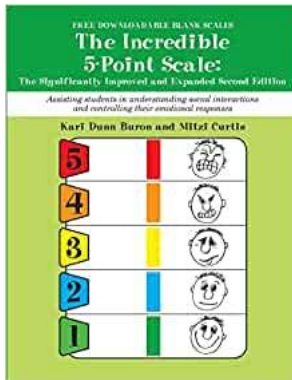


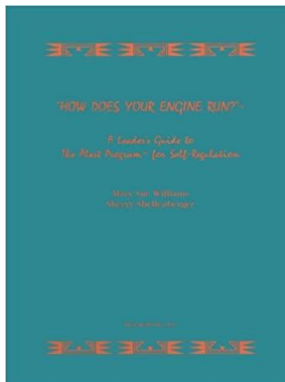
EMOTIONAL REGULATION RESOURCE SHEET

Resources that were discussed on the emotional regulation webinar.

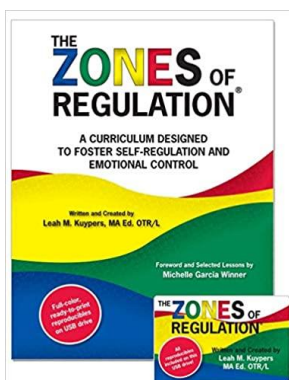
BOOKS



The Incredible 5-Point Scale – Authors: Kari Dunn Buron & Mitzi Curtis



How Does Your Engine Run (Alert Programme) – Authors: Sherry Shellenberger & Mary Sue Williams



The Zones of Regulation Paperback – Author: Leah Kuypers



Interoception Paperback – Author: Kelly Mahler

WEBSITES

- <https://www.facebook.com/groups/617901991629596> Zones of regulation for home
- <https://www.youtube.com/watch?v=pqJVC29LVI8> intro to zones
- <https://www.youtube.com/watch?v=JG7ww01pqyg> Walk through zones
- Inside out videos for guessing /identifying emotions:
<https://www.youtube.com/watch?v=dOkYKyVFnsS>
- <https://www.facebook.com/ExecutiveFunctioningToolbox>
- <https://www.youtube.com/watch?v=0O1u50Ec5eY> Adolescent Brain
- https://www.youtube.com/watch?v=bRkILioT_NA&list=PLawGWmvppR01kRzz4pK-NWp5EXSVkxU-n bring it down, go noodle
- <https://www.facebook.com/groups/407492119460898> interoception