

Dr. Russ Harris

<https://www.youtube.com/watch?v=kv6HkipQcfA>

The Evolution of the Human Mind (not for children)

<https://www.youtube.com/watch?v=DD-rY0XNSZE&t=33s>

5 Mindfulness Myths

<https://www.youtube.com/watch?v=93LFNtcR1Ok>

The 3 Happiness Myths

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

Hand Model of the Brain

<https://www.youtube.com/watch?v=8do0Jiscgsk>

Anxiety For kids

<https://www.youtube.com/watch?v=ELpfYCZa87g>

Neuroplasticity