MEGAN HARMON
LBMS - HEALTH
VIDEO LOG

6TH GRADE	7TH GRADE	8TH GRADE	USED IN ALL GRADES
How to Read Nutrition Labels - TheWICShow	We All Have Mental Health - Anna Freud	MyPlate, MyWins: What's Your Healthy Eating Style? - USDA	ChooseMyPlate.gov https://realfood.gov/
Label Reading 101 - Doug Reid	Michael Phelps Opens Up About His Struggle with Depression, and How He's Found Happiness - Today (The Today Show)	ChemMatters: The Science Behind Calories and Nutrition Facts Labels - BytesizeScience	Zollmedical - AED Videos
The Food Label and You: Game Show Review (Are You Smarter Than A Food Label?) - U.S. Food and Drug Administration	Simone Biles Opens Up About Mental Health In An Interview With Her Mom - Today (The Today Show)	Good Samaritan Law & Definition - Can I Be Sued? - CPR Heart Center	Is it Communicable or Non-communicable? - Florida PASS Program
Nuggets - Filmbilder & Friends	Walk In Our Shoes Full Version - Walk In Our Shoes	How to Give the Heimlich Maneuver: First Aid Training - Howcast	CPR in Action: A 3D look inside the body - Action First Aid
How the Immune System Works - KidsHealth	First Aid for Choking Emergencies - Heimlich Maneuver for Adults, Kids and Infants - Marshfield Clinic Health System	Heart Attack vs. Cardiac Arrest: What's the Difference? - Cleveland Clinic	COMMUNITY: A Life Saved - Edmonton Oilers
Addiction & The Brain: For Kids - Addiction Policy Forum	How Your Heart Works - KidsHealth	American Heart Association Unveils New CPR Guidelines - axle rex	Fight Germs. Wash Your Hands!
Noncommunicable Diseases and their Risk Factors (animated video)	Break the Stigma Around Children's Mental Health - Children's Hospital Colorado	How to take a Pulse - mahalodotcom	Learn Hands-Only CPR from the American Red Cross - American Red Cross

How Your Heart Works - KidsHealth	How Bloodborne Pathogens and Disease are Spread - ProCPR	Project ADAM CPR and AED Training: Parts 1-4 - Project ADAM	2018 HB Sydney - HeartofOhioAHA (American Heart Association)
	How Bloodborne Pathogens and Disease are Spread - ProCPR	Electronic Cigarettes and Vaping - David Geffen School of Medicine at UCLA	The story of Pam Laffin: I Can't Breathe - NYC Quit Smoking
	Bloodborne Pathogens - Workplace Dangers and Disease Prevention - Health & Safety Training Video - Safety Memos	Ted Ed: What causes Opioid Addiction and why is it so tough to combat?	How Soap Kills the Coronavirus
	What happens during a heart attack? - TED-Ed	Ted Talk - Benefits of Exercise on the Brain	Which is better: Soap or Hand Sanitizer?
	Teen Health: Substance Use and Abuse - Penn State PRO Wellness	Project Adam videos from their website	New study says sneeze travels much farther than you might expect (WCVB Channel 5 - Boston)
	How do drugs affect the Brain - TedEd	TedEd: How does alcohol make you drunk?	How to see Germs Spread Experiment (Mark Rober)
	How Addiction Affects the Brain - Dana Foundation	Kids Health: How the Body Works (body systems)	Ted Talk - Benefits of Exercise on the Brain
	Addiction & The Brain: For Kids - Addiction Policy Forum		Damar Hamlin opens up about surviving on field scare (ABC news)
	Nuggets - Filmbilder & Friends		The Health Triangle: Finding Wellness Balance (The 5 minute classroom)

			Benefits of Physical Activity for Youth (CDC)
			What is Mental Health? (mental health at work)
			How to Build Respectful Relationships (Relationships Australia)

Updated 9/30/26 by M. Harmon