



Step Two: Ready to Learn Inside

Further Resources

- a. Consent Testing: <https://www.youtube.com/watch?v=-cGDYI-s-cQ&t=2s>
- b. Relax on a mat: <https://www.youtube.com/watch?v=U2c5EkytNU0>
- c. Relaxation Protocol: <https://www.youtube.com/watch?v=wJGHOHbmjac>
- d. Drop It: https://1drv.ms/v/s!AtbFr0Aly4vCrUnVukWSKOg_jybT?e=LtHdoA
- e. Touch: <https://1drv.ms/v/s!AtbFr0Aly4vCrGkreeTwt9TWptDR?e=bAgRuq>