**Resource List Annual Presentation**

**Slide 21 – Emotions**

<https://www.happilyfamily.com/how-to-comfort-an-upset-child-dr-dan-siegel/?utm_source=ONTRAPORT-email-campaign&utm_medium=ONTRAPORT-email-campaign&utm_term=&utm_content=Help+a+child+cope+with+distress&utm_campaign=1%2AHF%3A+LT+Nurture+-date+BROADCAST+ALL>

**Slide 22 – Emotions (book suggestions)**

<https://www.youtube.com/watch?v=c-nsVfnKO08&ab_channel=TFC%3ATheFeelingsChannel>

<https://www.youtube.com/watch?v=oiyi2jpkJwE>

<https://www.youtube.com/watch?v=dNfd8WFDBAY&ab_channel=JenniferWhelan>

**Activity suggestions:**

<https://www.pinterest.ca/pin/29062360086488512/>

<https://hannahbeach.ca/the-frustration-monster/>

<https://www.pinterest.ca/pin/407857310015158709/>

<https://www.wqsbtransitions.com/supporting-your-child-s-transition>

**Book Suggestions**

<https://www.youtube.com/watch?v=W_iIhsBT0Fo&ab_channel=TieDyeReader>

<https://www.youtube.com/watch?v=VLkLS4AxfqY&ab_channel=HannahBeach>

**Slide 26 – Daily routines**

<https://www.theottoolbox.com/back-to-school-morning-routine-story-stones/>

+uploaded PDF documents

**Slide 28 – Playful Connection Resources**

<https://www.coloring-pages-kids.com/coloring-pages/family-people-jobs-coloring-pages/houses-homes-coloring-pages/houses-homes-coloring-pages-images/house-coloring-page-01.gif>

<https://www.youtube.com/watch?v=I6wofOMbq0M&ab_channel=DanielTiger%27sNeighborhood-Topic>

<https://www.youtube.com/watch?v=Hw8HCMSLymk&ab_channel=DanielTiger%27sNeighbourhood>

<https://www.youtube.com/watch?v=J2fkaMqykgg&ab_channel=DanielTiger%27sNeighbourhood>

<https://www.youtube.com/watch?v=x8WVUz82KNg&ab_channel=DanielTiger%27sNeighborhood-Topic>

<https://www.youtube.com/watch?v=pumEFgTu8o8&ab_channel=TeenyTinyStevies>

<https://www.youtube.com/watch?v=JT9ikP9icaw&ab_channel=DanielTiger%27sNeighborhood-Topic>

**Slide 29 – Bedtime Solutions**

<https://www.youtube.com/watch?v=5rnXnc1rDnQ&list=PLEDoqkYio8gY3lpA08dUN5o-6ZEPVyH6d&t=2s&ab_channel=LEARN>

**Slide 30 – Bedtime Separation**

<https://macnamara.ca/wp-content/uploads/2016/02/When-Saying-Goodnight-Is-Hard-.jpg>

**Slide 33 – Book Suggestions Starting School**

<https://www.youtube.com/watch?v=dPUW1t9Gu4s&ab_channel=StorylineOnline>

<https://www.youtube.com/watch?v=XlqOSbfOsIo&ab_channel=ReadinginaVirtualWorld>

<https://www.youtube.com/watch?v=jHmtsAMcUxY&t=109s&ab_channel=Let%27sReadStories>

**Slide 36 – Mindfulness Resources**

<https://terrisamuels.com/a-grounding-techniques-with-five-senses-moving-on-from-trauma/>

<https://www.youtube.com/watch?v=AJOuW-5opl4&ab_channel=NamasteInSchool>

**Slide 37 – Book suggestions for mindfulness**

<https://www.youtube.com/watch?v=Mij-xcdZcQI&ab_channel=MsMelody>

<https://www.youtube.com/watch?v=vDAEXMYGiqM&ab_channel=EmsStorytime>

<https://www.youtube.com/watch?v=nW8V1eTQGhU&t=70s&ab_channel=AmericanPsychologicalAssociation>

<https://www.youtube.com/watch?v=EWMnEVNogZE&ab_channel=KidsYogaStories>

<https://static1.squarespace.com/static/50769910e4b07864e5d07147/t/5c47d2ef88251b738ef6fb89/1548210958469/growth_mindset_stickers.pdf>

<https://www.youtube.com/playlist?list=PLiaUKiwbiHMQDQLCXoPaMMYotldKlUQCw>

<https://keltymentalhealth.ca/breathr>

<https://www.youtube.com/c/aboutkidshealth>

<https://www.waterford.org/resources/mindfulnes-activities-for-kids/>

<https://www.youtube.com/watch?v=stnz10c2tt0&ab_channel=GraysonMcKinney>