

Bring health and wellness into your school year with this month-by-month guide featuring free Hip Hop Public Health resources designed for flexible, engaging instruction. *Each month includes:*

- A timely health topic
- Interactive music- and movement-based lessons
- On-demand webinars with implementation ideas and inspiration

Use this guide as a starting point. Resources can be used as full lessons, lesson starters, movement breaks, social-emotional learning activities, family engagement opportunities, or extensions.

Check out our [Learning Studio](#) and [Educator Toolkit](#) pages for more free multimedia resources and lesson plans.

SEP

Back to School, Healthy Classrooms

Start the school year by building healthy routines, classroom community, and social-emotional skills through engaging lessons on handwashing and expressing your feelings.

FEATURED RESOURCES

- [20 Seconds or More](#)
- [Open Up, Level Up](#)

RELATED WEBINAR

- [Prep Session: Strong Start – Building a Healthy Classroom Culture](#)

Featuring Dr. Olajide Williams, aka The Hip Hop Doc

OCT

Health Literacy Month

Celebrate Health Literacy Month with the power of music to help young people and families build their health knowledge and skills.

FEATURED RESOURCES

- [Stroke Ain't No Joke](#) (stroke awareness and prevention)
- [Paste Time](#) (oral hygiene)

RELATED WEBINAR

- [Prep Session: Turn It Up – Using Music to Make Learning Stick at School and Home](#)

Featuring Dr. Monique Hedmann, aka Dr. Mo

NOV

National Fitness and Sports Month

Keep students active and engaged with energizing movement breaks that support physical activity and learning readiness.

FEATURED RESOURCES

- [HYPE The Breaks](#)
- [HYPE Breakin' It Down](#)

RELATED WEBINAR

- [Prep Session: More Movement – Active Bodies, Engaged Minds](#)

Featuring Ronny Rodriguez, Physical Educator and Wellness Advocate, and Aaron Hart, Executive Director of OPEN PhysEd and Vice President of Curriculum & Program Engagement of Varsity Brands

DEC

Disability Awareness and Adaptations

Adapting lessons for diverse physical, cognitive, and social-emotional needs is essential so that all students can participate and thrive. Learn how adaptations are integrated throughout Hip Hop Public Health resources, including seated and standing dance options, lesson plans with tips for differentiation, and materials representing young people with visible disabilities.

RELATED WEBINAR

- [Prep Session: Teaching for Belonging – Physical & Social-Emotional Adaptations That Work](#)

Featuring Eileen Tirado, original Hip Hop Public Health MC and Palm Beach County Resource Teacher, and Gabriel Montanez, 2025 SHAPE Florida Elementary Teacher of the Year

JAN

New Year's Resolutions = Goal Setting

The new year is a natural time for reflection and goal setting. All Hip Hop Public Health lessons are aligned with national health standards, which include goal-setting, and include practical applications to help students achieve their health goals. Use the month of January to help students—and yourself—identify meaningful goals, build confidence, and create momentum for growth.

RELATED WEBINAR

- [Prep Session: Big Energy, Big Vision – Goal-setting for a Year of Growth](#)

Featuring Coach Chris Walker, decorated PE teacher and NC SHAPE Co-Executive Director and President, and Marc Santa Maria, Hip Hop Public Health Choreographer, Dancer, and Educator, and National Fitness Leader

FEB

Heart Health Awareness Month

Explore what it means to care for both physical and emotional well-being through lessons on heart health, healthy relationships, and supportive connections.

FEATURED RESOURCES

- [The ABCs of Me](#) (healthy relationships)
- [Stroke Ain't No Joke](#) (stroke awareness and prevention)

RELATED WEBINAR

- [Prep Session: From Pulse to People – Heart Health & Healthy Relationships](#)

Featuring Anne-Elie Etienne, Nurse Educator at Columbia Center for Community Health

MAR National Nutrition Month

Celebrate National Nutrition Month with engaging lessons that help students understand healthy eating habits, nutrition concepts, and informed food choices through music and movement.

FEATURED RESOURCES

- [Lil Sugar](#)
- [Eat the Rainbow](#)
- [Let's Talk about Salt](#)

RELATED WEBINAR

- [Prep Session: Healthy Bites, Catchy Beats – Teaching Nutrition Through Music & Joy](#)

Featuring Laurielle Clark, Professional Chef, Wellness in the Schools

APR Earth Month

Help students understand the connection between environmental conditions and personal well-being while building resilience in a changing climate.

FEATURED RESOURCES

- [A Whole Lot](#)
- [EMPOWER](#)

RELATED WEBINAR

- [Prep Session: Strong & Sustainable – Resilience and Wellbeing in a Changing Climate](#)

Featuring Jahi Torman, Internationally recognized curator, cultural historian, education designer and Hip Hop practitioner, and Megan Willig, Program Manager at The National Environmental Education Foundation (NEEF)

MAY Mental Health Awareness Month

Support student well-being by fostering belonging, communication, and meaningful connections with peers, families, and communities.

FEATURED RESOURCES

- [HYPE Hawai'i](#)
- [Open Up, Level Up](#)
- [Brush \(It Off\)](#)

RELATED WEBINAR

- [Prep Session: The Connected Classroom – Fostering Mental Health through Belonging](#)

Featuring the HYPE Hawai'i project team from the University of Hawai'i at Manoa: Dr. Erin Centeio, Dr. A. Ku'ulei Serna, "Ilima Ka'anehe, and Kristen Ferrer, and Shalini Mirpuri, Community Partnerships Manager at Crisis Text Line