



Transforming Classrooms

Building Emotional Resilience

Video Links

VIDEO Betty White (Super Bowl 2010 Commercial (0:32)

<https://youtu.be/GkAnLtqWDhc>

VIDEO Why Mindfulness is a Superpower (2:43)

<https://youtu.be/w6T02g5hnT4>

VIDEO Wise Mind 2 (3:21)

<https://www.youtube.com/watch?v=xnwIDk5rKU8>

VIDEO: DBT Skill - Mindfulness What How (3:32)

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

VIDEO Disruptive Classroom 1 Caleb and teacher (0:53)

<https://youtu.be/n6fS73AFnnk>

VIDEO: Brene Brown - Empathy (2:52)

<https://www.youtube.com/watch?v=1Ewgu369Jw&t=11s>

VIDEO: Rethinking Resilience: Ten Tips for Teaching Orchids and Dandelions (10:00) Difference between Orchids and Dandelions (00:50 -3:06)

https://www.youtube.com/watch?v=kLNdwSXt0Os&ab_channel=Dr.DavidTranter%2CPhD

TIKTOK Video Teacher Wellness Kit

Schooled By Arturo (@schooledbyarturo) on TikTok

VIDEO: Check the Facts (3:18):

<https://www.youtube.com/watch?v=IB0k6nQoeE4>

VIDEO: Mindfulness of Current Emotions (3:40)

https://www.youtube.com/watch?v=NECs97k_8Z4&ab_channel=DBT-RU

VIDEO: Opposite Action (3:30)

<https://youtu.be/fDWN-cqKKrg>

VIDEO: Laughter Yoga (4:58)

<https://youtu.be/4p4dZ0afivk>