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| **Anxiety** | [Wiggle those toes to reduce anxiety! - New Leaf Counselling](https://www.newleafcounselling.co.uk/wiggle-those-toes-to-reduce-anxiety/)  [Why Wiggling Your Toes Lowers Stress | Shazar Robinson](https://shazarrobinson.com/why-wiggling-your-toes-lowers-stress/)  <https://www.uhhospitals.org/Healthy-at-UH/articles/2020/04/how-physical-touch-can-reduce-anxiety>  [Tinyurl.com/tpt4njta- Somatic Practices to Reduce Anxiety](Tinyurl.com/tpt4njta-%20Somatic%20Practices%20to%20Reduce%20Anxiety)  [Tinyurl.com/2ytrzy88- How to relieve stress and anxiety with foot reflexology](Wiggle%20those%20toes%20to%20reduce%20anxiety!%20-%20New%20Leaf%20Counselling)  [7 Simple Grounding Techniques For Calming Down Quickly (drsarahallen.com)](https://drsarahallen.com/7-ways-to-calm/) |
| **Aces- Dr. Nadine Burke** | <https://www.youtube.com/watch?v=Gv-_SxltpPY> |
| **Acupressure** | [http://tinyurl.com/accupressure4kids](http://tinyurl.com/accupressure4kids" \t "_blank) |
| **ADHD** | <https://tinyurl.com/4x7e6z5t> Research reviewed by ADHDs Medical Review Panel – written by Devon Frye  <tinyurl.com/zukexmxe> |
| **Associate Links** | **Safety Loops** <https://amzn.to/3fyIbVx>  <https://amzn.to/3hFn2Mb>  Hue light Panels-<https://amzn.to/3oTyA01>  Lavender scented lip balm-<https://amzn.to/3vg9zyb>  air filled disk<https://amzn.to/3p1QpKc>  My Mouth is a Volcano <https://amzn.to/3oCaEOA> |
| **Blurting- Non-Example For Data Taking Purposes And Correct Example** | How to handle blurting  <https://www.youtube.com/watch?v=8UpaUlpw0Jg>  Correct way to handle blurting  <https://www.youtube.com/watch?v=7IHOW9LUGNc&t=11s> |
| **Brain Breaks** | [http://www.braingym.org/](http://www.braingym.org/" \t "_blank)  [https://www.alertprogram.com/](https://www.alertprogram.com/" \t "_blank) |
| **Bullyproofing Your School** | <https://www.pbis.org/resource/bully-prevention-manual-elementary-level> |
| **Center Of Gravity Chair Experiment** | <https://www.youtube.com/watch?v=MW0ZTvRCS1o&t=1s> |
| **Check-In/Check-Out** | [http://tinyurl.com/hawkencico](http://tinyurl.com/hawkencico" \t "_blank)  <https://www.youtube.com/watch?v=MyPUY38blZQ>  Elementary link for example of CICO at this level: <https://www.youtube.com/watch?v=MyPUY38blZQ&t=127s>  Secondary link for example of CICO at this level:  <https://www.youtube.com/watch?v=AKwMbLNl_zI> |
| **Chewing Gum** | [**http://tinyurl.com/chewgum4focus**](http://tinyurl.com/chewgum4focus) |
| **Class Meetings** | <https://www.youtube.com/watch?v=iMctALPpLF4&t=197s> |
| **Dark Chocolate Benefits** | [http://tinyurl.com/darkchocolateisgood](http://tinyurl.com/darkchocolateisgood" \t "_blank) |
| **Dr. Eggleston’s Dissertation** | <tinyurl.com/eggleston54decrease> |
| **Effective Student Praise** | <https://tinyurl.com/4999r3ja> |
| **Fair Does Mean Everyone Gets The Same Thing** | <https://www.youtube.com/watch?v=RVgXqzIgUT8> |
| **Fidget Tools** | [http://tinyurl.com/selfregulationtips](http://tinyurl.com/selfregulationtips" \t "_blank) |
| **Fidgeting** | <tinyurl.com/8w9m44e2> |
| **Fluorescent Lights** | <tinyurl.com/dctsk4ew>  <tinyurl.com/58ryx2nd> |
| **Group Contingencies And Group Reinforcement** | <tinyurl.com/2akwxxyw>  <tinyurl.com/b3nf2vhf> |
| **Just Breathe** | <https://www.youtube.com/watch?v=RVA2N6tX2cg&t=134s> |
| **Language Processing Disorder Teaching Technique** | <https://www.youtube.com/watch?v=V9Mru-0rbk8> |
| **Mindfulness** | Preschool- First Grade <https://www.youtube.com/watch?v=iBHYo3q2vEs>  Elementary- <https://www.youtube.com/watch?v=kO5I0p3IuiQ>  Secondary- <https://www.youtube.com/watch?v=9nfPtt0CNFg>  More:  <https://www.youtube.com/watch?v=a_hPelcPRTg&t=68s> |
| **Motivational Video** | Be a Lion Video- <https://www.youtube.com/watch?v=ERClHCOF14c> by Ben Lionel Scott |
| **My Mouth Is A Volcano** | [**www.juliacookonline.com**](http://www.juliacookonline.com) |
| **Nature Pictures** | [**tinyurl.com/3ysc54cu**](tinyurl.com/3ysc54cu)  [**tinyurl.com/krc5xwdh**](tinyurl.com/krc5xwdh)  [**tinyurl.com/3c7pr8mu**](tinyurl.com/3c7pr8mu) |
| **Nutritious Breakfast** | [http://tinyurl.com/eggsbrainfood](http://tinyurl.com/eggsbrainfood" \t "_blank)  [http://tinyurl.com/oatmealbrainfood](http://tinyurl.com/oatmealbrainfood" \t "_blank) |
| **Point Of View Video** | <https://www.youtube.com/watch?v=aa4aV2OzjR4> |
| **Positive Behavior Specific Praise** | <https://www.youtube.com/watch?v=8ml1tih5zSY> |
| **Power Cards By Elisa Gagnon** | <tinyurl.com/463d8ybd> |
| **Proprioception** | <https://www.youtube.com/watch?v=b2iOliN3fAE>  <www.behaviordoctor.org/sensory> |
| **Raising Your Hand** | <https://www.youtube.com/watch?v=8eLZKa1LKOw> |
| **Seating Changes** | <tinyurl.com/c4adxc2t> |
| **Secret Signals** | <https://www.youtube.com/watch?v=7lx77LopjIA> |
| **Self-Regulation** | <https://www.youtube.com/watch?v=a_hPelcPRTg>  <https://www.youtube.com/watch?v=RVA2N6tX2cg>  <https://www.youtube.com/watch?v=VSd4PuiVtLM>  <https://www.youtube.com/watch?v=UD9m5n-ZpB0> |
| **Sixty Beats Per Minute** | <tinyurl.com/2x3zswnz> |
| **Social Narrative On New School Year** | <tinyurl.com/49hme9jw> |
| **Social Narrative On Not Biting** | <tinyurl.com/a889au4n> |
| **Stars** | [https://youtu.be/StudentE6CzwiuLo](https://youtu.be/vbE6CzwiuLo)  <https://youtu.be/46jbyHIS-DQ> |
| **Taking Off Your Shoes And Wiggling Your Toes** | [**tinyurl.com/89p3jhpy**](tinyurl.com/89p3jhpy)  **[http://tinyurl.com/wiggleyourtoes](http://tinyurl.com/wiggleyourtoes" \t "_blank)**  [**tinyurl.com/26uac83e**](tinyurl.com/26uac83e) |
| **Talking To Students About The Brain** | <https://www.braintalktherapy.com/unit-1-introduction>  <https://www.youtube.com/watch?v=3bKuoH8CkFc>  <https://www.youtube.com/watch?v=9u3UvXqArqs&t=5s>  <https://www.youtube.com/watch?v=Zs559guIGDo>  <https://www.youtube.com/watch?v=Lr-T6NAV5V4>  <https://www.youtube.com/watch?v=xHi3UbHt27I> |
| **Trauma Informed Practices** | <https://www.youtube.com/watch?v=bFJHbCMV7kc&t=37s> |
| **Tums** | <https://youtu.be/iShAOBxPd0g> |
| **Video Modeling** | [tinyurl.com/tk73p4fe Ten Tips to Consider When Creating and Screening PBIS Films](tinyurl.com/tk73p4fe%20Ten%20Tips%20to%20Consider%20When%20Creating%20and%20Screening%20PBIS%20Films)  [tinyurl.com/476j4x73 Using Videos to Promote Positive Behavioral Interventions and Supports: A Qualitative Study](tinyurl.com/476j4x73%20Using%20Videos%20to%20Promote%20Positive%20Behavioral%20Interventions%20and%20Supports:%20A%20Qualitative%20Study)  [www.pbisvideos.com](http://www.pbisvideos.com) |
| **Video Self-Modeling** | [**tinyurl.com/me8hrz2k**](tinyurl.com/me8hrz2k) |
| **Video Self-Modeling** | <https://www.youtube.com/watch?v=nZv9sBtQbHE&t=32s> |
| **Writing About Anxieties** | <tinyurl.com/33yy28yk> |