



**[Family-Friendly Resources](#)**

**[Instructional Materials \(General\)](#)**




**[Instructional Materials \(Topic-Specific\)](#)**

**[Multimedia/Enrichment](#)**

**[Professional Learning & Resources](#)**

Resources that were developed by or co-developed with the Hawai'i State Department of Education (HIDOE) are highlighted.

Prior to use with students or distribution to families, educators are responsible for carefully reviewing ideas, resources, and instructional materials as well as communicating with their principals to ensure that the content and learning experiences are appropriate for their students and school communities. HIDOE employees are required to follow all Hawai'i State Board of Education policies as well as HIDOE procedures, regulations, and guidelines, including those related to technology use and data governance. Educators must remove any links to student surveys for external use (e.g., feedback to publishers/authors of instructional materials) prior to use with students unless they have been approved by the HIDOE Data Governance and Analysis Branch. Some sites may require you to create an account and login. Please review all site terms before creating an account. You are not required to login to any platform if you do not feel comfortable in doing so. Any references to any specific non-profit or commercial entities, products, processes, or services by trade name, trademark, manufacturer, or otherwise, does not constitute or imply its endorsement, recommendation, or favoring by the State of Hawai'i.

Featured Resources		
<p><a href="#">Virtual Resource Room for Health Education</a></p> 	<p><a href="#">Learning Design Resource - Health</a></p> 	<p>Continuity of Education  <a href="#">HIDOE</a>   <a href="#">Charter</a>   <a href="#">Parents/Caregivers</a></p> 

Family-Friendly Resources		
<p><i>Note: Children require adult supervision when preparing and cooking food to ensure physical safety around equipment and food safety.</i></p>		
All grades	<p><a href="#">HIDOE Continuity of Education for Parents/Caregivers/Students and Choice Boards</a>            Hawai'i State Department of Education (HIDOE)</p>	Enrichment activities that can be done at home for all content areas, including Health and Physical Education starting on Week 3
	<p><a href="#">Yoga Ed Resources, Yoga and Mindfulness Classes for Children and Teens, YouTube Channel, and HIDOE Health Ed. x Yoga Ed. Lesson Plans</a>            Yoga Ed.</p>	Videos, lesson plans, and printable resources for using mindfulness strategies, breathing techniques, yoga postures, and relaxation to support mental, social, and emotional health
	<p><a href="#">Headspace Articles</a> and <a href="#">YouTube Channel</a>            Headspace</p>	Videos and articles for strengthening mindfulness and meditation



	<a href="#">Smiling Mind App</a> and <a href="#">YouTube Channel</a> Smiling Mind	Guided practice for mindfulness and meditation
	<a href="#">PBS Learning Media for Health</a> PBS	Videos and support materials on a variety of health topics
	<a href="#">GoNoodle for Families</a> , <a href="#">Good Energy at Home</a> , and <a href="#">YouTube Channel</a> GoNoodle	Music, videos, and games that get kids up and moving
	<a href="#">Hip Hop Public Health Resource Center</a> Hip Hop Public Health	Music and videos that empowers youth with the knowledge and skills to make healthier choices
	<a href="#">Healthy Activities for Home</a> Action for Healthy Kids	Healthy activities to do at home
Grades PreK-K	<a href="#">Sesame Street in Communities, Resilience, Caring for Each Other Initiative</a> Sesame Workshop	Videos, printables, and articles to help early learners stay healthy
Grades PreK-2	<a href="#">The Imagine Neighborhood</a> Committee for Children	Podcast and activities for families and young children about feelings and other skills for social, emotional, and mental health
	<a href="#">Cosmic Kids Yoga YouTube Channel</a> Cosmic Kids Yoga	Kid-friendly yoga videos
	<a href="#">Farm to Keiki</a> Farm to Keiki	Access the free ebook with healthy recipes and activities
	<a href="#">Eat Healthy</a> and <a href="#">Keiki Can Cook</a> Hawai'i State Department of Health (DOH)	Resources and recipes for eating healthy foods at home with kids
Grades PreK-8	<a href="#">CATCH Health at Home</a> CATCH	Activities for nutrition, physical activity, mindfulness, and vaping prevention for parents/guardians and families
Grades 2-6	<a href="#">Be Internet Awesome for Families</a> Google and Pear Deck	Family guides and tips for digital citizenship, online safety, and digital well-being
Grades 3-12	<a href="#">Cooking Up a Rainbow</a> Kapi'olani Community College, Culinary Arts Program	Resources and recipes for preparing and eating healthy foods
Grades 6-12	<a href="#">We're in This Together</a> Erika's Lighthouse	Resources for families, educators, and teens to promote positive mental health for teens feeling isolated



Instructional Materials (General)		
All grades	<a href="#">Learning Design Resource for Health Education</a> HIDOE	Core principles and resources for Health Education
	<a href="#">HIDOE Health Education Resources and Virtual Resource Room for Health Education</a> HIDOE	Health Education standards, learning experiences, poster sets, and other resources developed by the HIDOE for use in Hawai'i public schools
	<a href="#">Continuity of Education for HIDOE</a> (staff login required) and <a href="#">Continuity of Education for Charter Schools</a>	Resources and information for schools to support the continuity of education
	<a href="#">SHAPE America Teacher Toolbox and Virtual Resources</a> SHAPE America	Resources include ideas for projects, journals, and activities
	<a href="#">Health Skills Models</a> RMC Health	Learning Experiences, student handouts, rubrics, and classroom posters for building health literacy skills
	<a href="#">KidsHealth</a> Nemours Children's Health System	Health articles for children, teens, and parents/guardians
	<a href="#">KidsHealth in the Classroom</a> Nemours Children's Health System	Supplemental lessons on a variety of health topics
	<a href="#">PBS Learning Media for Health</a> PBS	Videos and support materials on a variety of health topics
Grades PreK-K	<a href="#">Healthy Habits for Life and Provider/Caregiver Toolkits</a> Sesame Workshop	Resource guides and videos for educators and parents/guardians of early learners
Grades K-5	<a href="#">Sanford Fit</a> Sanford Health	Lessons, printables, and videos to help kids boost their mood, recharge, get physical activity, and eat healthy foods
Grades K-12	<a href="#">EVERFI Health and Wellness and Webinars</a> EVERFI	Digital learning for a variety of health topics to equip students with the skills they need for success - now and in the future
	<a href="#">Health Education Prompts for Elementary, Middle, and High</a> Cairn Guidance and Kentucky SHAPE	Non-traditional instruction (NTI) Health Education prompts
Grades 7-12	<a href="#">Choices Magazine</a> and <a href="#">Choices Ideabook</a>	Student articles and educator resources for health, social-emotional learning, and life skills



	Scholastic	
Grades 9-12	<a href="#">Navigating the Health Care System</a> Nemours Children's Health System	Units designed to prepare students to be responsible for managing their own health care as they transition into adulthood
<b>Instructional Materials (Topic-Specific)</b>		
Grades PreK-5	<a href="#">Ray and the Sunbeatables</a> and <a href="#">Be Sunbeatable</a> CATCH; Scholastic; The University of Texas, MD Anderson Cancer Center	Sun safety education
Grades PreK-6	<a href="#">Team Nutrition's Nutrition Education and Gardening</a> U.S. Department of Agriculture	Nutrition education and garden-based nutrition education
	<a href="#">Sanford Harmony</a> and <a href="#">Harmony at Home</a> National University	Lessons and resources for relationship building, problem solving, and communication to support social, mental, and emotional health
Grades PreK-8	<a href="#">Second Step COVID-19 Support</a> Committee for Children	Lessons and resources for parents/guardians and educators for social, emotional, and mental health; bullying prevention; and child sexual abuse prevention
Grades K-5	<a href="#">Our Best Selves</a> Scholastic, Yale Center for Emotional Intelligence, Facebook Education	Lessons to support social, mental, and emotional health
Grades K-6	<a href="#">'ĀINA in Schools, Hawaiian Harvest, and General Resources</a> Kokua Hawai'i Foundation	Lessons and resources for nutrition and garden education
Grades K-12	<a href="#">Yoga Ed Resources, Yoga and Mindfulness Classes for Children and Teens, YouTube Channel, and HIDOE Health Ed. x Yoga Ed. Lesson Plans</a> Yoga Ed.	Videos, lesson plans, and printable resources for using mindfulness strategies, breathing techniques, yoga postures, and relaxation to support mental, social, and emotional health
	<a href="#">MyPBLWorks Health Projects</a> Buck Institute for Education	Examples of project-based learning for nutrition and physical activity; resources for developing your own project
	<a href="#">Digital Citizenship</a> and <a href="#">Common Sense Education YouTube Channel</a> Common Sense Education	Lessons, posters, and family tips for digital citizenship, cyberbullying prevention, online safety, and digital well-being <i>Note: This resource and its examples are not health-specific, but the skills are essential for developing health literacy (i.e., analyzing information; accessing information, products, and services;</i>



		<i>interpersonal communication; advocacy). Consider supplementing the lessons with health-related examples.</i>
Grades K-3, 6-8, 9-12	<a href="#">Handwashing Lessons</a> ETR	Handwashing lessons (free slides, printables, and lesson plans for a limited time)
Grades 2-6	<a href="#">Be Internet Awesome for Educators</a> Google and Pear Deck	Lessons, posters, and resources for digital citizenship, online safety, and digital well-being <i>Note: This resource and its examples are not health-specific, but the skills are essential for developing health literacy (i.e., analyzing information; accessing information, products, and services; interpersonal communication; advocacy). Consider supplementing the lessons with health-related examples.</i>
Grades 4-6	<a href="#">The Incredible Adventures of the Amazing Food Detective</a> Kaiser Permanente	Teaching guide and family tips for building healthy habits
	<a href="#">Family Life and Sexual Health (FLASH)</a> <i>*This is an approved curriculum for sexual health education in HIDOE schools. Go to <a href="#">HIDOE sexual health education</a> for more information on this topic and related policies, including the opt-out process.</i>	Sexual health education for upper elementary students; focuses on physical, social, and emotional changes that occur during puberty and adolescence
Grades 4-7	<a href="#">Ask, Listen, Learn: Kids and Alcohol Don't Mix</a> Foundation for Advancing Alcohol Responsibility	Underage drinking prevention education; lessons and resources for educators, parents, and kids
Grades 5-8	<a href="#">Over-the-Counter Medicine Safety</a> Scholastic	Over-the-counter medicine safety education
Grades 5-12	<a href="#">Be Vape Free</a> and <a href="#">CATCH My Breath</a> CATCH, CVS Health	Vaping prevention education
Grades 6-8	<a href="#">Pono Choices: A Culturally Responsive Teen Pregnancy and STI Prevention Program</a> University of Hawai'i at Mānoa (UHM) Center on Disability Studies <i>*This is an approved curriculum for sexual health education in HIDOE schools. Go to <a href="#">HIDOE sexual health education</a> for more information on this topic and related policies, including the opt-out process.</i>	Sexual health education for middle school students
Grades 6-12	<a href="#">Shine Light on Depression</a> and <a href="#">Webinar</a> Erika's Lighthouse; American School Health Association (ASHA); Anthem, Inc.; JetBlue Airways Corporation; National PTA	Teen depression awareness education with resources for educators, families, and students; middle school resources include depression awareness; high school resources include depression and suicide awareness <i>Note: <a href="#">Safe and Effective Messaging for Suicide Prevention</a> is essential for all messages provided within the curriculum and during instruction. It is also important to provide students with school-based and community resources for seeking support for themselves and</i>



		<i>others (See <a href="#">Crisis Line and Crisis Text Line</a> and <a href="#">additional resources</a>).</i>
	<a href="#">We're in This Together</a> Erika's Lighthouse	Resources for families, educators, and teens to promote positive mental health for teens feeling isolated
	<a href="#">Drive2Life</a> Scholastic	Lessons and resources for seat belt and road safety, including distracted walking and driving
	<a href="#">Stanford Tobacco Prevention Toolkit</a> Stanford Medicine	Tobacco and vaping prevention education
	<a href="#">Stanford Cannabis Awareness and Prevention Toolkit</a> Stanford Medicine	Cannabis (Marijuana) prevention education
	<a href="#">The Real Cost of Vaping</a> US Food and Drug Administration (FDA) and Scholastic	Vaping prevention education
	<a href="#">NIDA for Teens</a> National Institute on Drug Abuse (NIDA)	Drug abuse prevention resources for teens, educators, and parents/guardians
Grades 9-12	<a href="#">Adolescent Vaccination Education</a> UHM John A. Burns School of Medicine (JABSOM), UHM Student Immunization Initiative, DOH, and Farrington High School	Peer vaccination education
<b>Multimedia/Enrichment</b>		
All grades	<a href="#">Life is Better with Clean Hands Campaign</a> Centers for Disease Control and Prevention (CDC)	Handwashing information, videos, posters, health promotion resources
	<a href="#">Headspace Articles</a> and <a href="#">Youtube Channel</a> Headspace	Videos and articles for strengthening mindfulness and meditation
	<a href="#">Smiling Mind</a> Smiling Mind	Guided practice and lesson ideas for mindfulness and meditation
	<a href="#">MyLife: Stop, Breathe, &amp; Think for Educators</a> MyLife	Short activities and printables for mindfulness and meditation
	<a href="#">Greater Good</a> and <a href="#">Greater Good in Action</a> University of California, Berkeley	Research-based practices for improving social and emotional well-being, or the well-being of others
	<a href="#">Choose Love</a> Jesse Lewis Choose Love Movement	Lessons and videos to support social, emotional, and mental health and wellness





	<a href="#">Move Your Way Campaign</a> U.S. Department of Health and Human Services	Physical activity promotion resources
	<a href="#">Action for Healthy Kids - Game On Library</a> Action for Healthy Kids	Activity ideas to support student and school health
	<a href="#">GoNoodle</a> GoNoodle	Interactive videos to promote physical activity
	<a href="#">UNICEF Kid Power</a> UNICEF	Interactive videos to promote physical activity
	<a href="#">BrainPOP</a> , <a href="#">BrainPOP Jr.</a> , and <a href="#">BrainPOP Educators</a> BrainPOP	Videos and resources about a variety of health topics (request <a href="#">free access due to COVID-19 school closures</a> )
	<a href="#">Amaze</a> Advocates for Youth, Answer, Youth Tech Health <i>*This is a supplemental resource for sexual health education, which requires approval by your principal prior to use with students. Go to <a href="#">HIDOE sexual health education</a> for more information on this topic and related policies, including the opt-out process.</i>	Videos and information to support open, honest, and age-appropriate sexual health education (create a <a href="#">My Amaze</a> account to set up your own playlist)
	<a href="#">Character Lab</a> Character Lab	Ideas for building character and executive function to support social, emotional, and mental health
	<a href="#">Hawai'i Bullying Prevention Toolkit</a> Mental Health America of Hawai'i's Pono Youth Program	Best practices and resources for bullying prevention
	<a href="#">StopBullying.gov</a> US Department of Education, US Department of Health and Human Services, US Department of Justice	Information and resources for bullying prevention
	<a href="#">PACER's National Bullying Prevention Center</a> PACER	Information and resources for bullying prevention and National Bullying Prevention Month
	<a href="#">Sources of Strength Home-Based Resources</a> Sources of Strength	Mental health and suicide prevention resources <i>Note: <a href="#">Safe and Effective Messaging for Suicide Prevention</a> is essential for all messages provided within the curriculum and during instruction. It is also important to provide students with school-based and community resources for seeking support for themselves and others (See <a href="#">Crisis Line and Crisis Text Line</a> and <a href="#">additional resources</a>)</i>
	<a href="#">School Garden</a> and <a href="#">Peace Garden Resources</a> Hawai'i Farm to School Hui	Resources about school garden safety and rat lungworm disease prevention



Grades PreK-2	<a href="#">The Imagine Neighborhood</a> Committee for Children	Podcast and activities for families and young children about feelings and other skills for social, emotional, and mental health
Grades PreK-8	<a href="#">Mind Yeti YouTube Channel</a> Committee for Children	Guided mindfulness videos for kids and their adults
	<a href="#">Smile Smarts</a> American Dental Association	Key messages for dental health
Grades K-8	<a href="#">Hawai'i School Garden Curriculum</a> Hawa 'i Island School Garden Network	Ideas for integrating school gardens with nutrition education (see Nourishment and Curriculum Map)
Grades K-12	<a href="#">Teaching Tolerance</a> and <a href="#">SEL, Science &amp; Health Lessons</a> Southern Poverty Law Center	Lessons and resources designed with an anti-bias approach for addressing diversity and being active advocates in their schools and communities
Grades 1-6	<a href="#">Water Safety for Kids</a> American Red Cross	Water safety resources for kids, parents, and caregivers
Grades 3-12	<a href="#">Save a Life (Elementary)</a> <a href="#">Save a Life (General)</a> HIDOE, American Red Cross, Health Occupations Students of America (HOSA)	CPR instructional videos
Grades 3-5	<a href="#">Ocean Safety and Stewardship Awareness</a> Nā Kama Kai	Ocean safety awareness video and activity book
Grades 4-8	<a href="#">BAM! Body and Mind Classroom Resources for Teachers</a> CDC	Information and resources on a variety of health topics
Grades 4-12	<a href="#">Growing Pono Schools</a> UHM Growing Pono Schools Project	A culture & place-based character education curriculum designed to deepen connections to self, place, and community
Grades 5-8	<a href="#">Be Vape Free Virtual Field Trip</a> CATCH, CVS Health, Discovery Education	Virtual field trip video and educator guide for vaping prevention
Grades 5-10	<a href="#">No Bullying</a> Scholastic	Bullying prevention resources
Grades 6-12	<a href="#">808NoVape</a> Hawai'i Public Health Institute (HIPHI)	Tobacco and vaping prevention website for teens
	<a href="#">Heads Up</a> NIDA and Scholastic	Tobacco, alcohol, and drug use prevention website for teens





	<a href="#">Hawai'i Prevention Resource Center</a> Coalition for a Drug-Free Hawai'i	Fact sheets and resources to support tobacco, vaping, alcohol, and other drug use prevention
	<a href="#">SafeSex808</a> UHM Hawai'i Women's Health Research Center <i>*This is a supplemental resource for sexual health education, which requires approval by your principal prior to use with students. Go to <a href="#">HIDOE sexual health education</a> for more information on this topic and related policies, including the opt-out process.</i>	Sexual health information for teens and young adults
	<a href="#">Seize the Awkward</a> , <a href="#">Love is Louder</a> , and <a href="#">Press Pause</a> JED Foundation	Mental health and suicide prevention videos, information, and resources for teens and young adults <i>Note: <a href="#">Safe and Effective Messaging for Suicide Prevention</a> is essential for all messages provided within the curriculum and during instruction. It is also important to provide students with school-based and community resources for seeking support for themselves and others (See <a href="#">Crisis Line and Crisis Text Line</a> and <a href="#">additional resources</a>).</i>

**Professional Learning and Resources**

Educators	<a href="#">Learning Design Resource for Health Education</a> and <a href="#">HIDOE Health Education Resources</a> HIDOE	Standards, core principles, and resources for Health Education
	<a href="#">Resources for Bully, Suicide, Mental Health &amp; Crisis Prevention</a> HIDOE	Folder of resources for mental health and bullying, suicide, and crisis prevention
	<a href="#">Standards-Based Instruction, Assessment, and Reporting Training Resources</a> (HIDOE staff login required) Dr. Anne Davies and Sandra Herbst, connect2learning	Online course materials for use within the HIDOE: <ul style="list-style-type: none"> <li>• Building an Assessment Plan</li> <li>• Assessment and Leadership</li> <li>• Grading, Reporting and Professional Judgment in Elementary Classrooms</li> <li>• A Fresh Look at Grading and Reporting in High School</li> </ul> Additional information about standards-based report cards is available <a href="#">HERE</a> .
	<a href="#">SHAPE America Guidance Documents</a> and <a href="#">Teacher's Toolbox</a> SHAPE America	Guidance documents, resources, and webinars for Health Education <ul style="list-style-type: none"> <li>• <a href="#">Webinar: Creating Online Learning in Health and Physical Education</a></li> </ul>
	<a href="#">ASHA Webinars</a> and <a href="#">Resources</a> American School Health Association (ASHA)	Upcoming and archived webinars about school health as well as a list of curated resources by topic
	<a href="#">Performance Assessment Toolkit</a> Cairn Guidance	A step-by-step process to develop K-12 performance assessments as well as resources



		to aid students in producing meaningful, authentic products or performances that showcase their knowledge and skill attainment
	<a href="#">Skills-Based Health Education Webinar Series</a> Cairn Guidance	Webinar series: <ul style="list-style-type: none"> <li>• Part 1: Foundations of Skill-Based Health Education - <a href="#">Webinar</a> and <a href="#">Resources</a></li> <li>• Part 2: Intro to the Health Education Curriculum Analysis Tool; Building a Health Ed Unit - <a href="#">Webinar</a> and <a href="#">Resources</a></li> <li>• Part 3: Assessing Students in Health Education; Rubrics and Performance Checklists - <a href="#">Webinar</a> and <a href="#">Resources</a></li> <li>• Part 4: No-Cost Tools to Support Skills-Based Health Education - <a href="#">Webinar</a> and <a href="#">Resources</a></li> </ul>
	<a href="#">Design4Learning (D4L)</a> ETR	Strategies for adapting health education to online design and delivery
	<a href="#">Alliance for Virtual Learning</a> Blackboard and University of Phoenix	Webinars to support K-12 teachers and administrators adapt to the new virtual learning landscape
	Youth Risk Behaviors Survey (YRBS): <a href="#">Local</a> and <a href="#">National</a> Results CDC, HIDEOE, DOH, UH Curriculum Research and Development Group	The YRBS is administered in odd-numbered years to Hawai'i public school students in grades 6–12 to monitor priority behaviors that contribute to the leading causes of morbidity and mortality among youth and young adults
	<a href="#">Healthy Schools Resources</a> CDC	Learn about effective health education and how the HECAT and HBOs can be used as a tool to support curriculum development and evaluation <ul style="list-style-type: none"> <li>• <a href="#">Characteristics of Effective Health Education Curricula</a></li> <li>• <a href="#">Health Education Curriculum Analysis Tool (HECAT)</a></li> <li>• <a href="#">CDC HECAT Healthy Behavior Outcomes (HBOs)</a></li> <li>• <a href="#">HECAT E-Learning Module</a></li> </ul>
	<a href="#">Center on the Developing Child</a> Harvard University, Center on the Developing Child	Key concepts and resources about child development
	<a href="#">Common Sense Education Webinars</a> Common Sense Education	Archived webinars about digital citizenship and media literacy
	<a href="#">ASCD Webinar Archives</a> ASCD	Upcoming and archived webinars about teaching practices and student learning
	<a href="#">NAEYC Topics, Webinars, and Virtual Institute</a> National Association for the Education of Young Children (NAEYC)	Resources on a variety of topics to support early childhood educators <ul style="list-style-type: none"> <li>• <a href="#">Anti-Bias Education</a></li> <li>• <a href="#">Developmentally Appropriate Practice</a></li> </ul>



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|  |  | <ul style="list-style-type: none"><li>• <a href="#">Equity</a></li><li>• <a href="#">Social and Emotional Development</a></li><li>• <a href="#">Other Topics</a></li></ul> |
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Related Resources:

- [Physical Education and Physical Activity](#)
- [Social and Emotional Learning \(SEL\), Counseling, Mental Health, and Community Resources](#)
- [Special Populations Parent Resources](#)