

Reducing Anxiety:

Nose breathing (5) <https://youtu.be/DgO-vlCDuHg>

What is Grounding?(20) <https://youtu.be/TQ7xB8Mgn08>

Grounding and Learning (24) <https://youtu.be/IS3BtyW0RzA>

Sleep: A vital skill for wellbeing (15). <https://youtu.be/bluqHXagAro>

Dyslexia isn't genetic (19) <https://youtu.be/itkke285kpk>

Identifying strengths:

Discovering how they do what they enjoy (15) <https://youtu.be/UQ8KS4DJ8js>

Using mental imagery for learning (13) <https://youtu.be/oQRR1Khx6wA>

Visualising Words:

Neurodivergent Teddy (9) <https://youtu.be/bq5V0zrkjOE>

How can you learn to spell visually words that have no pictures? (6)
<https://youtu.be/20a2yvIRKx8>

Remembering what you read (14) <https://youtu.be/3Msac-H3J5Y>

Improving Reading (14) <https://youtu.be/XW5ojrUpB4k>

Visualising Numbers:

Anyone terrified of Maths? (12) <https://youtu.be/XPdeLcl7omA>

Moving on to fractions and percentages (10) <https://youtu.be/U1EwFCPNw6c>

Words and numbers together (10) https://youtu.be/bGaE3Az7t_o