



This notebook is a compilation of tips, tricks, tools, resources, and ideas collected from Maine teachers for putting the Maine Learning Results, Health Education Standards into action.

Would you like to contribute? Email susan.berry@maine.gov

HEALTH EDUCATION DIGITAL NOTEBOOK

Tips and tricks
for Instructional
Success

Teaching Tools

Digital Resources
K-5

Digital Resources
MS/HS

More

TEACHING TOOLS

HOW TO CREATE/USE

- [Escape Rooms](#)
- Slide templates-
 - [Slidemia](#)
 - [Slide Carnival](#)
- Digital notebook designs
 - [Slidemia](#)
 - [LiveBinder](#)
 - [How to edit digital notebooks](#)
- Cartoons and presentations
 - [PowToon](#)
 - [Canva](#)
- Games
 - [Gimkit](#)
 - [Quizlet](#)
 - [Kahoot](#)
 - [Jeopardy Games](#)
 - [Family Feud- Guidelines and Templates](#)
 - [Flippity Slides on games and more](#)
- [Saved by the Tech](#)
- [Wakelet](#)

NOTE: Some of these tools may have a cost.

TEACHING TOOLS

- YouTube Tools
 - [SafeShare.tv](#): free (sharing youtube and vimeo video's safely)
 - [Youtube tips and tricks](#)
 - [Remove ads from youtube videos](#)
- Google Tools
 - [4 page poster on google slides](#)
 - [Google tips and tricks](#)
- Project Based Tools
 - [BookCreator](#)
 - [Pixon](#)- Online Comic Book Creator
 - [Wideo](#)- Online Movie Maker
 - [StoryJumper](#)- Online Book Maker
 - [StoryBoardThat](#)- Digital Storytelling
 - [Piktochart](#)- You can make infographics and other information based documents
 - [Canva](#)- You can use this website to make presentations, social media posts, videos, infographics, graphs, book covers, etc.
- [Common Sense Education](#)

NOTE: Some of these tools may have a cost.

TEACHING TOOLS

- Interactive Presentation & Instruction Tools
 - [Peardeck](#)
 - [Nearpod](#)
 - [Quizizz](#)
 - [Flipgrid](#)
 - [EdPuzzle](#)
 - [Screencastify](#)
 - [Canva](#)- you can create presentations and videos using this website.
 - [Prezi](#)
 - [Flippity](#)
- Community Development Strategies - Ideas to build relationships and get to know your students.
 - Project Adventure Books by Karl Rohnke include [Silver Bullets](#), [Quick Silver](#) and [Cowtails and Cobras 1&2](#) contain a plethora of ideas such as scavenger hunts, stepping stones, Bingo, and group juggling..
 - [Comchi cards](#)
 - [High 5's, Ubuntu cards and more](#),
 - [Hexagon](#)- idea from twitter

NOTE: Some of these tools may have a cost.

DIGITAL RESOURCES K-5

SEL-

- [Kindness hyperdoc](#)
- [Social Justice, Picture books, Elementary-](#) scroll down to the picture book recommendations
- [Acts of kindness bingo](#)
- [Weekly wellness challenge](#)
- [SEL4ME](#)

Goal Setting

- [Goal setting template](#)

Mental Health

- [Being a Good Friend for grades 2 – 4:](#)
- [The Alliance for a Healthier Generation \(COVID-19\) resources for schools](#)
- [Hands Are Not For Hitting program, discussing feelings, PreK-1st grade](#)

Mental Health

- [National Alliance on Mental Illness](#) - 1-800-950-NAMI (6264) -
- [Talking With Children: Tips for caregivers, parents, and teachers during infectious disease outbreaks](#) from SAMHSA

Personal Health, Growth & Development

- [Hand-washing demo](#)
- [Amaze.org](#) short videos for sexuality education, puberty education, etc.
- The Maine Family Planning Association created a google document of [Remote Learning Resources for Sexual Health, Grades K-12](#) to share with educators. The materials are also linked on the [For Educators](#) webpage on the [Maine Family Planning](#) website.
- [Sesame Street:](#) Handwashing videos and other health related videos.



DIGITAL RESOURCES K-5

Lesson Plans/Curriculum on Various Topics

- [Free Technology for Teachers written by Richard Byrne](#) - A former teacher from South Paris, Maine Richard runs this blogs focused on sharing free web-based resources for educators.
- [Positive Psychology, 49 Communication Activities, Exercises, and Games](#) Communication Activities
- [FitFlow form Sanford Health](#) - Includes Yoga Cards
- [Amazing Educational Resources](#) website or [Amazing Educational Resources](#) on Facebook. An evergrowing clearinghouse of free website resources for educators covering all disciplines.
- [EduMotion](#) - On a Mission to Move - EduMotion is an organization guided by its mission to emotionnergize schools and communities by fostering inclusion, respect and social awareness through the joy of movement.
- [Common Sense Media](#) for Parents

- [Common Sense](#) for Education - Digital Citizenship Lesson Plans and Activities
- [Kidshealth](#) - KidsHealth in the Classroom offers educators free health-related lesson plans for PreK through 12th grade. Each Teacher's Guide includes discussion questions, classroom activities and extensions, printable handouts, and assessments.
- [EverFI Wellness Matters](#) NTI [Elementary School](#) - simple prompts that teachers might use, or send home during non-traditional instructional (NTI) days. These prompts are not formal lessons, and some may not be feasibly implemented by your community of students, but it's a start! Feel free to professionally plagiarize, adapt, use and share as needed.
- State of Maine, Health Education Standards broken down by level which includes the standards, resources, and sample lessons.
 - [Childhood \(K-5\)](#) (PDF)
 - [Childhood \(K-5\)](#) (Word)



DIGITAL RESOURCES K-5

Maine DOE Health Education Content Area Web Resources

- The following websites offer information and resources on multiple health education content areas and may be useful for educators, students, families or all. Click on the following content area of interest for some [General Health Education](#); [Community Health](#); [Consumer Health](#); [Environmental Health](#); [Family Life](#); [Growth and Development](#); [Nutritional Health](#); [Personal Health including Mental and Emotional Health](#); [Prevention and Control of Disease and Disorders](#); [Safety and Accident Prevention](#); and [Substance Use and Abuse Prevention](#).



DIGITAL RESOURCES MS/HS

Would you rather prompts - a conversation or party game that poses a dilemma in the form of a question beginning with "would you rather".

Drug Education

- [Sidekicks!](#) is a youth driven vaping prevention program
- [Center for Tobacco Independence](#) - Prevention Educators working on Substance Use Prevention including vaping and tobacco
- [Smokescreen Game](#) (Game/Activity)

Mental Health

- [Resilience YouTube -](#)
- [Walk in Our Shoes](#)
- [Nami Maine](#)
- [Everfi Social Emotional Learning](#)
- [SEL4ME](#)

Family Life & Sexual Health

- What is a DVRC? [\(Domestic Violence, Resource Center\)](#)
- How to talk about dual protection-free e-learning opportunity through HTN - Healthy Teen Network www.healthyteennetwork.org
- www.amaze.org short videos for sexuality education, puberty education, etc.
- [Power To Decide - Teen Talk](#) A campaign to prevent unplanned pregnancy
- [Join One Love](#) - Dating violence prevention, healthy and unhealthy relationships.
- The Maine Family Planning Association created a google document of [Remote Learning Resources for Sexual Health, Grades K-12](#) to share with educators. They plan to keep it updated as more resources become available. There are several national organizations developing materials for educators around the country and Maine FPA will keep up to date with these and share them, in turn, with Maine educators. The materials are also linked on the [For Educators](#) webpage on the [Maine Family Planning](#) website.
- [Sexuality Resources from California](#)



Medical Conditions/Diseases

- Skin Cancer Prevention - Students can access and watch the high school and middle school student videos at [Melanoma Education Foundation](#)
- [Solve the Outbreak](#) by US CDC Healthy Schools
- [BAM! Body and Mind Classroom Resources for Teachers](#)
- [Kids Quest on Disabilities](#) from the US CDC (WebQuests)

Skills-Based Lessons/Ideas

- NTI [Middle School](#) - simple prompts that teachers might use, or send home during non-traditional instructional (NTI) days. These prompts are not formal lessons, and some may not be feasibly implemented by your community of students, but it's a start! Feel free to professionally plagiarize, adapt, use and share as needed!
- [Online Health Educators Unite - Health Education Menu by Melanie Lynch](#)- 2016 SHAPE America National Health Teacher of the Year OPEN National Trainer,
- [Positive Psychology, 49 Communication Activities, Exercises, and Games](#) Communication Activities
- Resources from Erin Bjorkdahl, Health Educator, Bonny Eagle High School. Lesson Ideas and Rubrics. [MAHPERD Erin Bjorkdahl.weebly](#)
- [Project School Wellness](#)- Has information about how to teach some of the different health skills. (Under the "Health Ed Basics Tab).



Lesson Plans/Curriculum on Various Topics

- [American Federation of Teachers - Share My Lessons](#)
- [Maine Public PBS Learning Media](#) - Awesome PreK - 12 resources! Physical Education and Health Education included.
- [Amazing Educational Resources](#) website or [Amazing Educational Resources](#) on Facebook. An evergrowing clearinghouse of free website resources for educators covering all disciplines.
- [SHAPE America COVID Resources](#) - SHAPE America and other professionals in the field have created a collection of resources, updated regularly, to help provide high-quality, standards-based lessons. Includes tips to teaching in a remote environment; sample lesson plans; journal activities; physical activity logs; higher education models of instruction; at-home fitness ideas; and more!
- [NY Times The Learning Network](#) - Teach and learn with The Times: Resources for bringing the world into your classroom
- [The Health Teacher - 12 Grab & Go Projects for Health](#)

Lesson Plans/Curriculum on Various Topics, continued

- [BAM! Body & Mind by US CDC Healthy Schools](#)
- [Health Idea Tank with Chromebooks for Health and Physical Education](#)
- [Everfi Health & Wellness](#)
- [Health Teacher Central](#)- A national Facebook page with shared resources. Lots of great ideas!
- [Maine Health Teachers Toolbox](#) - A Maine-based Facebook page with shared resources, loads of distance learning lessons being shared!
- [Ted Ed Collection](#)



Lesson Plans/Curriculum on Various Topics

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 - [Childhood \(K-5\)](#) (PDF)
 - [Childhood \(K-5\)](#) (Word)
- [Common Sense Media](#)- Lesson Plans and Activities on digital citizenship

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MORE

[Amazing collection of additional ideas](#)

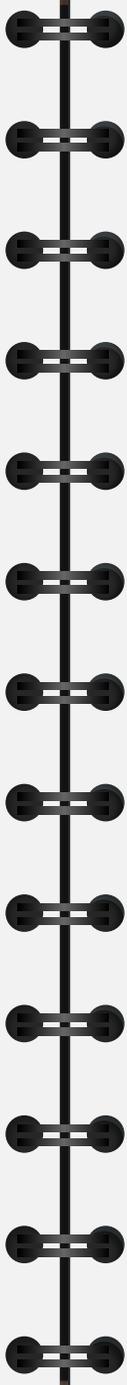
- [Choice boards- template](#)
- [Choice boards- template 2-12 squares](#)
- [Choice boards - v3- 14 squares](#)

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- [Maine Health Teachers Toolbox](#) - A Maine-based Facebook page with shared resources, loads of distance learning lessons being shared!
- [Health Teacher Central](#)- A national Facebook page with shared resources. Lots of great ideas!
- [SHAPE America](#): Many things to explore related to Health and Physical Education.





More

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K-5

Teaching Tools

