

Therapeutic Videos List

Large Playlist with Several Topics:

- Large Youtube Playlist of Several different therapy videos:
https://www.youtube.com/channel/UCvlpOlVfw38dIVYxBMrIL7Q/playlists?fbclid=IwAR2M-xRGLDvYw_df1_739YhEdZwbpXC_FkOZcBBJmYNBRY15KA5dZH4zRMU

Cognitive Distortions:

- 12 Cognitive Distortions: https://www.youtube.com/watch?v=F1sFKg_xl-o
- How to Stop Cognitive Distortions: <https://www.youtube.com/watch?v=Niy54VJWPFE>
- Movie Clips Showing Cognitive Distortions: <https://www.youtube.com/watch?v=HcvybMVA0fY>
- Simple Trick to Stop negative thoughts: <https://www.youtube.com/watch?v=tmRVz7baXG8>
- How to stop negative/stressful thinking: Prince EA:
<https://www.youtube.com/watch?v=diRQiarlWJc>
- How to stop your thoughts from controlling your life (A TedX talk):
<https://www.youtube.com/watch?v=29Vj0-TVHiQ>

Depression:

- Depression and Anxiety (Inside Out movie Clips): https://www.youtube.com/watch?v=tNsTy-j_sQs&fbclid=IwAR3sb4yMpbvs-sdy4HSvvPELnv05fkBcq1cTO03DaqhqXIP8Rv6NnLMv9J4
- 5 Signs of Teenage Depression: https://www.youtube.com/watch?v=uLGDEG_dTnw
- Depression- 6 Great Ways to Combat Depression:
<https://www.youtube.com/watch?v=chE00kGtg48>
- How to deal with suicidal thoughts: <https://www.youtube.com/watch?v=W0x-7EI07iw>
- What is Depression? (A Ted Ed animated video): <https://www.youtube.com/watch?v=z-IR48Mb3W0>
- Living Through Depression: Julia's Story (A child/teen overcoming depression):
<https://www.youtube.com/watch?v=a1Y1ocyudjs>
- "I'm Fine" Living to Learn with Depression (A TedX Talk):
<https://www.youtube.com/watch?v=IDPDEKtd2yM>
- Conquering Depression: How I Became My Own Hero (A TedX Talk):
<https://www.youtube.com/watch?v=Rv9SwZWVkoS>
- Teen Stress for a Teen's Perspective and the Untold Stories of Depression and Where It Could Lead (A TedX Talk): <https://www.youtube.com/watch?v=FhG-VoRtkKY>
- The Truth About Teen Depression (A TedX talk from a teen):
<https://www.youtube.com/watch?v=txJGm6zhiBA>
- Habits and Routine You Can Create to Help Manage Depression:
<https://www.youtube.com/watch?v=YsQ02zc3mQ0>
- Why Depression is More Common Now in Younger Generations:
<https://www.youtube.com/watch?v=TUYzi7qliS8>
- We Need to Talk About Depression: https://www.youtube.com/watch?v=hoJJeK_shIA

- Chris Evans (Captain America) Advice for those with Anxiety and Depression: <https://www.youtube.com/watch?v=HgSoxMOrVeE>
- What is Depression (A White Board video): <https://www.youtube.com/watch?v=mPOf8e85FVs>
- Daniel and Depression (Daniel Howell shares his experiences and how he copes): <https://www.youtube.com/watch?v=Wp2TUPo5W0c>
- Fight Depression: A Motivational Study <https://www.youtube.com/watch?v=1I9ADpXbD6c>

Anxiety/Trauma:

- Depression and Anxiety (Inside Out movie Clips): https://www.youtube.com/watch?v=tNsTy-j_sQs&fbclid=IwAR3sb4yMpbvs-sdy4HSvPELnvo5fkBcq1cTO03DaqhqXIP8Rv6NnLMv9J4
- Dealing with Anxiety as a Kid- <https://www.youtube.com/watch?v=thmcl3T2r30>
- Being Okay with Making Mistakes (The Girl Who Never Made Mistakes): <https://www.youtube.com/watch?v=oQG4vFGd6eU>
- Anxiety explained for teens: <https://www.youtube.com/watch?v=rpolpKTWrp4&app=desktop>
- Managing Anxiety (A TedX Talk): <https://www.youtube.com/watch?v=WWloIAQpMcQ>
- Generalized Anxiety Disorder and Coping Strategies: <https://www.youtube.com/watch?v=8KjWbjhb89o>
- COVID-19, How the news can increase anxiety and how to handle it: <https://www.youtube.com/watch?v=15b3gllWLLc>
- Anxiety: Why it is a good thing in some cases, and 4 ways to cope with it: <https://www.youtube.com/watch?v=0dEpJlvDqOk>
- 5 Tips to Beat Anxiety (Kati Morton, LMFT): <https://www.youtube.com/watch?v=0GgsV2nKL9w>
- Signs and Symptoms of Anxiety in Children: <https://www.youtube.com/watch?v=aVvTEzvAtHo>
- 9 Signs you're dealing with childhood trauma: <https://www.youtube.com/watch?v=EHj9Apr49ME>
- Managing Anxiety and Worry as a Kid: Flocabulary Song: <https://www.youtube.com/watch?v=l7g8Atv27Q8>
- Overcoming Anxiety as a Teen/Pre-teen (A TedX Talk): <https://www.youtube.com/watch?v=A1anXJhVamc>

Addiction:

- Addiction and the brain (explanation for kids and adolescents): https://www.youtube.com/watch?v=s0bqT_hxMwI&fbclid=IwAR29k1b4yGerGaOWaH_8qUc7z1_WWzhTwqDrxsf7xwH0qkKH8sozBjQ2pZs
- Parental Addiction Explained (Sesame Street): <https://www.youtube.com/watch?v=inoeW5BZJvg&feature=youtu.be>

Emotional Regulation and Anger Management:

- Anger (Flipping your lid video for younger kids):
https://www.youtube.com/watch?v=3bKuoH8CkFc&feature=youtu.be&fbclid=IwAR3zZ5U3tuvlDpBDkLftia00TJPVqpA-vm_qUU53IIEX5ASvkN5AGVtLdi8
- Anger Management- Howard Wigglebottom story/episode:
<https://www.youtube.com/watch?v=9wC2XqCW64k&feature=youtu.be>
- Self Regulation for Children, Signs of trouble self-regulating and 5 fun games to work on improving self regulation: https://www.youtube.com/watch?v=H_O1brYwdSY
- Anger Management: Anger Management for Kids and Adults:
<https://www.youtube.com/watch?v=DbpTohPUhMw>
- Social Sprouts- Self Regulation (playlist):
<https://www.youtube.com/playlist?list=PLmXzTvQZpDfsCIWnFaSZG5iUKs588pHP>
- Learning New Things Can Be Frustrating:
<https://www.youtube.com/watch?v=jDCz2D7qP2c&feature=youtu.be&fbclid=IwAR2KminBqNreAFIvmPPAFOityPFs6JDtE9l6w2NzIbRsqEJnEMmbr99ruuY>
- Listening to My Body: <https://www.youtube.com/watch?v=NIV00-BUvlo>
- The Wolf Who Learned Self Control: https://www.youtube.com/watch?v=UTTCYeyxG_I
- Angry Families: How The Mad Family Gets Their Mads Out:
https://www.youtube.com/watch?v=n9KybT2wkyY&list=PL6RcrKwPxzWwUHC7CxHwSb3On_dP0EOt9&index=2

Encopresis:

- Encopresis- The Poo In You: https://www.youtube.com/watch?v=SgBj7Mc_4sc

Bullying:

- Bully Prevention, Speaker:
https://www.youtube.com/watch?v=NLD9igDbgyw&feature=youtu.be&fbclid=IwAR1rJKFle1ug1poUJChAsDS3-mAEwst_xe-GzIPT6N_9-3C7e5ZhDwEJoAc
- Bullying- Episode of “Arthur”, “So Funny I Forgot to Laugh”:
https://www.youtube.com/watch?v=DCFXdRkPGA&fbclid=IwAR3K2oORbTS2vdFDK9BwFiREJay2to_zmONf6A4RLGZIZHC2WSK7ZH_PZl4&app=desktop
- Bullying- How to Stop a Bully- Speaker Brooks Gibbs:
<https://www.youtube.com/watch?v=7oKjW1Oljuw&feature=youtu.be&fbclid=IwAR0kwZ7UjTzPjAmRgSQg208KjIX-b5nAD-x1G-RPAUbvIKjwGjEclznnxOA>

Decision-making:

- Making Good Decisions- Puppet Show, Part 1:
<https://www.youtube.com/watch?v=f74rawHBfac&feature=youtu.be>
- Making Good Decisions- What Should Danny Do? Story read aloud:
<https://www.youtube.com/watch?v=VRQZg86O-OE>

- A Social Story On Making Good Choices When Confronted with Peer Pressure: <https://www.youtube.com/watch?v=IGX1XZb-IFY>
- Debating general decisions and weighing them out (Puppets for Kids): <https://www.youtube.com/watch?v=ONpQronsFic>

Impulse Control, DBT and Mindfulness:

- Mindfulness and Explaining How the Brain Works (several different clips available, and an app if interested): <https://www.headspace.com/>
- DBT Techniques and Suicide Prevention- Now Matters Now Site- (several different videos on this site for topics such as: Suicidal thoughts, Mindfulness, Removal of Lethal Means, Opposite Action, Caring Contacts, Mindfulness of Current Emotion, and Paced Breathing): <https://www.nowmattersnow.org/skills>
- Stop, Breathe, and Think: Youtube channel with a variety of mindfulness videos for children and adults. They also have an app. <https://www.youtube.com/channel/UcKb9zEEqnP9kMif5VChd99Q>
- Mindfulness- Why Mindfulness is a Super Power!: <https://www.youtube.com/watch?v=w6T02g5hnT4>
- Mindfulness " Listen To My Body By Gabi Garcia – Video “ A guide to helping kids understand the connection between their sensations and feelings so that they can get better at figuring out what they need”. <https://www.bing.com/videos/search?q=listen+to+my+body+book&docid=608034138838798085&mid=0A46653A4E78A273CF750A46653A4E78A273CF75&view=detail&FORM=VIRE>
- Social Sprouts: Mindfulness (Playlist): <https://www.youtube.com/playlist?list=PLmXzTvQZpDfuWyiWUzLDD3Udm4DxIOvg->
- Stop and Think before you act (A Sesame Street song): https://www.youtube.com/watch?v=g8hCjrH-1JQ&list=PL6RcrKwPxzWwUHC7CxHwSb3On_dp0EOt9&index=17
- Managing Impulsivity for Kids: <https://www.youtube.com/watch?v=BAM3nFqCn7Q>

Empathy:

- Brene Brown on Empathy: Describes how empathy builds connection and is different from sympathy. <https://www.youtube.com/watch?v=1Ewvgu369Jw>
- Empathy, what is it?: https://www.youtube.com/watch?v=V1kUznJa2_o

Grief and Separation from those we care about:

- Grief and Color My Heart Activity: https://m.youtube.com/watch?v=C2OxDhBMS_s&feature=youtu.be
- The Invisible String- <https://youtu.be/2rZNTff35Aw>
- A Safe Circle for Little U, a Read Aloud Story written by Paris Goodyear Brown with intervention suggestions at the end- <https://m.youtube.com/watch?v=xHwNYwMjEbs>
- Harold Wigglebottom Grief for kids: <https://www.youtube.com/watch?v=QdYCsxC8EHY>

- The Small Creature: An Animated Video on Bereavement for children: <https://www.youtube.com/watch?v=Ks2DOoZtZ4A>
- I Will Always Love You: A Book Reading on Loss of Loved Ones: <https://www.youtube.com/watch?v= HzDCY7ZsEo>
- The Grieving Process: Coping with Death: <https://www.youtube.com/watch?v=gsYL4PC0hyk>
- For Families: When Families Grieve (Sesame Street): <https://www.youtube.com/watch?v=a2VpflpbOmk>
- The 5 Stages of Grief Explained: <https://www.youtube.com/watch?v=mq00IqO7Lvs>
- How do you help a grieving friend (animated): <https://www.youtube.com/watch?v=l2zLCCRT-nE>
- We don't move on from grief, we move forward with it (a TedX Talk): <https://www.youtube.com/watch?v=khkJkR-ipfw>
- How to deal with loss or grief of a loved one (Psych2Go): <https://www.youtube.com/watch?v=Jl7axuleVxl>
- How to deal with grief (Katie Morton): <https://www.youtube.com/watch?v=HHmM1vlqVl8>
- The Truth About the 5 Stages of Grief (SciShow): <https://www.youtube.com/watch?v=9LudhllbeXs>
- When Some You Love Dies, There is no Such Thing as Moving on (A TedX Talk): <https://www.youtube.com/watch?v=kYWICGbbDGI>

The Brain:

- Mindfulness and Explaining How the Brain Works (several different clips available, and an app if interested): <https://www.headspace.com/>
- The Adolescent Brain: Dan Siegel describes the process of pruning and specialization that happens in the brain during adolescence. Good for teens and/or their parents to understand about how to support development. <https://www.youtube.com/watch?v=0O1u50Ec5eY>
- Dan Siegel: The Purpose of the Teenage Brain: Another good explanation for parents/teens to help explain some of the difficult teen challenges (intense emotions, assuming hostile intentions, motivation, decision making). <https://www.youtube.com/watch?v=gw9GrgNcYcg>

Relaxation and Breathing:

- Mindful Breathing for Kids (Alphabreaths): <https://www.youtube.com/watch?v=Dnvn6t51TyQ&app=desktop>
- Belly Breathing for Kids: <https://www.youtube.com/watch?v= mZbzDOpylA>
- Progressive Muscle Relaxation: <https://www.youtube.com/watch?v=86HUcX8ZtAk>
- Taking a deep breath to calm down: <https://www.youtube.com/watch?v=YMM67Le2VHA>

Active Listening:

Everybody Loves Raymond Active Listening examples: These are good to use with parents to show how active listening can work.

- Ray uses active listening with his parents: <https://www.youtube.com/watch?v=hs5vkevwb8>
- Ray uses active listening with his daughter: <https://www.youtube.com/watch?v=4VOubVB4CTU>

Yoga:

Cosmic Kids Yoga Adventure: Cosmic Kids has different yoga videos for younger kids that tell a story while teaching kids how to move through different yoga poses. Here are some examples:

- Popcorn and the Pirates (theme: stay calm, keep breathing):
https://www.youtube.com/watch?v=T_OP5grVoyg
- Pedro the Penguin goes to the Fun Fair (theme: calming down after excitement):
<https://www.youtube.com/watch?v=Rzw-Oir8UPw>
- Twilight the Unicorn of Dreams (theme: sleeping):
<https://www.youtube.com/watch?v=RLOOjGAM1s>
- Frozen: <https://www.youtube.com/watch?v=xlg052EKMtk>

Relationships:

- How to improve family relationships (A TedX talk):
<https://www.youtube.com/watch?v=c5tuaUFyQrE>
- How Good Boundaries Free You (A TedX talk):
<https://www.youtube.com/watch?v=rtsHUeKnkC8>
- Skills for Healthy Romantic Relationships (A TedX Talk):
<https://www.youtube.com/watch?v=gh5VhaicC6g>
- 4 Habits of all Successful Relationships (A TedX Talk):
<https://www.youtube.com/watch?v=o4Y5Mr8rZ9A>
- The Power of Being Assertive and Saying No, The Power of Zero Tolerance, How Tolerating Things Can Cause You to Worry More (A TedX Talk): <https://www.youtube.com/watch?v=-mY5ruEhqI>
- 8 Ways to Improve Parent Child Relationships:
<https://www.youtube.com/watch?v=RDemM6FjcSE>

Emotions:

- Emotions, Their Purpose, and Identifying Them- Alfred and Shadow: A Short Story About Emotions for kids: <https://www.youtube.com/watch?v=SJOjpprbfeE>
- " Listen To My Body By Gabi Garcia – Video “ A guide to helping kids understand the connection between their sensations and feelings so that they can get better at figuring out what they need”.
<https://www.bing.com/videos/search?q=listen+to+my+body+book&docid=608034138838798085&mid=0A46653A4E78A273CF750A46653A4E78A273CF75&view=detail&FORM=VIRE>
- Social Spouts: Visiting Feelings:
<https://www.youtube.com/watch?v=80cgnAzH0Ws&list=PLmXzTvQZpDfuWyiWUzLDD3Udm4DxlOvg->

- Social Sprouts: Feelings (6 video playlist): <https://www.youtube.com/playlist?list=PLmXzTvQZpDfvgb5VixPywDXjH6FbAb34K>
- Guessing the feeling (Inside Out): <https://www.youtube.com/watch?v=dOkyKyVFnSs>
- Storybots: Emotions: <https://www.youtube.com/watch?v=akTRWJZMks0>
- Name that emotion (Sesame Street): <https://www.youtube.com/watch?v=ZxfJicfyCdG>
- How to process emotions, how we might be avoiding them and why? (For teens): <https://www.youtube.com/watch?v=b197XOd9S7U>

Growth Mindset:

- Social Sprouts: Growth Mindset (playlist): <https://www.youtube.com/playlist?list=PLmXzTvQZpDfsYM2NDogg5AZrH-09kiwAA>

Communication:

- Social Sprouts: Think vs Say (playlist): https://www.youtube.com/playlist?list=PLmXzTvQZpDftgdzXWyBr_5JRkt0nXE1qz
- Social Sprouts: Interrupting (playlist): https://www.youtube.com/playlist?list=PLmXzTvQZpDftTS5usVg5uttuqajkTrh_z
- Social Sprouts: Listening (playlist): <https://www.youtube.com/playlist?list=PLmXzTvQZpDftbGdnEC2iMHJx-Dp3eKe3h>
- How to become a better listener: Howard B Wigglebottom: https://www.youtube.com/watch?v=NUT_7qDJibo&list=PL6RcrKwPxzWwUHC7CxHwSb3On_dP0EOt9&index=36
- Saying what you mean: A Story on Communication for children: <https://www.youtube.com/watch?v=1hnLfnulwZw>
- Taking turns speaking: <https://www.youtube.com/watch?v=3RjRZ9jMfs0>
- Reciprocal Conversations: <https://www.youtube.com/watch?v=YjBO1bONqgc>
- 8 Toxic Things Parents Can Say to their Children: https://www.youtube.com/watch?v=GS_mATLF7BE
- How to reduce conflict and build better relationships: <https://www.youtube.com/watch?v=piNZI2nf6pY>
- Build, don't break relationships with communication: <https://www.youtube.com/watch?v=Jp9b2Hf7QWg>

Being Yourself and Self Esteem:

- Social Sprouts: Be You! (playlist)- <https://www.youtube.com/playlist?list=PLmXzTvQZpDfsviL5hdKmp6xSD4PRBchzN>
- How Full is Your Bucket? A Story on Self-Esteem and how we affect others: https://www.youtube.com/watch?v=A5R6-2m_qHk&list=PL6RcrKwPxzWwUHC7CxHwSb3On_dP0EOt9&index=22

- How to build self-confidence as a teenager (A TedX Talk by a teenager):
<https://www.youtube.com/watch?v=BZ05M1UhPrY>
- Self-Confidence, A Highschooler's Perspective: (A TedX talk by a teen):
<https://www.youtube.com/watch?v=5SJe7spsF94>
- How Social Media Impacts Teenage Self-Esteem:
<https://www.youtube.com/watch?v=nxolrIIWEMQ>
- 3 Ways to Boost Your Self Esteem: <https://www.youtube.com/watch?v=zq-fSpFhNYw>
- Body Image: Girls 6-18 Talk About Their Struggle with Body Image:
https://www.youtube.com/watch?v=5mP5RveA_tk
- 3 Tips to Boost Your Confidence (A TedEd video):
https://www.youtube.com/watch?v=l_NYrWqUR40
- How to Build Self Confidence with Michelle Phan:
<https://www.youtube.com/watch?v=20p5o6QaQfg>

Social Skills:

- Social Sprouts: Personal Space (playlist):
<https://www.youtube.com/playlist?list=PLmXzTvQZpDftmqNd45CLT4yUJk3I-SYYD>
- Art of Compromising: https://www.youtube.com/watch?v=azRYgB_EiCo
- Social Skills: Compromising: <https://www.youtube.com/watch?v=JN9jPCPFWTO>
- Why do we have rules: What if everybody did that?:
https://www.youtube.com/watch?v=811dQ_OisK0
- Why should we put out toys away?:
<https://www.youtube.com/watch?v=U8FrkTzsGZk&list=PLXIJY3oYW5Tzb6kDc-z1US5OKnsulSnoM&index=3>
- Being Polite (Saying Please and Thank You)- Bernstein Bears:
https://www.youtube.com/watch?v=OQ9nnUSu4BM&list=PL6RcrKwPxzWwUHC7CxHwSb3On_dP0EOt9
- Accepting No for an Answer:
https://www.youtube.com/watch?v=CPp1y7hNXSM&list=PL6RcrKwPxzWwUHC7CxHwSb3On_dP0EOt9&index=8
- How to lose at games without getting mad (How someone with autism might manage losing), a social story: https://www.youtube.com/watch?v=8HjH7G-3jyA&list=PL6RcrKwPxzWwUHC7CxHwSb3On_dP0EOt9&index=12
- Waiting: "Not Yet" A Sesame Street video:
https://www.youtube.com/watch?v=4C3L4k0SUaA&list=PL6RcrKwPxzWwUHC7CxHwSb3On_dP0EOt9&index=14
- Self Esteem, Patience and Diversity: A Tree Grows:
https://www.youtube.com/watch?v=2zfpajngtI&list=PL6RcrKwPxzWwUHC7CxHwSb3On_dP0EOt9&index=28
- Problem-Solving for Kids: Always a Solution:
https://www.youtube.com/watch?v=55k4RJHVInQ&list=PL6RcrKwPxzWwUHC7CxHwSb3On_dP0EOt9&index=30

- Getting Along with Others: Howard B Wigglebottom: https://www.youtube.com/watch?v=Te6ftlq9tDA&list=PL6RcrKwPxzWwUHC7CxHwSb3On_dP0EOt9&index=35
- Being a Team Player: Accepting losing, sharing with team mates, not being selfish: Howard B Wigglebottom: https://www.youtube.com/watch?v=hSMSqIK08es&list=PL6RcrKwPxzWwUHC7CxHwSb3On_dP0EOt9&index=39
- What is Respect?: Sesame Street Word on the Street: <https://www.youtube.com/watch?v=GOzrAK4gOSo>
- Kindness: A Short animated Story: <https://www.youtube.com/watch?v=8Wi0UWLeT9I>
- Social Skills: What are they and why are they important? https://www.youtube.com/watch?v=ku_XltAHvjA
- Controlling your volume: Using different volumes with your voice: <https://www.youtube.com/watch?v=MWI5MfjhGuE>
- Making friends (for kids, Sesame Street): https://www.youtube.com/watch?v=BQBY_li1Ypc
- Conflict Resolution: <https://www.youtube.com/watch?v=EABFiICZJy8>
- Conflict Resolution in 4 steps: https://www.youtube.com/watch?v=arFGdviw_ys
- Seeing Someone Else's Point of View: https://www.youtube.com/watch?v=r_cnk_yObRQ
- Personal Hygiene: <https://www.youtube.com/watch?v=jQ2e0KH5Wrl>

Perception and Perspective:

- The Power of Perception: https://www.youtube.com/watch?v=1il2Z46T_PQ
- Game of Your Mind: What is Perception?: https://www.youtube.com/watch?v=5Tb_pL47AVM
- 10 Quotes that can change your perspective: <https://www.youtube.com/watch?v=jfnhnyvJ5n8>
- Perspective: A Motivational Video: <https://www.youtube.com/watch?v=etQJ1FUboXk>
- Perspective: Life is what you make it: <https://www.youtube.com/watch?v=QzWCrvkbJo0>
- You are the captain of your own ship!: <https://www.youtube.com/watch?v=v3Es3xoqki4>
- Photos That Will Make You See Things from Different perspectives: https://www.youtube.com/watch?v=y_i1GM-pxMk
- Why looking out for others, and showing kindness makes a difference: <https://www.youtube.com/watch?v=PT-HBI2TVtl>
- How we see ourselves vs how others see us a forensic artist proves we are often too hard on ourselves: <https://www.youtube.com/watch?v=6lkZmR1hDNU>
- The Tale of Two Beasts | An Adorable Story About Different Perspectives: <https://www.youtube.com/watch?v=zCkOocQGtDU>

Parenting, Attachment:

- How attachment Effects Children: <https://www.youtube.com/watch?v=WjOowWxOXCg>
- How to Develop Strong Attachment with your child: <https://www.youtube.com/watch?v=oeqnws-2M0>
- How a child's brain develops and grows in early childhood: <https://www.youtube.com/watch?v=hMyDFYskZSU>

- How to Raise Successful Kids without over-parenting:
<https://www.youtube.com/watch?v=CyElHdaqkjo>

Several Topics Covered:

- Howard B. Wigglebottom: series of stories for young children on a variety of topics (e.g. listening, anger, bullies, telling the truth, courage, being a friend, positive thinking). The website also has songs and lesson activities.
<https://wedolisten.org/> (Can also be found on YouTube).
- Trauma Mamas, Shared Delight, and the Power of Creating Routines with the Brain in Mind (A video with Paris Goodyear Brown about how to help in this time of COVID)-
<https://www.youtube.com/watch?v=K0QhgKDjllc&t=512s&fbclid=IwAR0mvV0hDvxsUMX0-mkgyuKlghKKD6MtvqVRXUfi1PjtRqG-hkmYlvuYfIA>