

Animal Live Cams

<https://sdzwildlifeexplorers.org/videos/livecam/ape-cam>

<https://sdzwildlifeexplorers.org/videos/livecam/elephant-cam>

<https://zoo.sandiegozoo.org/cams/penguin-cam>

https://www.earthcam.com/usa/massachusetts/oxford/?cam=oxford_osprey

<https://nationalzoo.si.edu/webcams/lion-cam>

<https://nationalzoo.si.edu/webcams/panda-cam>

<https://www.montereybayaquarium.org/animals/live-cams/jelly-cam>

<https://youtu.be/pXe8MpU7uzk>

Websites

<https://www.healthline.com/health/grounding-techniques#soothing-techniques>

<https://www.choosingtherapy.com/grounding-techniques/>

<https://www.talkspace.com/mental-health/conditions/articles/grounding-techniques-anxiety/>

<https://www.calminggrace.com/christian-mindfulness-exercises/>

Activities and Games

<http://www.donothingfor2minutes.com/>

<http://weavesilk.com/>

<https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/relaxing-and-calming-exercises/>

<https://www.youtube.com/watch?v=uxayUBd6T7M>

YouTube Videos

<https://www.youtube.com/watch?v=4HVqC4zEPDc>

<https://www.youtube.com/watch?v=AaXoLV2jtWg>

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

<https://www.youtube.com/watch?v=uxayUBd6T7M>