

# Educational Resources

As a valued American Heart Association partner, we want to share with you some educational resources for you and your fellow teachers. With a focus on education, movement and social-emotional learning, these tools are designed for use day in and day out. Click through topics below to view items online or visit [heart.org/educationalresources](http://heart.org/educationalresources).

## STEM



- Virtual Field Trips through the **brain, heart**, lungs and vascular system
- **STEM career pathing videos**
- **STEM lesson plans**



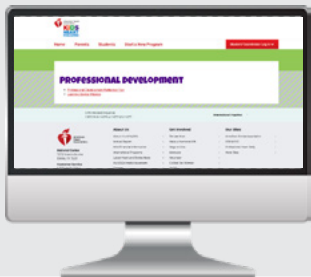
## SEL

- **15 Ways Poster Series** cover topics such as kindness, respect and positive affirmations
- **Mindfulness and Calming Wall videos**
- **Monthly newsletters** include SEL for faculty and parents and heart healthy recipes



## Professional Development

- **Exclusive OPEN curriculum**



Learning hours include **self-evaluation tool and webinar**

## Brain Breaks

- **NFL Play60 Energizers videos** get kids moving
- **Calming Wall videos**
- **Brain Boosts and teachers guide**



## Get Moving

- **25 Ways to Move** posters, including Spanish Kids Heart Challenge
- **Jump Rope, Dance and Basketball Videos**
- **PE games, activities and lesson plans**

## Videos

- **Mindfulness**
- **Jump Rope Skills**
- **Dance**
- **Basketball Skills**

