

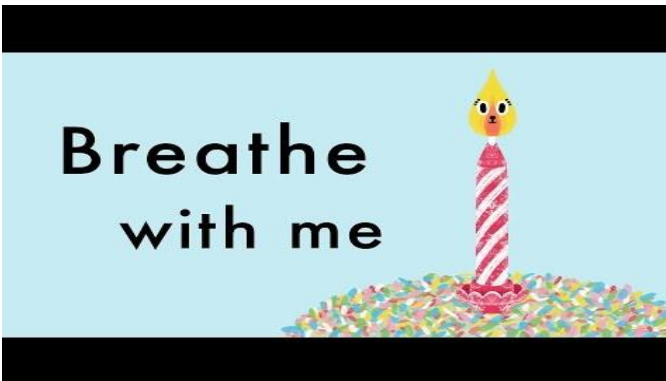
**How Our Bodies Respond to Stress and
What We Can Do About It**
July 21, 2023 Webinar Resources

Fight Flight Freeze – A Guide to Anxiety for Kids



https://www.youtube.com/watch?v=FfSbWc3O_5M

Candle and Flower Breathing: Young Children



https://www.youtube.com/watch?v=qTN_MtV5TFw

Rainbow Breathing: School-Age Kids



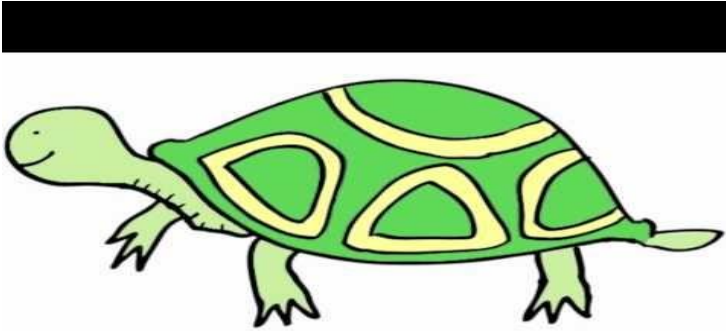
<https://www.youtube.com/watch?v=IbBI-BT9c4>

Deep Breathing: Pre-Teens and Adolescents



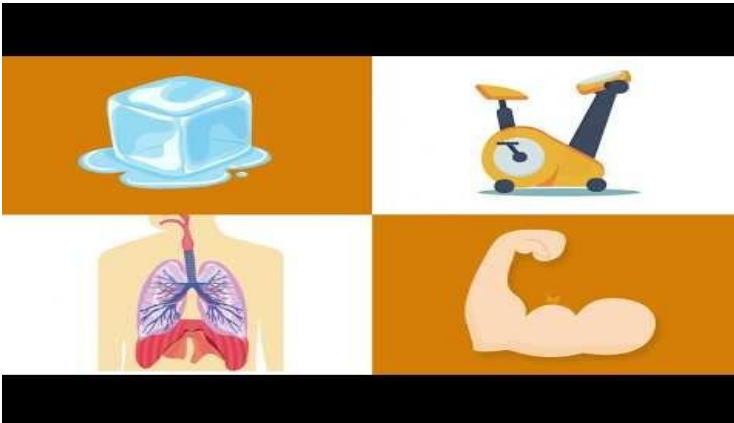
<https://www.youtube.com/watch?v=aNXKjGFUIMs>

Progressive Muscle Relaxation: Kids



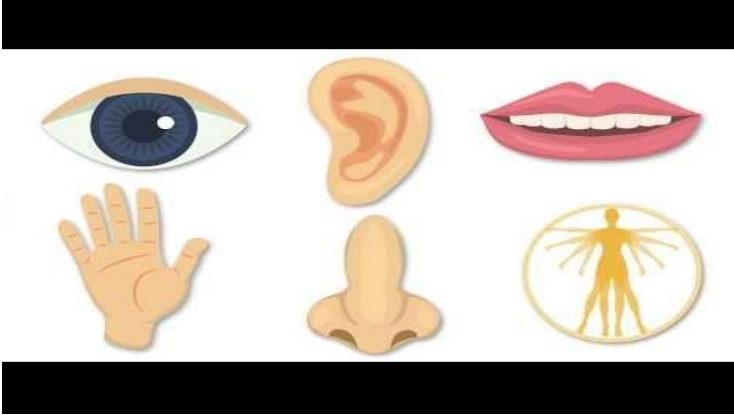
<https://www.youtube.com/watch?v=aaTDNYjk-Gw>

Progressive Muscle Relaxation: Pre-Teens and Adolescents



<https://www.youtube.com/watch?v=cIXQOb4klUw>

Grounding Technique – 5 Senses



https://www.youtube.com/watch?v=5uIANT2_A8A

Mental Health Quotes to Inspire Kids

Every one of us needs to show
how much we care for each other
and, in the process,
care for ourselves.



Princess Diana

<https://www.twinkl.co.uk/blog/10-lovely-childrens-mental-health-quotes-to-inspire-your-kids>