

### [BAM!&nbsp;Health for the Body and Mind](#)

BAM! Body and Mind is an online destination for kids created by the Centers for Disease Control and Prevention (CDC), an agency of the U.S. Department of Health and Human Services. Designed for kids 9-13 years old, but usable as a teacher's aide, BAM! Body and Mind gives them the information they need to make healthy lifestyle choices. Kid-friendly lingo, games, quizzes, and other interactive features.

### [Ben's Guide to U.S. Government for Kids](#)

A service of the Superintendent of Documents, U.S. Government Printing Office (GPO). Ben's Guide serves as the educational component of GPO Access, GPO's service to provide the official online version of legislative and regulatory information. Site provides learning tools for K-12 students, parents, and teachers. These resources will teach how our government works, the use of the primary source materials of GPO Access, and how one can use GPO Access to carry out their civic responsibilities. And, just as GPO Access provides locator services to U.S. Government sites, Ben's Guide provides a similar service to U.S. Government Web sites developed for kids.

### [Congress for Kids](#)

Visually appealing for young children, provides descriptions of various branches of federal government. The site includes the Constitution as well as citizenship information.

[Federal Student Aid](#) , an office of the U.S. Department of Education, and "Proud Sponsor of the American Mind," plays a central and essential role in America's postsecondary education community. Core mission is to ensure that all eligible individuals benefit from federal financial assistance—grants, loans and work-study programs—for education beyond high school. Find information regarding FAFSA, the necessary forms and the related information, and use webstie to prepare for academic and financial advancement throughout the middle school, college, & post graduate process.