

Training Resource Links - Session 1:

[Funretro - Questions and Reflections](#)

[FunRetro - NEAR Teeter Totter](#)

[Brain Story video](#)

[Alberta Family Wellness - Brain Story Certification](#) (Free online intensive course)

[Harvard - Working Paper 15: Connecting the Brain to the Rest of the Body](#)

Training Resource Links – Session 2:

[Funretro – Reflection Activity](#)

[Lick your Rats](#)

[Polyvagal Theory – Deb Dana \(video\)](#)

[Polyvagal Theory \(video\)](#)

[Polyvagal Theory – Vagal Brake Exercise \(document\)](#)

[Polyvagal Theory – Beginners Guide \(document\)](#)

[Hope Toolkit](#)

[WA Healthy Youth Survey – Hope Data Analysis](#)