

Staying the Course: The importance of Emotional Regulation for Adoptive and Foster Families
Sharon and John O'Keefe
Additional Resources

How Brains are Built

<https://www.youtube.com/watch?v=LmVWOe1ky8s>

Dan Siegel -- Hand model of the brain/flipping your lid

https://www.youtube.com/watch?v=G0T_2NN0C68

Five Fun Games to Teach Self Regulation

https://www.youtube.com/watch?v=H_O1brYwdSY