

Parent University Links and Additional Resources

“Calming Big Emotions”

[Brain Video](#): Explains the connection between our brain and our emotions.

Appropriate for both parents and kids to watch

[Brain Basics](#): Where do emotions come from?

[Fight, Fight, or Freeze](#): Article: Explains the process of Fight, Flight, and Freeze

[Feelings Charts](#): Article: How using feeling charts can help your child

[Feelings Games](#): Video: Some games to help learn control of feelings

[Feelings App](#): Link: Helpful app for building emotional vocabulary



[Emotional ABCs](#): Curriculum: Excellent emotion regulation curriculum

Uses games, videos, activities and lessons K-3rd grade

[Zones of Regulation](#): Article/Curriculum: Emotional learning for age 5 +

[Empathy Video](#): Kids

[Empathy Video](#): Teens

Primary and Secondary Emotions -

[Video](#)

[Article](#)

[Moment of Pause - S.T.O.P.](#): Video demonstrating intentional pause

[Box Breathing](#): Exercise to teach a simple form of Calm Breathing

[Feelings Thermometer](#): Video showing how to scale and understand the size of our feelings

[Warning Signs](#): Video using the feelings thermometer to help understand emotional warning signs