moving At Home \(weareteachers.com\)](https://www.weareteachers.com/virtual-pe-resources-to-keep-kids-moving-at-home/) *Our Favorite Virtual P. E. Resources to Keep Students Moving at Home, We Are Teachers, March 20, 2020*
- [How Two Teachers Use "Mental Wellness Basics" From EVERFI \(weareteachers.com\)](https://www.weareteachers.com/how-two-teachers-use-mental-wellness-basics-from-everfi/), *How Two Teachers are Supporting Teens' Mental Health Through the Pandemic by Samantha Cleaver, We Are Teachers, April 16, 2020*
- [Hybrid Learning for Physical Education and Health Education \(shapeamerica.org\)](https://shapeamerica.org/hybrid-learning-for-physical-education-and-health-education/)
- [Microsoft PowerPoint - Practical PA Editing \(schoolspringboard.org\)](https://schoolspringboard.org/microsoft-powerpoint-practical-pa-editing/) *Classroom Physical Activity Ideas and Tips, Springboard to Active Schools*
- [Physical Activity - SHAPE America](https://shapeamerica.org/physical-activity-shape-america/) *Explore Physical Activity, SHAPE American - Society of Health and Physical Educators*
- <https://www.vcoe.org/Curriculum-and-Instruction/MTSS-SEL-UDL/Social-Emotional-Learning-SEL> *Social & Emotional Learning (Home page), Ventura County Office of Education*
- <https://www.vcoe.org/Curriculum-and-Instruction/MTSS-SEL-UDL/Social-Emotional-Learning-SEL/Counselors-Supporting-SEL> *Counselors Supporting SEL, Ventura County Office of Education*

Guides/Publications/Organizations

- [Elementary Student Resources \(cdc.gov\)](https://www.cdc.gov/elementary/index.html)
- [Middle and High School Student Activities & Opportunities \(cdc.gov\)](https://www.cdc.gov/middleandhigh/index.html)
- [Teacher Resources K-12 \(cdc.gov\)](https://www.cdc.gov/teachers/index.html)
- [See Yourself in a Public Health Career \(cdc.gov\)](https://www.cdc.gov/publichealthcareer/index.html)
- [Public Health in STEM Education \(cdc.gov\)](https://www.cdc.gov/publichealthinSTEM/index.html)
- [Health and Academics | Healthy Schools | CDC](https://www.cdc.gov/healthandacademics/index.html)
- [Healthy Eating Learning Opportunities and Nutrition Education | Healthy Schools | CDC](https://www.cdc.gov/healthyeating/index.html)
- [Health Literacy and Health Education in Schools: Collaboration for Action - National Academy of Medicine \(nam.edu\)](https://www.nam.edu/health-literacy-and-health-education-in-schools-collaboration-for-action/)
- [Return to School \(nasponline.org\)](https://nasponline.org/return-to-school/)
- [Mental Health Resources \(nasponline.org\)](https://nasponline.org/mental-health-resources/)
- [Microsoft Word - Health Science Career Specialties 8-2018.doc \(healthscienceconsortium.org\)](https://www.healthscienceconsortium.org/health-science-career-specialties-8-2018.doc) (Chart), *National Consortium for Health Science Education*

- [Information for High School Students | AAMC](#) (Information provided on how to prepare for a future career in medicine), *Association of American Medical Colleges (AAMC)*
- [What is health equity? | American Medical Association \(ama-assn.org\)](#) (Includes links to 10 related resources)
- [NGSS for California Public Schools, K-12 - Science \(CA Dept of Education\)](#)
- [2016 Science Framework - Science Framework \(CA Dept of Education\)](#)
- [Science - Curriculum Areas \(CA Dept of Education\)](#) (Home page with links to 11 helpful “State” and “Partner” Resources), *CDE*
- [Health Education Framework - Health Education \(CA Dept of Education\)](#)
- [Health Education Content Standards - Curriculum Frameworks \(CA Dept of Education\)](#)
- [Health Careers Education - Career Technical Education \(CA Dept of Education\)](#)
- [CTE Model Curr Stds: Health Sci & Med Tech - Standards and Framework \(CA Dept of Education\)](#)
- [The Best Classes to Take in High School for Pre-Med - Salarship](#)
- [How to Prepare for Pre-Med in High School \(prepscholar.com\)](#)
- [How to Prepare for Pre-Med in High School \(prepscholar.com\)Physical Education | Physical Activity | Healthy Schools | CDC](#) (Scroll down to find 10 related resource links)
- [Freebies and Opportunities for Science and STEM Teachers From the Field, June 14, 2022 | NSTA](#)
- [Best Science Websites for Middle School and High School \(weareteachers.com\)](#) (Multiple links for these science topics are provided: Biology, Chemistry, Earth Science, Environmental Science, Physics)
- [Engaging Girls in STEM - Science \(CA Dept of Education\)](#) (Links to supportive CDE and external resources are provided)
- [STEM Equity Pipeline | National Alliance for Partnerships in Equity \(napequity.org\)](#) (home page – accessed through a CDE link)
- [Microsoft Word - PositionStatement_ScienceForEnglishLanguageLearners.doc](#) *NSTA*
- [NSTA Press® Sample Chapters | NSTA](#) (Dozens of links are provided to free sample chapters for Grades K-12; in addition, links to sample pages from children’s books on a variety of science topics are provided)
- [STEM Professional Associations \(utep.edu\)](#) (provides links to 11 organizations for STEM educators)
- [Over 22 Free STEM Posters for the Classroom - WeAreTeachers](#) December 8, 2021
- [The Best Free Posters of STEM Women | Edutopia](#) by Stephen Merrill and Laura Lee, June 4, 2019,

- [Spanish STEM Resources - Becoming Bilingual](#) *Spanish STEM Resources* (Links to 6 different resources are included), *Becoming Bilingual*
- [Recopilación de recursos](#) — [AAAS/Subaru Prize for Excellence in Science Books \(sbfpriize.org\)](#) *Spanish Language STEM Resources* (Links to 8 STEM/CTIM resources are provided), *AAAS STEM Education*
- [Growing Readers | Reading Rockets](#) (Scroll down to *Science and math activities* for 21 activities with resources available in English and Spanish)
- [Home Science Tools Resource Center](#) *Explore Projects Lessons and Guides* (“Hundreds of free resources and activities for learning science at home! Browse projects by type or grade level)
- [Kids STEM Guide | Encouraging STEM Activities for K-12 & Beyond \(discoverdatascience.org\)](#) (Multiple links to K-5 and 6-12 resources)
- [An ASCD Study Guide for Social-Emotional Learning and the Brain: Strategies to Help Your Students Thrive](#) by Marilee Sprenger, ASCD, September 2020

Health & Science Booklists

- [Outstanding Science Trade Books for Students K–12 2024 | NSTA](#)
- [Beautiful Science Books for 9-12 Year Olds - Five Books Expert Recommendations](#)
- [11 Children's Books About Health, Emotions & Well-Being | mindbodygreen](#)
- [18 Best Children’s Books About Health & Nutrition | Cake Blog | Cake: Create a Free End of Life Plan \(joincake.com\)](#)
- [25 of the Best Children's Books About Health and Safety | Book Riot](#) September 30, 2019
- [21 Children's Books That Promote Healthy Habits - The Natural Nurturer](#)
- [12 Kids' Books that Help Promote Healthy Habits | Brightly \(readbrightly.com\)](#) by Lindsay Barrett, *Brightly*
- [77 Children's Books About Mental Health - Child Mind Institute](#)
- [15 Books to Inspire Healthy Habits in Kids | Scholastic | Parents](#) by Christine Burnett, *Scholastic*, November 23, 2017
- [Health Science Careers Teaching Resources | Teachers Pay Teachers](#)
- [21 Children's Books That Promote Fitness and Healthy Habits \(findmats.com\)](#)

- [Health and Physical Education Booklist.pdf \(dc.gov\)](#) (This resources contains dozens of titles divided into Elementary, Middle School, and High School sections)
- [Health and Happiness: Medical Books For Kids | Book Riot](#) (Provides titles addressing a number of medical topics including illnesses/conditions but on a level for children)
- [The 87 Best Doctors And Nurses Kids Books \(bookroo.com\)](#)
- [21+ Children's Books about Women Scientists – Science Books for Kids \(growingwithscience.com\)](#)
- [18 Children's Books About Female Scientists, Because STEM-inism Is The Future \(romper.com\)](#)
- [Best Picture Book Biographies - Imagination Soup](#) (Scroll down to *STEM*)
- [23 Books that Teach K-12 Students about Mental Health \(k-12talk.com\)](#)
- [Mental Health Books for Children and Teens and Their Parents | NAMI MAIN LINE PA](#)
- [7 Young Adult Books for Social Emotional Learning \(Grades 6-12\) \(childhood101.com\)](#)
- [Middle Grade Books That Deal With Mental Health \(32 books\) \(goodreads.com\)](#)
- [Best STEM Books K–12 | NSTA](#) 2024 *National Science Teaching Association (NSTA)*
- [50 STEM Books to Update Your Collection - We Are Teachers](#)
- [Best Science Books for Kids, As Chosen by Teachers - WeAreTeachers](#)
- [STEM 2013mashup \(ala.org\)](#) *STEM Reads for Teens, American Library Association (ALA)*
- [STEM Booklist Collection | Lee & Low Books \(leeandlow.com\)](#)
- [Best STEM Books List – Children's Book Council \(cbcbooks.org\)](#)
- [STEM Booklists - Carnegie Library of Pittsburgh](#) (links to 9 STEM topics)
- [STEM book list - Bookshop.org](#) *STEM Booklist, Page Ahead Children's Literacy Program/Bookshop.org*
- [Stem Books \(goodreads.com\)](#)
- [LitLinks: What is a STEM book? Characteristics and examples \(patriciamnewman.com\)](#) January 8, 2020, Patricia Newman
- [STEM Tuesday- Diversity in STEM- Book List - From The Mixed Up Files](#)

YouTube Videos

- [Introducing High School Students to Careers in Medicine - YouTube](#) *Introducing High School Students to Careers in Medicine*, September 27, 2018, 4:20
- [What Every High School Student Should Know About the Journey to a Career in Medicine - YouTube](#) *What Every High School Student Should Know About the Journey to a Career in Medicine*, October 16, 2020, 55:04
- [Health Science Introduction I - YouTube](#) *Health Science Introduction I*, February 2, 2018, 36:41
- [Health Science Pathways - YouTube](#) *Health Science Pathways*, August 5, 2019, 2:59
- [A Career in Healthcare Science - YouTube](#) *A Career in Healthcare Science*, July 28, 2016, 35:02
- [It's a Major Thing - Medical Laboratory Science - YouTube](#) *It's a Major Thing – Medical Laboratory Science*, December 10, 2018, 6:15
- [Medical Laboratory Science Top 10 Career Questions to Ask - YouTube](#) *Medical Laboratory Science Top 10 Career Questions to Ask*, June 4, 2021, 9:01
- [High School to Doctor | Physician/Surgeon Training Overview !\[\]\(a743bcd2fd08184fdf39c4feba1f7eb3_img.jpg\) !\[\]\(3139c2550c61e029781d1499c4d358b0_img.jpg\) !\[\]\(e6eb7bb6899c5009bb45451a1e4739c6_img.jpg\) !\[\]\(27af70df75ea8ab0907dbc236e24150a_img.jpg\) - YouTube](#) *High School to Doctor Physician/Surgeon Training Overview*, January 11, 2020, 10:53
- [Potential medical students gain hands-on experience to choose their career path - YouTube](#) *Potential medical students gain hands-on experience to choose their career path*, July 13, 2022, 2:27
- [High School to Doctor, Dentist, Pharmacist, and more! Classes and Advice - YouTube](#) *High School to Doctor, Dentist, Pharmacist and more*, November 6, 2019, 7:21
- [How to Prepare for Nursing School as a High School Student - YouTube](#) *How to Prepare for Nursing School as a High School Student*, August 18, 2015, 6:37
- [Training for a nursing career in high school - YouTube](#) *Training for a nursing career in high school*, September 4, 2018, 2:12
- [BSEP Lets Students Explore Healthcare Careers - YouTube](#) *BSEP Lets Students Explore Healthcare Careers*, January 24, 2020, 3:29
- [High School Health Careers Program - YouTube](#) *High School Health Careers Program*, July 29, 2019, 1:41
- [Healthcare system overview | Health care system | Health & Medicine | Khan Academy - YouTube](#) *Healthcare system overview Health care system Health & Medicine*, August 30, 2011, 8:01
- [Health Careers High School Recruitment Video - YouTube](#) *Health Careers High School Recruitment Video*, January 18, 2013, 6:55
- [High school students learn about careers in health care - YouTube](#) *High school students learn about careers in health care*, October 27, 2017, 1:11

- [CTE Academy: Health Careers - YouTube](#) *CTE Academy; Heath Careers*, November 26, 2017, 3:19
- [Wellbeing for Children: Healthy Habits - YouTube](#) *Wellbeing for Children: Healthy Habits*, March 3, 2021, 6:34
- [Healthy Eating for Kids - Compilation Video: Carbohydrates, Proteins, Vitamins, Mineral Salts, Fats - YouTube](#) *Healthy Eating for Kids Compilation Video: Carbohydrates, Proteins, Vitamins, Mineral Salts, Fats*, April 13, 2021, 17:37
- [Hygiene Habits for Kids - Compilation - Handwashing, Personal Hygiene and Tooth Brushing - YouTube](#) *Hygiene Habits for Kids – Compilation – Handwashing, Personal Hygiene and Tooth Brushing*, October 20, 2020, 11:03
- [i tried 12 healthy habits for a week \(life changing\) *THIS WILL MOTIVATE YOU* - YouTube](#) *I tried 12 healthy habits for a week (life changing) *THIS WILL MOTIVATE YOU**, July 17, 2022, 33:15
- [Healthy Habits in Action | Cedars-Sinai - YouTube](#) *Healthy Habits in Action*, May 8, 2013, 6:02
- [Nutrition for a Healthy Life - YouTube](#) *Nutrition for a Healthy Life*, May 7, 2016, 4:25
- [Metabolism & Nutrition, Part 1: Crash Course Anatomy & Physiology #36 - YouTube](#) *Metabolism & Nutrition, Part 1; Crash Course Anatomy & Physiology #36*, September 28, 2015, 10:32
- [Nutrition and Diet - GCSE Biology \(9-1\) - YouTube](#) *Nutrition and Diet – GCSE Biology (9-1)*, January 23, 2018, 7:20
- [Wendy Suzuki: The brain-changing benefits of exercise | TED - YouTube](#) *Wendy Suzuki: The brain-changing benefits of exercise TED*, March 21, 2018, 13:02
- [Mood Matters: How Food, Movement & Sleep Can Have an Impact on You - YouTube](#) *Mood Matters: How Food, Movement, & Sleep Can Have an Impact on You*, August 5, 2020, 4:20
- [Kids starting healthy habits - YouTube](#) *Kids starting healthy habits*, April 12, 2022, 2:34
- [Teen Titans Go! | Healthy Habits | DC Kids - YouTube](#) *Teen Titans Go Healthy Habits*, March 13, 2020, 14:54
- [Teens share mental health problems that were exacerbated by COVID - YouTube](#) 2022 2:08
- [Adolescent mental health - Moving forward after the pandemic | Thorhildur Halldorsdottir | TEDxBasel - YouTube](#) 2022 9:26
- [The Teen Mental Health Crisis, Part 1 - YouTube](#) 2023 1:20:35
- [America's Teens Are Suffering: Inside the Adolescent Mental Health Crisis | Amanpour and Company - YouTube](#) 2023 18:15

- [Political targeting, the pandemic exacerbate mental health struggles of LGBTQ youth - YouTube](#) 2022 6:18
- [ICE arrests and the devastating effect on children left behind #news](#) 1:27
- [ICE agents left a boy behind after arresting an alleged undocumented immigrant during traffic stop](#) :39
- [Undocumented parents in LA plan for ICE raids and child separation | LA Times Today](#) 8:09
- [Social Media and Youth Mental Health - YouTube](#) 2023 26:41
- [Teens Talk About Mental Health During the Pandemic - YouTube](#) *Teens Talk About Mental Health During the Pandemic*, October 26, 2020, 4:16
- [Mental Health Minute: Stress and Anxiety in Adolescents - YouTube](#) *Mental Health Minute: Stress and Anxiety in Adolescents*, September 10, 2021, 1:28
- [7 Actionable Mental Health Tactics for Students and Teachers - YouTube](#) *7 Actionable Mental Health Tactics for Students and Teachers*, May 14, 2021, 14:48
- [Tips for Supporting Students' Mental Health - YouTube](#) *Tips for Supporting Students' Mental Health*, May 29, 2022, 3:42
- [LGBTQ Youth - YouTube](#) *LGBTQ Youth*, January 7, 2020, 4:05
- [National Survey on LGBTQ Youth Mental Health - YouTube](#) *National Survey on LGBTQ Youth Mental Health*, October 25, 2019, 18:17
- [Two years into the pandemic, students still struggle with mental health - YouTube](#) *Two years into the pandemic, students still struggle with mental health*, January 25, 2022, 5:17
- [Pathways to Inclusion: Addressing the Mental Health Needs of Students Across the Age Span - YouTube](#) *Pathways to Inclusion: Addressing the Mental Health Needs of Students Across the Age Span*, June 9, 2022, 1:29:39
- [Webinar: Physical Education Resources for K-12 Education - YouTube](#) *Webinar: Physical Education Resources for K-12 Education*, September 10, 2020, 59:27
- [How Exercise Makes you Smarter and a Better Student - YouTube](#) *How Exercises Makes you Smarter and a Better Student*, January 21, 2017, 5:32
- [6 of The Best High School Physical Education Games and Fitness Activities - YouTube](#) *6 of The Best High School Physical Education Games and Fitness Activities*
- [K-12 Physical Education Vocabulary - YouTube](#) *K-12 Physical Education Vocabulary*, June 15, 2020, 5:42
- [How playing sports benefits your body ... and your brain - Leah Lagos and Jaspal Ricky Singh - YouTube](#) *How playing sports benefits your body ... and your brain*, June 28, 2016, 3:46