**E-Module Resources & Links**

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| Resource Name | Link |
| Adoption UK Education Resources | [Education resources | Adoption UK Charity](https://www.adoptionuk.org/pages/category/education-resources) |
| PAC-UK Education Resources | [PAC-UK | Education Resources](https://www.pac-uk.org/our-services/education/education-resources/) |
| PAC UK Example Transition Plan and Strategies | [Free Training for Schools\*](https://www.pac-uk.org/wp-content/uploads/2018/05/Example-Transition-Plan-and-Strategies-V1.0.pdf) |
| PAC UK Reducing Trip Trauma | [Reducing-Trip-Trauma-V1.0.pdf](https://www.pac-uk.org/wp-content/uploads/2018/03/Reducing-Trip-Trauma-V1.0.pdf) |
| Beacon House Brainstem Calmers | [Brainstem Calmer Activities](https://beaconhouse.org.uk/wp-content/uploads/2019/09/Brainstem-Calmer-Activities.pdf) |
| Beacon House Supporting Transitions | [Supporting-Transitions-2.pdf](https://beaconhouse.org.uk/wp-content/uploads/2019/09/Supporting-Transitions-2.pdf) |
| Beacon House Schools Resources List | [Schools Resources List 2022](https://beaconhouse.org.uk/wp-content/uploads/2022/01/Schools-Resources-List-2022.pdf) |
| Beacon House Window of Tolerance (Video) | [Connecteam - Where work is easy, productive and connected](https://www.youtube.com/watch?v=0ehq5-P5OSs) |
| Factsheet on masking in school | <https://www.southamptonsendiass.info/wp-content/uploads/2022/02/SO-Masking-in-School.pdf> |
| Trauma and Shame | <https://www.oohctoolbox.org.au/trauma-and-shame> |
| What is Toxic Shame? | <https://www.bravehearteducation.co.uk/toxic-shame/> |
| Understanding and Embedding  Relational Approaches in School | <https://www.wakefieldscp.org.uk/wp-content/uploads/2023/11/Relate-to-Educate-Relational-Guidance.pdf> |
| Behavioural to Relational Responses at School | <https://beaconhouse.org.uk/wp-content/uploads/2021/12/Behavioural-to-Relational-Responses-at-School.pdf> |
| Applying Interoception Skills in the Classroom | <https://www.positivepartnerships.com.au/uploads/PDF-files/Ready-to-learn-interoception-kit.pdf>  AND  <https://www.kelly-mahler.com/printable-resources/> |
| Using PACE in school | <https://www.oxfordshire.gov.uk/sites/default/files/file/children-and-families/PACEforteachers.pdf> |
| Emotional Regulation – Top Tips for Schools | <https://cavuhb.nhs.wales/files/resilience-project/rp-changes-18-8/emotional-regulation-difficulties-top-tips-school-staff-english-pdf/> |
| TRACE Toolkit | [TrACE - ACE Hub Wales](https://acehubwales.com/trace-toolkit/) |
| Fight Flight Freeze Response (Video) | [The Fight Flight Freeze Response](https://www.youtube.com/watch?v=jEHwB1PG_-Q) |
| Dan Siegel Hand Model of the Brain (Video) | [Dr Daniel Siegel presenting a Hand Model of the Brain](https://www.youtube.com/watch?v=gm9CIJ74Oxw) |
| How the Body Keeps the Score on Trauma – Bessel van der Kolk (Video) | [How the body keeps the score on trauma | Bessel van der Kolk for Big Think+](https://www.youtube.com/watch?v=iTefkqYQz8g) |
| Early Adversity and Adoptees’ Emotional Problems (Journal Article) | [Early adversity predicts adoptees’ enduring emotional and behavioral problems in childhood | European Child & Adolescent Psychiatry](https://link.springer.com/article/10.1007/s00787-020-01553-0) |
| FASD Wales Hub Resources | <https://www.adoptionuk.org/pages/category/fasd-hub-wales-resources> |
| “Think Brain not Blame” – FASD Short Film | [FASD Cymru- 'Think brain, not blame' A short film about FASD](https://www.youtube.com/watch?v=7kMW05sj7Uo) |
| Foetal Alcohol Spectrum Disorder – Julia Brown & Dr Mary Mather | N/A |
| SNAP Cymru – Special Educational Needs | [Home - Snap Cymru](https://www.snapcymru.org/) |
| Autism Spectrum Disorder/ ADHD | [National Autistic Society](https://www.autism.org.uk/)  AND  <https://neurodivergencewales.org/en/> |
| Young Minds – Mental Health Charity for Young People | [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](https://www.youngminds.org.uk/) |
| Sensory Processing Disorder | [Sensory Processing Disorder (SPD)](https://www.sensory-processing-disorder.com/) |
| Improving Sensory Processing in Traumatised Children – Sarah Lloyd | N/A |
| Oppositional Defiant Disorder | <https://childmind.org/guide/quick-guide-to-oppositional-defiant-disorder/> |
| Adoption Employer Toolkit | [Adoption in your business – National Adoption Service](https://adoptcymru.com/adoption-in-your-business/) |
| Care About Adoption – Guide for Healthcare Professionals | <https://adoptcymru.com/adoption-for-health-professionals/> |