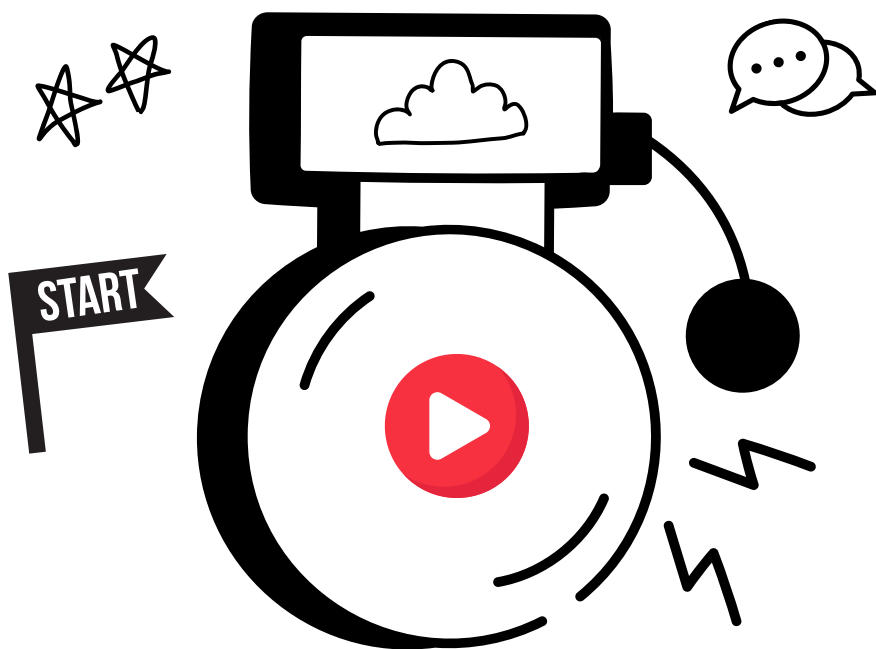


HEALTH READY



BELL RINGERS



Reflective Video Links and Discussion Prompts



Bell Ringer

Reflective Video Links and Prompts

Inside, you'll find a list of video links and prompts included in every **Health READY® curriculum for grades 6–12**. These engaging openers help teachers make the most of every minute while connecting students to real-world health concepts.

Because these are YouTube links, TrainEdu cannot guarantee they will always remain active. **We recommend previewing each video before class to ensure it is appropriate for instructional use and preparing it in advance to avoid ads or interruptions.**

👉 Learn more about Health READY® skills-based health curriculums at www.trainedulearning.com.

What to Do in the First 5 Minutes of Class...

I am often asked, **“What do you do in the first five minutes of class? How do you get students to settle down, focus, and prepare for instruction?”**

After students choose their team roles (coach, team manager, statistician, athletic trainer), I immediately play a reflective YouTube video. These videos are 2–5 minutes in length and encourage students to reflect on a wide range of themes, such as gratitude, motivation, kindness, resilience, empathy, goal setting, personal growth, and making positive choices.

Afterwards, I project a discussion prompt on the board. In teams, students take turns sharing responses while the statistician records them. Once everyone is finished, I ask the statisticians to stand.

I then toss an object (like a fleece ball or rubber chicken) to a statistician, who shares what their teammates said without using names, instead saying, “Someone said...” After responding, they toss the object to another standing statistician and sit down. This continues until all statisticians have shared.

Students love this activity! Many have said it is their favorite part of health class. Meanwhile, I can take attendance while they engage in meaningful discussions and practice effective communication skills. It’s a win for both engagement and classroom management!

Enjoy and have fun!

-KIM MORTON

What Makes You Happy?

 <https://youtu.be/sJ8xZtxXLC8>

 What makes you happy and why?

Cool Runnings: Being Enough

 <https://youtu.be/tYRtTqx-IK8si=n0WnNogXGVZqhSI9>

 Does having more things make someone happy? Why or why not?

What are You Proud of?

 https://youtu.be/keibTBgigQ8?si=19aF2Np3KPIT1_eb

 What are your pride of and why?

Kid President: What We Should Say More Often

 <https://youtu.be/sJ8xZtxXLC8>

 What do you think is the hardest thing to say to someone, and why?

Street Compliments

 <https://youtu.be/-OBgdoAmuwl?si=KY5hJlz9vGHevaKf>

 What stops people from giving compliments more often?

Give into Giving

 https://youtu.be/WN18kGdPHzk?si=DfdO_sZLFRTjWfvvg

 How can helping others positively impact your own health?

Sharing Lunch

 <https://youtu.be/ruW9GzcuFG4?si=cjNAU2ZvAlIpIM-1>

 Why is it important to help others?

Plastic Change: Poseidon Attack Litterbug

 <https://youtu.be/1ZvoiEtO3Go?si=s1P-2jLywdXUOJ7V>

 How can a person's actions or behavior affect other people?

Never Give Up

 <https://youtu.be/kZIXWp6vFdE?si=RF1SbGinmDaGgo2q>

 How do you find strength when things feel overwhelming?

No One Eats Alone

 <https://youtu.be/QdDa2outstI?si=V7OALgSGj49Y5XgW>

 How can you help others feel accepted and welcome?

Unlikely Friends

 <https://youtu.be/t6whWUPMNPg?si=hUTRcT6to0kWfcsq>

 In your opinion, what are the qualities of a true friendship?

What is One Thing Everyone Should Try?

 https://youtu.be/-C723Ww_azo?si=ebDnHRYXZodUJRER

 What is one thing you want to try and why?

Kid President Making a New Friend

 <https://youtu.be/OoHdwUEfBts?si=7L8sw7JTbbpbx3S3>

 Finish this sentence: The world would be more awesome if...

Wonder: There Are No Nice People

 https://youtu.be/C0KLb_v50-k?si=HTn8wB_dRnP8Tlk

 Finish this sentence: "I wish kids in my school..."

Wonder: No Tolerance for Bullies

 https://youtu.be/vYH5urNq1Ao?si=XmUJO_f63J4Up7me

 Why do you think people might be unkind or bully others?

Wonder: Summer Makes Friends with Auggie

 <https://youtu.be/iUj2vEliPLc?si=p59yAl-PBhOAZofh>

 What makes someone show kindness when others don't?

Wonder: Jack Realizes His Mistake

 <https://youtu.be/gXDlZ0wDujc?si=zIUqpyHzdIYqj-h8>

 What steps do you take if you hurt someone's feelings?

A Dog's Purpose: My best Life Scene

 <https://youtu.be/cOXVnmVPdtQ?si=mjSkKyqf6z44r7wc>

 What does living your best life mean to you?

The Most Important Lesson You've Learned

 <https://youtu.be/F2GsSy8LNxg?si=ICkydxqtIZmVDzNf>

 What is the most important lesson you have learned and why?

Kid President Is Over It

 https://youtu.be/_ghk-nDJB3Tk?si=FS3kMEhksjZBVAfW

 How can someone learn from a person they disagree with?

Kid President's Letter to a Person's First Day

 <https://youtu.be/l5-EwrhsMzY?si=KNRkWiV22ZIQ04FM>

 What piece of life advice would you give someone?

Kid President and The First Dog

 https://youtu.be/pYq6r4aTC7s?si=22_TMct-9QBrIf7i

 What makes your smile?

Last Shot

 https://youtu.be/TYCFxvU-Lzg?si=qicTM_fuiNmsJn0I

 Can something imperfect still be valuable? Why or why not?

Brave

 https://youtu.be/iD_tsK_aqIQ?si=6xIJti-n9o5_Ysxy

 Why do you think it can be difficult for someone to ask for help?

Snack Attack

 https://youtu.be/38y_1EWIE9I?si=9PWrmDyqP01YGuet

 What is one thing you wish older people understood about kids your age?

Best Advice You've Received

 <https://youtu.be/ZfsyrNKhNTE?si=2QxTe3ir0bfi4Pf9>

 What is the best advice you would give to your younger self?

What We Learn From Pets

 https://youtu.be/yQAq5JQsyfo?si=pwCh_xfUVhoOMXMn

 In what ways can a pet provide comfort?

No Devices

 https://youtu.be/Vz7ie0f6L4I?si=NZVZIGMJ0mJ8k_3s

 What would you do for fun without technology?

Being Happy: From 1-100

 https://youtu.be/LFiSIE8ZQyc?si=c3Q-2_w3VEI4vKAw

 How do you define happiness?

Kid President: Dear Graduates

 <https://youtu.be/J7Jh3lp9RME?si=hqoO9zTJyMHvMR2Q>

 Carpe Diem: Seize the day! What does it mean to live in the moment?

What Are You Struggling With?

 https://youtu.be/6_58coCE8X0?si=DFki0nDFgFGzxeKE

 What are some challenges that students your age face?

Share a Cup of Success

 https://youtu.be/_JrluHVAn70?si=10kOwaONIZS9dR8f

 How do you define Success?

Kid President: Pep Talk

 <https://youtu.be/l-gQLqv9f4o?si=xpXNNi2hHEv8iUmz>

 What do you do to make the world awesome?

Snap Your Joy

 https://youtu.be/7_XSQfi8cos?si=XFiBY-QmNQXWbyII

 Do you believe joy and positivity can be contagious? Explain your answer.

What Place on Earth Matters Most to You?

 <https://youtu.be/byQqYBBYYC0?si=8Gc47FAPB0WbSG4I>

 What place on Earth matters to you the most and why?

Finding Art in Unexpected Places

 <https://youtu.be/kQyn4cAkIIY?si=1JmCpThQekj6FHdA>

 Why do people sometimes miss the beauty around them?

Runaway

 https://youtu.be/P7k2MkVYLDE?si=xEb_i4Hc5DiacqQ8

 Can something that is broken still be useful or meaningful? Give an example.

Give a Shout-Out

 <https://youtu.be/IVqsKGqYgkY?si=eHOrTgKdgerKqyZ8>

 Who would you give a gratitude shout-out to, and why?

Let's Play Air Orchestra

 <https://youtu.be/zCeKH3Pxxwg?si=KhSoolcU53HpxRP8>

 How can being connected to others improve someone's physical and emotional health?

Have you found Zen lately?

 <https://youtu.be/JOcaWEfPRM8?si=kzTL-colZ3Ifk9rx>

 What song makes you feel good?

Apollo 13: Go for Launch

 <https://youtu.be/IMtWWIs4oas?si=6q6L4XOO0N6iCTQA>

 How does working together help a team or group succeed?

Apollo 13: Failure is not an Option

 <https://youtu.be/Tid44iy6Rjs?si=u9dnpMjFdZTsYx3i>

 How can challenges help you grow instead of stop you?

Apollo 13: Re-Entry Scene

 https://youtu.be/s_7PfocHTmc?si=LFKQ0UDPLR0bEO40

 "Success is not built on excuses." What does this mean to you?

Students Trick Their Custodian

 <https://youtu.be/uV6XHEFsGRo?si=AkSka6F8Ta5bQEYr>

 In what ways can being kind make you feel happier?

How Do You Discern the Truth?

 https://youtu.be/ogQGdpSA6rk?si=Nebi_89gjG34qj6B

 How do you know when someone is telling the truth?

The Difference Between Care and Caring

 <https://youtu.be/wkf-WxMZVP8?si=E9WnTCommcRCCA-y>

 In your opinion, what is the difference between care and caring?

The Great Outdoors: Loving the Great Outdoors

 https://youtu.be/dxg0LRTHgAU?si=2HElbfM_Xk3KJeNE

 How can two people see the same thing differently?

A Wall of Words

 <https://youtu.be/qUHgbixl9k0?si=C47NfkV936idf377>

 What advice has someone given you that made a difference in your life?

Remember the Titans – Teamwork

 <https://youtu.be/S02D9QzDe4s?si=PEPoKBU8Lz0krH6T>

 What makes an effective team?

Rocky Balboa- Inspirational Speech

 https://youtu.be/D_Vg4uyYwEk?si=U5f9wzqrrlj7HwG

 How do you handle challenges that knock you down?

Should Every Child Get a Trophy?

 <https://youtu.be/ffe5rmeCD7k?si=R2SJSnYd4TNwljJ9>

 In your opinion, should everyone get a participation trophy? Why or why not?

What Defines Your Generation?

 https://youtu.be/9RqZQ_XOMbl?si=zgwwAzktxDp2slk9

 What do you think defines your generation?

Nature Valley: 3 Generations

 <https://youtu.be/A7mNTI8n6MU?si=Rib4ZBZtpqMnIS8N>

 What do you like to do for fun?

Props to the Planet

 https://youtu.be/MT_3KvIFPEw?si=5iMx3jE8JpanTe2N

 What do you love about the Earth?

Ted Lasso Be Curious Not Judgmental

 https://youtu.be/DWLoasvaFb8?si=5uO_e1a7w7T0IYEv

 What do you think the quote "Be curious, not judgmental" means?

Ted Lasso: Coach Beard Talks, Forgives Nate

 <https://youtu.be/NejTpKHKVPY?si=XdaM2NdxQktr-0OT>

 Do people deserve second chances? Why or why not?

Ted Lasso: We're Talking About Practice

 https://youtu.be/_UMlcm66SiM?si=52gpVmNJRmMiLH4S

 How do you handle challenges that knock you down?

Ted Lasso: Jamie Tartt Does the Right Thing

 https://youtu.be/io8Z7lTHvE?si=UqGwc9AR3rl_n0um

 Why should you know your values before others pressure you?

Pop Your Problems

 <https://youtu.be/xCHXiBdyt94?si=TGQuMYCPIFR2JuCe>

 What is weighing you down?

Dead Poets Society: Conformity

 https://youtu.be/nJ_htuCMCqM?si=18OgWROYLuMI-iiK

 In your opinion, why do people have a great need for acceptance from others?

Dead Poets Society: Being Comfortable

 <https://youtu.be/gQU3EphlpMY?si=0uw4qowlxnJnl4Qq>

 What does it mean to be comfortable by being uncomfortable?

Jocko: Good

 <https://youtu.be/ldTMDpizis8?si=dloaDsCoc5jf5MRS>

 What does it mean to find opportunities in challenging moments?

Jocko: All Your Excuses

 https://youtu.be/6YjAk_I7lVvk?si=5B0NO0-ZQVfxAcph

 What does it mean when people say "the truth will set you free"?

I have No Words

 <https://youtu.be/PT-HBI2TVtI?si=M2Y-VAenOOgZNtBn>

 Do you think small acts of kindness matter as much as big ones?

I Quit

 <https://youtu.be/FonBwwDBxN4?si=c85c8krR4KfRyqgP>

 What habits do you want to let go of to feel healthier?

Ted Lasso: Rebuild Believe Sign

 https://youtu.be/NB8MHxUQaz0?si=_n7OMQQgMS0zKMFj

 How does someone's belief in a person help them achieve?

Change the World, Start Off by Making Your Bed

 <https://youtu.be/3sK3wJAXGfs?si=GBJjwVFm8UKMyKFO>

 How can starting your day with small tasks lead to accomplishing bigger goals?

There is No Such Thing as a Good or Bad Memory

 <https://youtu.be/L0RQgJCbECA?si=-NcFbkJlwremga9z>

 How does self-talk shape your actions and beliefs?

Jim Kelly Passes to the Torch to Josh Allen

 <https://youtu.be/6rHSqVzzq80?si=039Xm8zhDIHiafRs>

 In what ways can disappointments open the door to new opportunities?

DrumLine: One Band, One Sound

 <https://youtu.be/ZnAnGsrv4dU?si=HHkMcF2b1l2GRxmy>

 What does Dr. Lee mean when he says, "One Band, One Sound?"

DrumLine: Late Night Tryouts

 <https://youtu.be/EQW38-aU5gl?si=OP61Tlz5sz6dreQX>

 What's more important, talent or a positive attitude? Why?

Jim Valvano Inspiring Speech on Cancer

 <https://youtu.be/PNKJNNbPCEc?si=oKASOdTE8Qd3sNG2>

 "If you laugh, think, and cry, you've lived a full day." What does this mean?

Power of Puppies

 https://youtu.be/SJoE_INQdHU?si=suwsDke8fLED_TI

 Can pets have a positive effect on a person's health? Explain.

Remember the Titans: Attitude Reflects Leadership

 <https://youtu.be/iAgZQ53rC44?si=V4ONFOFRFzxLFiBF>

 Should leaders show the behaviors they want from others? Why?

Happiness is Helping Others

 <https://youtu.be/zcrulov45bl?si=trNsTRRhYiQLAbxf>

 Why do you think people often feel happy after helping others?

Soar

 https://youtu.be/UULaseGrkLc?si=psHhI6_cJdQFEGMo

 How do mistakes help us learn?

Remember the Titans: Integrity

 <https://youtu.be/IHISKGXU8IU?si=x30kZxnIEpD4LVxE>

 How do you define integrity?