

## Transforming Classrooms Video Links for 4-week series

<b>SERIES 4 (1 full day + 2hrs x 3 days)</b>	<b>Videos</b>
Week 1 (full day)	<p>VIDEO Why Mindfulness is a Superpower (2:43) <a href="https://youtu.be/w6T02g5hnT4">https://youtu.be/w6T02g5hnT4</a></p> <p>VIDEO Wise Mind 2 (3:21) <a href="https://www.youtube.com/watch?v=xnwlDk5rKU8">https://www.youtube.com/watch?v=xnwlDk5rKU8</a></p> <p>VIDEO: DBT Skill - Mindfulness What How (3:32) <a href="https://www.youtube.com/watch?v=oytsyvzPHoQ">https://www.youtube.com/watch?v=oytsyvzPHoQ</a></p> <p>VIDEO: Brene Brown - Empathy (2:52) <a href="https://www.youtube.com/watch?v=1Ewgu369Jw&amp;t=11s">https://www.youtube.com/watch?v=1Ewgu369Jw&amp;t=11s</a></p> <p>VIDEO: Rethinking Resilience: Ten Tips for Teaching Orchids and Dandelions (10:00) Difference between Orchids and Dandelions (00:50 -3:06) <a href="https://www.youtube.com/watch?v=kLNdwSxt0Os&amp;ab_channel=Dr.DavidTranter%2CPhD">https://www.youtube.com/watch?v=kLNdwSxt0Os&amp;ab_channel=Dr.DavidTranter%2CPhD</a></p>
Week 2	No videos Week 2
Week 3	<p>VIDEO: Check the Facts (3:18): <a href="https://www.youtube.com/watch?v=IB0k6nQoeE4">https://www.youtube.com/watch?v=IB0k6nQoeE4</a></p> <p>VIDEO: Mindfulness of Current Emotions (3:40) <a href="https://www.youtube.com/watch?v=NECs97k_8Z4&amp;ab_channel=DBT-RU">https://www.youtube.com/watch?v=NECs97k_8Z4&amp;ab_channel=DBT-RU</a></p>

	VIDEO: Opposite Action (3:30) <a href="https://youtu.be/fDWn-cqKKrg">https://youtu.be/fDWn-cqKKrg</a>
Week 4	VIDEO: Laughter Yoga (4:58) <a href="https://youtu.be/4p4dZ0afivk">https://youtu.be/4p4dZ0afivk</a>