

Videos

- Disney: Inside Out - <https://www.youtube.com/watch?v=WIDYqBMFzfg>
- Alfred and a Shadow - <https://www.youtube.com/watch?v=SJOjpprbfeE>
- Fight Flight Freeze – A Guide to Anxiety for Kids - https://www.youtube.com/watch?v=FfSbWc3O_5M
- How thoughts & emotions fuel anxiety - <https://www.youtube.com/watch?v=2xeDcPBD5Fk>
- Understanding Trauma: Learning Brain vs Survival Brain - <https://www.youtube.com/watch?v=KoqaUANGvpA>