

Health/Family & Consumer Science Distance Learning Resources



Teens Health

<https://teenshealth.org/en/teens/>

Created by Nemours, a nonprofit children's health system, this site aims to provide teens with the tools and confidence to make the best health choices including easy to follow articles, slideshows and videos on hundreds of physical, emotional and behavioral health topics.



United States Department of Agriculture (nutrition.gov)

<https://www.nutrition.gov/topics/audience/teens/tweens-and-teens>

This page created by the U.S. Department of Agriculture provides information and games that teach tweens and teens the importance of nutrition, physical activity, and healthy body image.



My Plate

choosemyplate.gov

ChooseMyPlate.gov offers resources, tips, and ideas that can help teens create a healthy eating style that meets their individual needs and improves overall health. Site includes dietary guidelines, interactive tools, recipes, infographics and videos.



BodiMojo

<http://www.bodimojo.com/>

BodiMojo is part of a movement to nurture and inspire teens to develop confidence and learn wellness skills that will help them grow into healthy, self-assured adults. The BodiMojo mobile platform leverages technology and

teen preferences to foster emotional intelligence, healthy stress management, self-esteem, a culture of wellness and most importantly, heartfulness, in a teen-friendly approach.



NIDA for Teens

<https://teens.drugabuse.gov/teens>

A project of the National Institute on Drug Abuse (NIDA), this website was created to give youth ages 11 – 17 the facts about drugs and their effects on the brain and body. Designed for teens, the science-based information and resources inspire learning and encourage critical thinking so teens can make informed decisions about drug use and their health. Features include: [Drug Facts](#) – scientific facts about drugs, including how they are used and by how many teens, and how they affect the brain and body.. [Drugs & Health Blog](#) – posts bring a scientific perspective to news reports about drugs and focus on how drug use can impact the everyday lives and health of teens. [Videos and Games](#) – from videos that let

you decide what the characters do next, to animations on why drugs are so hard to quit, to in-depth graphics on the human brain, NIDA videos have you covered.

Action for Happiness

<https://www.actionforhappiness.org/>

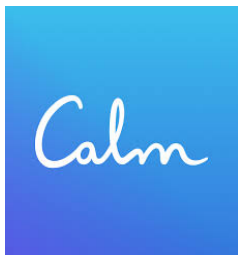
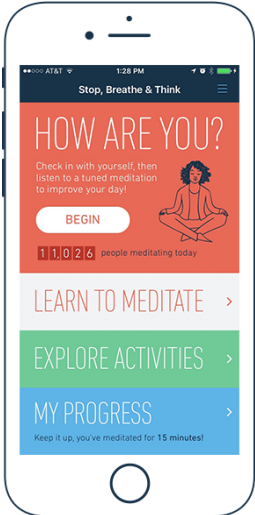
Action for Happiness is a movement of people committed to building a happier and more caring society. We want to see a fundamentally different way of life - where people care less about what they can get just for themselves and more about the happiness of others.



Stop Breathe Think

<https://www.stopbreathethink.com/meditations/>

Meditation app where you check in with what you are thinking/feeling, practice mindful breathing and practice personalized meditations. This link brings you to free meditations.



Calm

<https://blog.calm.com/>

This blog is dedicated to adventures in mindfulness, the power of a good night's sleep, and cultivating a healthier and happier life. We hope you enjoy your visit!

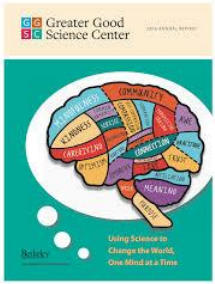


Ted Talk

https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?langage=en&fbclid=IwAR2kfs7p3gQickWjtNzEiadAWwevLGs6zR8GKwFyTrDTF2n0UZSSoCsnZlQ

When was the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that:

Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment.
(No need for incense or sitting in uncomfortable positions.)



"How to Eat More Mindfully: The Science of Happiness":

https://www.youtube.com/watch?v=dkP6vHSUAGA&feature=emb_logo

“The Kitchen S Cooking School” This series of 20 cooking lessons walks students through the basics of home cooking, teaching skills that start out as basic and move to more challenging skills.



<https://www.thekitchn.com/collection/series-the-kitchn-s-cooking-school>



So Sew Easy This blog features lots of free patterns, how-to videos and great instructions for the beginning sewist. We've used some of her patterns here at the high school.

<https://so-sew-easy.com/>