

## USEFUL VIDEO MATERIALS

### Values vs goals

<https://www.youtube.com/watch?v=T-IRbuy4XtA>

### Body scan

<https://www.youtube.com/watch?v=u4gZgnCy5ew>

### ANCHOR MEDITATION

[https://u1.padletusercontent.com/uploads/padlet-uploads-usc1/3371410769/bce4ac699d5d9d0edfba063d537e22b2/copy\\_D27D3673\\_AF52\\_4E19\\_AEDF\\_D3F2C55566C3.MOV?token=thYlsphazO1U5bfDfCuCx6\\_xecidDFF229jMTn2kf0V\\_vgUFaVWas0FaSKra8F5eO1I\\_e2uBCb2XdAqGsCqbLTaMvPLdB6NN4FAEE2FDp1GLgbgtW1AxHBYuSQkQyoka54dXSzb-4u7LJtcWv-QAgzLkADishKlnMoS4yBgp1x-GmUFo3IHnAdGcUowF7UCTmHAwARSqp8pTdYh4rAZ2uFv\\_zaHPT3NkZ-IWpCSPv\\_oh6y1y\\_-MKXLVoku5EWKPZj\\_kC7SMn2TrOj\\_62BS22Aj16jjPrfOnJkNJ1PjFbM=](https://u1.padletusercontent.com/uploads/padlet-uploads-usc1/3371410769/bce4ac699d5d9d0edfba063d537e22b2/copy_D27D3673_AF52_4E19_AEDF_D3F2C55566C3.MOV?token=thYlsphazO1U5bfDfCuCx6_xecidDFF229jMTn2kf0V_vgUFaVWas0FaSKra8F5eO1I_e2uBCb2XdAqGsCqbLTaMvPLdB6NN4FAEE2FDp1GLgbgtW1AxHBYuSQkQyoka54dXSzb-4u7LJtcWv-QAgzLkADishKlnMoS4yBgp1x-GmUFo3IHnAdGcUowF7UCTmHAwARSqp8pTdYh4rAZ2uFv_zaHPT3NkZ-IWpCSPv_oh6y1y_-MKXLVoku5EWKPZj_kC7SMn2TrOj_62BS22Aj16jjPrfOnJkNJ1PjFbM=)

### MOVING WORKSHEETS

<https://youtu.be/pDbzdGcAQpg>

### MOVE TO THE MIDDLE

<https://youtu.be/RJum7Oh2oSs?feature=shared>