

# Module 3.1 Resource Links

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**Video: Zones of Regulation with “Inside Out” movie**

[https://www.youtube.com/watch?v=dOkyKyVFnSs&list=PLNf04ZZuGki-452vF\\_fzh1KAYPsB8c6jz](https://www.youtube.com/watch?v=dOkyKyVFnSs&list=PLNf04ZZuGki-452vF_fzh1KAYPsB8c6jz)

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**Video: Zones of Regulation Workshop (Excellent Training Video)**

<https://www.youtube.com/watch?v=AwosQ7hFUR8>

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**Video: EF Overview from Harvard**

<https://developingchild.harvard.edu/resources/inbrief-executive-function-skills-for-life-and-learning/>

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**Video: Building EF Core Skills (Harvard)**

<https://developingchild.harvard.edu/resources/video-building-core-capabilities-life/>

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