

HEART OF AMERICA RESOURCES

HEALTH & WELLNESS

Nutrition & Physical Activity

[PE Central](#)

Physical Education lesson plans, adapted PE resources, and fitness games.

[Shape America](#)

Activity calendars and PE advocacy and standards.

[MyPlate for Kids \(USDA\)](#)

Nutrition education resources, games, posters, and healthy eating tips.

[KidsHealth in the Classroom](#)

Lesson plans on nutrition, exercise, and personal health (K-12).

Mindfulness & Social and Emotional Learning

[Go Noodle](#)

Movement and mindfulness videos and exercises for younger students.

[Smiling Mind](#)

App with mindfulness programs for all ages.

[Mind Yeti](#)

Guided mindfulness sessions to help students calm down and focus.

[Imagine Neighborhood](#)

Social and Emotional Learning (SEL) podcast and activities using storytelling and characters.

[Harmony Academy](#)

SEL curriculum and digital lessons developed by the Stanford Education Center.

[Panorama Education \(Playbook\)](#)

SEL activities database searchable by skills and age groups.

[Centervention](#)

SEL worksheets, lessons, articles, videos, and games.

[Greater Good in Education](#)

Evidence-based practices for SEL and well-being from UC Berkeley.

[innerExplorer](#)

Daily 5-10 minute mindfulness audio for schools.