Source Listing

Below is a list of all the sources mentioned in the Power Play Grant Guide. By providing them in this format, you can click the hyperlinks and connect directly to the specific websites.

**Model Program Source Listing – Heath**

**Personal Hygiene**

Personal Hygiene Worksheets
https://www.teacherspayteachers.com/Browse/Search:hygiene%20worksheets/Price-Range/Free

Teens Health Web site “The Tanning Taboo”
http://kidshealth.org/teen/your_body/skin_stuff/tanning.html

Proper Sleep Source: The Nemours Foundation – Teens Health Web site “How much sleep do I need” found at
http://kidshealth.org/teen/your_body/take_care/how_much_sleep.html

Teen Health Web Site “Can I prevent Acne?”
http://kidshealth.org/teen/your_body/skin_stuff/prevent_acne.html

**Additional Sites**

http://kidshealth.org/teen/your_body/health_basics/care_about germs.html

https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-the-proper-way-to-wash-your-hands/
Sleep

http://www.sleepfoundation.org/articles/hot-topics

Acne

http://kidshealth.org/kid/health_problems/skin/acne.html
http://www.skincarephysicians.com/acnenet/acne.html

Aim for Healthy Weight


Additional Resources

High Blood Pressure in Teens


High Cholesterol in Teens


Smoking

TobaccoFree.org – The Foundation for a Smoke Free America https://tobaccofree.org/quitting
**Alcohol**

National Institute on Alcohol Abuse and Alcoholism/NIH, *Alcohol Interventions for Young Adults*

**Drugs**

D.A.R.E Web site. Found at [https://dare.org](https://dare.org) (contains information about various types of drugs, how to teach children about drug use, and has an interactive section just for kids).
Model Program – Nutrition

Understanding the Food Guide Pyramid

United States Department of Agriculture
https://www.myplate.gov/myplate-plan

Making Healthy Food Choices

(This Web site focuses on providing kids with 5 servings of fruits and vegetables every day. There is a section of educational materials for teachers. There is also a section designed for kids that includes interactive components as well as printable activities and fact sheets.)

Eating Habits

Nemours Teen Health: How Much Should I Eat?

SuperKids Nutrition: Fun Meal Planning With Kids

Fast Food Myths


Fast Food Pitfalls

20 Clever Tips to Eat Healthy When Eating Out
https://www.healthline.com/nutrition/20-healthy-tips-for-eating-out

Vitamins and Minerals – Why the Body Needs Them

6 Vitamins and Minerals Your Kids Need
https://www.webmd.com/health-insurance/features/family-vitamins
Healthy Snacking


Model Program – Fitness

Benefits of Regular Exercise


Why Exercise is Wise.

How to make exercise fun

Health.gov: Materials for Kids and Teens

16 Mind-Blowing Exercise Games To Make Kids Active, Fit & Healthy
https://therealschool.in/blog/mind-blowing-kids-workout-activities-make-kids-healthy/

Top 6 Ways to Make Exercise Fun for Kids. Found at
https://www.superhealthykids.com/top-6-ways-to-make-exercise-fun-for-kids/

Strong Bones


Power Play Model Program - Additional Sources

While the Power Play Model Program includes many useful resources and materials, there are several other organizations that have taken the time to develop similar material. We feel your agency should utilize as many resources as possible to find material to support each of the topics included in the Power Play Model Program. Various departments of the United States Government and other organizations have developed programs for teens related to healthy eating and physical exercise. IAPD has listed a few of these programs below. By visiting their Web sites, your agency can find useful information and activities related to the topics in the Power Play Model Program. The Power Play Program does not endorse these program, we merely provide them as additional resources.

Highly Recommended
Sources from “A Nation at Risk: Obesity in the United States”

Robert Wood Johnson Foundation
http://www.rwjf.org

American Heart Association
http://www.americanheart.org

Balanced Weight Management/Delicious Decisions

Everyday Choices for a Healthier Life
http://www.everydaychoices.org

Healthy Tips During a Pandemic

COVID-19: lifestyle tips to stay healthy during the pandemic

How To Maintain A Healthy Lifestyle During COVID-19 (video)
https://www.scripps.org/news_items/7081-how-to-maintain-a-healthy-lifestyle-during-covid-19-video
Coronavirus (COVID-19): Diet and healthy weight

Returning to in-person school and life: How to boost your immune system
https://www.peacehealth.org/healthy-you/returning-person-school-and-life-how-boost-your-immune-system

Mental Health During COVID-19: Signs Your Child May Need More Support

How Living Through a Pandemic Like COVID-19 Can Affect Children’s Mental Health

Children need exercise during the COVID pandemic

Keeping Kids Fit and Active During COVID-19
https://blog.nasm.org/keeping-kids-fit-and-healthy

Creativity, fun are keys to keeping kids fit this winter — in a pandemic
https://inside.akronchildrens.org/2020/12/02/creativity-fun-are-keys-to-keeping-kids-fit-this-winter-in-a-pandemic/