

The following links are YouTube videos that may be used for relaxation/calming strategies. Simply copy and paste the link into your browser:

1) <https://www.youtube.com/watch?v=cDKyRpW-Yuc>

2) [https://www.youtube.com/watch?v=bRkLIoT\\_NA](https://www.youtube.com/watch?v=bRkLIoT_NA)

3) <https://www.youtube.com/watch?v=O29e4rRMv4>

4) <https://www.youtube.com/watch?v=YFdZXwE6fRE>