

Resource videos that align with TEKS

Background: The *kids teaching kids*® Healthy Lifestyles program was developed by Medical City Children’s Hospital to help students and their parents build a lifetime of healthy habits through nutrition education, wellness, and mindful activities.

Through this program, TAHPERD members and educators have quick, easy access to videos that align with TEKS standards. Our goal is for these to be warm introductions with your students before discussions or demonstrations. Both Mindful Minute and Wellness Activity videos were developed through a collaboration of educators from each of the *kids teaching kids* participating school districts, along with representatives from two key organizations: TAHPERD and SEL4TX.

Click or Scan

Mindful Minute



Self-Awareness: Sense of purpose



Self-Awareness: Mindful eating



Self-Awareness: Identifying one’s emotions



Self-Management: Mindful movement



Self-Management: Planning & organizational skills

Click or Scan

Wellness Activity



Locomotor skills



Catch self-tossed object



Underhand throw and catch



Overhand throw and catch



Water hydration and importance





Click or Scan

Mindful Minute



Self-Management: Setting personal goals



Responsible Decision-Making: Consequences of one's actions



Responsible Decision-Making: Be kind to others



Relationship Skills: Resolving conflict



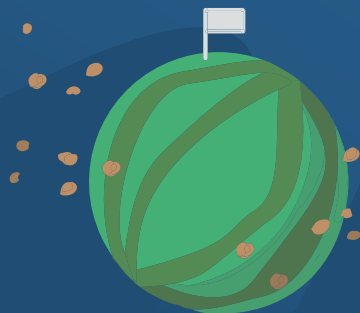
Relationship Skills: Mindful gratitude



Social Awareness: Taking others' perspectives (version 1)



Social Awareness: Taking others' perspectives (version 2)



Click or Scan

Wellness Activity



Dribbling a basketball



Kicking a soccer ball



Volleying



Striking



Single jump rope



Long jump rope



Pathways, shapes, and levels, into simple sequences



Balance with bases of support/
Other Balances

