**TPP for Essex Partners Webinar Series**

**Video Links**

**Element 1**

* **Video 1**: NI ACE Animation <https://www.youtube.com/watch?v=I-r3Xi7qByU>

**Element 2**

* **Link 1:** Every Mind Matter Quiz link [Your mind plan (www.nhs.uk)](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/)

**Element 3**

* **Video 2:** Brain Builders <https://www.youtube.com/watch?v=hMyDFYSkZSU>

* **Video 3:** Adolescent Brain <https://www.youtube.com/watch?app=desktop&v=0O1u5OEc5eY&feature=emb_logo>
* **Recommended further reading**
* ACEs certificate <https://www.acesonlinelearning.com/>
* A breakdown of the different aspects of wellness and suggestions for incorporating each: [Wellness: A Guide for Teachers](https://unconditionallearning.org/2017/03/12/wellness-a-guide-for-teachers/)
* Dr Bruce Perry Early Brain Development - Reducing the Effects of Trauma: <https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DM6kDeBaJi0M&amp;data=02%7C01%7C%7Ceb48e9ce52924d7dc02c08d842c29135%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637332750713911688&amp;sdata=n6jSMs1T7IWZ%2BX82PEzbLjsXojlHmubPT5MUAB%2Frfl8%3D&amp;reserved=0>

**Element 4**

* **Video 4:** 6 cores strengths for healthy child development <https://www.youtube.com/watch?v=awEqNAqxy6A>
* **Video 5:** Secure attachment <https://www.youtube.com/watch?v=n2ypDPqs9A0>

**Element 5**

* **Video 6:** Window of Tolerance [The Window Of Tolerance (edited version of our original 2018 video) (youtube.com)](https://www.youtube.com/watch?v=0ehq5-P5OSs)

**Element 6**

* **Video 7:** Shame Vs Guilt <https://www.youtube.com/watch?v=DqGFrId-IQg>
* **Video 8:** Ian Wright and Mr Pigden <https://www.youtube.com/watch?v=6caCqn_nD6o>
* **Recommended further reading:**
* Dad co-regulating/attachment: <https://www.youtube.com/watch?v=lqAUMsqiFxI&feature=emb_logo>
* Still face experiment: <https://www.youtube.com/watch?v=Btg9PiT0sZg&feature=emb_logo>
* The Attachment Theory: How Childhood Affects Life: <https://www.youtube.com/watch?v=WjOowWxOXCg&t=71s>
* Ted Talk – How Stress Affects your Brain: <https://www.youtube.com/watch?v=WuyPuH9ojCE>
* The Fight Flight Freeze Response: <https://www.youtube.com/watch?v=jEHwB1PG_-Q>

**Element 7**

* **Video 9:** Empathy vs sympathy <https://www.youtube.com/watch?v=1Evwgu369Jw>

**Element 8**

* **Video 10:** The importance of self-regulation [Dr Bruce Perry Pt 3. (youtube.com)](https://www.youtube.com/watch?v=ZVRO7PdYRnM)
* **Video 11:** Just breathe <https://www.youtube.com/watch?v=RVA2N6tX2cg>

**Element 9**

* **Video 12:** The science of resilience<https://www.youtube.com/watch?v=1r8hj72bfGo>
* **Video 13:** Be a Mr Jensen [Liv White User Story short (youtube.com)](https://www.youtube.com/watch?v=4p5286T_kn0)
* **Recommended further reading:**
* Positive Young Minds – 10 De-escalation Techniques with Social Distancing in Mind: <https://positiveyoungmind.com/10-de-escalation-techniques-with-social-distancing-in-mind/>
* Demonstrating Self-regulation with Tone of Voice: <https://www.youtube.com/watch?v=pCv0G4JEuJY>
* 5 domains of self-regulation: <http://self-reg.ca/wp-content/uploads/2020/06/Infosheet_5_Domains_of_Self-Reg.pdf>
* Resilience in Kids: <https://www.youtube.com/watch?v=HYsRGe0tfZc>



* **Evaluation form:** <https://forms.office.com/r/iHNersBXzj>