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.

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

![STEM QR Code](image)

### 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

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