

Webinars, Presentations & Resources

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HCOS Connect 2025

Recommendations

See below for links from the HCOS Learning Commons, where you can borrow e-books and audiobooks from Dr. Mattatall's recommended reading list.

Books

- *The Emotional Lives of Teenagers: Raising, Connected, Capable, and Compassionate Adolescents* (2024) by Lisa Damour ([e-book](#), [audiobook](#))
- *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness* (2024) by Jonathan Haidt ([e-book](#), [audiobook](#))
- *The Mediatician's Guide: A Joyful Approach to Raising Healthy, Smart, Kind Kids in a Screen Saturated World* (2024) by Michael Rich, MD ([e-book](#), [audiobook](#))
- *10 to 25: The Science of Motivating Young People: A Groundbreaking Approach to Leading the Next Generation—And Making Your Own Life Easier* (2024) by David Yeager ([e-book](#))
- *Of Boys and Men: Why the Modern Male Is Struggling, Why It Matters, and What to Do about It* (2024) by Richard Reeves ([audiobook](#))

Research Reports

- [The Girls' Index](#) (2023) by Lisa Hinkelman
- [The National Reading Panel Report](#) (2000)

Paper

Ehri, L.C.(2022). What teachers need to know and do to teach letter-sounds, phonemic awareness, word reading, and phonics. *The Reading Teacher*, 0 (0). 1-9. doi: [10.1002/trtr.2095](#)

Video

[Jealousy, Jealousy](#) by Olivia Rodrigo

Websites

- [Balanced Literacy Diet](#)
- [Florida Center for Reading Research](#) (go to "FCRR Student Center Activities")
- [University of Florida Literacy Institute](#)
- [Ontario Literacy](#)
- [Timothy Shanahan's Reading Research website](#)

Keynote Presentation

Slide Deck

Workshop 1

Slide Deck

Workshop 2

[Slide Deck](#)

Creating a Successful Plan for Grad

[Slide deck](#)

Numeracy Development in K-9 Students: Building Strong Mathematical Thinkers

- [Kelowna Slide Deck](#)
- [North Slide Deck](#)
- [Abbotsford Slide Deck](#)
- [Nanaimo Slide Deck](#)
- [Mathematical Thinkers Handout](#)
- [Numeracy Development Links](#)

HCOS Connect 2024

Welcome!

4 Stages of Parenting

Calm Parenting

1000 Conversations

Understanding Anxiety

Amidst COVID-19 Webinar

Recorded April 2, 2020

A big thank you to Julie Bohni (Registered Clinical Counsellor) for sharing about how we are wired, and strategies to deal with anxiety in these tumultuous times.

Description of session: To say these are unprecedented times seems like an understatement. Never before has our world socially distanced in an attempt to shrink the spread and impact of a virus. But here we are...all encouraged to stay home...and feel uncertain? Anxiety is a normal response to uncertainty, but what do we do with our worry and ruminating negative thoughts? Join Julie Bohni, a registered clinical counsellor, to understand our brain's response to stress and anxiety. As well, gain practical insight and tools (for ourselves and teaching/parenting) to gain awareness and develop strategies to cope with anxiety during this COVID-19 time.

<https://player.vimeo.com/video/403509407>

Links from session or tools within HCOS for families

- [**Learning Commons Stress Management Resources**](#)
- [**Learning Services "Hello Anxiety" Expression of Interest form for online Therapy groups**](#)
- [**Well-Being BC**](#)
- [**SoraApp - digital books on the topic of anxiety**](#) (Please log in to Sora first before clicking this link)
- [**Psalms 91**](#)
- [**Tenth Avenue North - By Your Side**](#) (Official Music Video hosted on YouTube)

Slides from Presentation

ANXIETY



Designed to Escalate

Here will be some words about how we are designed to escalate and that means our anxiety will escalate etc etc Here will be some words about how we are

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What makes it an anxiety disorder?

We all experience emotions like anxiety and sadness. What makes it a disorder is how severe it is and how much it interferes with our home, at school/work, and with friends and family.

Hidden Triggers

There are some things that trigger anxiety that most of us do not consider.



Lack of Sleep



Dehydration



Unbalanced Diet



Negative Thoughts

Coping Strategies: Deescalate

Deep Breathing

4 count in, pause, 4 count out.

Leader breath along side at pace. Encourage "fill your belly, expand your rib cage" "let your ribs collapse, empty your belly".

Social Connection

Take a Step into Nature

Observe what you see, how do you feel.

Journal

Writing helps decrease anxiety. *Some prompts are:*

1. I feel ..., I enjoy ..., I am ...
2. My favourite way to spend the day is...
3. Make a list of 30 things that make you smile
4. If my friend was feeling like I am I would say to them...
5. I am surprised by...

Grounding

Help them focus on the present.

Name 5 things that you can see. 4 things that you can touch. 3 things that you can hear. 2 things that you can smell. 1 thing that you can taste.

Splash cold water on your face. Hold a cold water bottle or ice. Sip cold water.

Identify feelings. I feel _____. Leader ask, "Can you tell me more about that?"

6. Make a list of things that inspire me when I am hurting (emotionally or physically)
8. The kindest thing I can do for myself is...
9. I feel most energized when...

ANXIETY

presents itself in many different ways...

The desire to control people and events.

Difficulty getting to sleep.

Feeling agitated or angry.

Defiance and other challenging behaviours.

Having high expectations for self.

Avoiding activities or events.

Pain like stomachaches and headaches.

Struggling to pay attention and focus.

Intolerance or uncertainty.

Crying and difficulty managing emotions.

Over-planning for situations and events.

Feeling worried about situations or events.

Wired for Connection

Webinar

A big thank you to Julie Bohni (Registered Clinical Counsellor) for sharing about how we are wired, and strategies to deal with anxiety in these tumultuous times. See the handouts below.

Part 1 - Recorded May 21st, 2020

<https://player.vimeo.com/video/421288360>

Handouts:

Ventral Vagal		
Safe		
Connected	The world is... I am...	
Sympathetic		
Mobilized		
Fight - Flight	The world is... I am...	
Dorsal Vagal		
Immobilized		
Collapsed	The world is... I am...	

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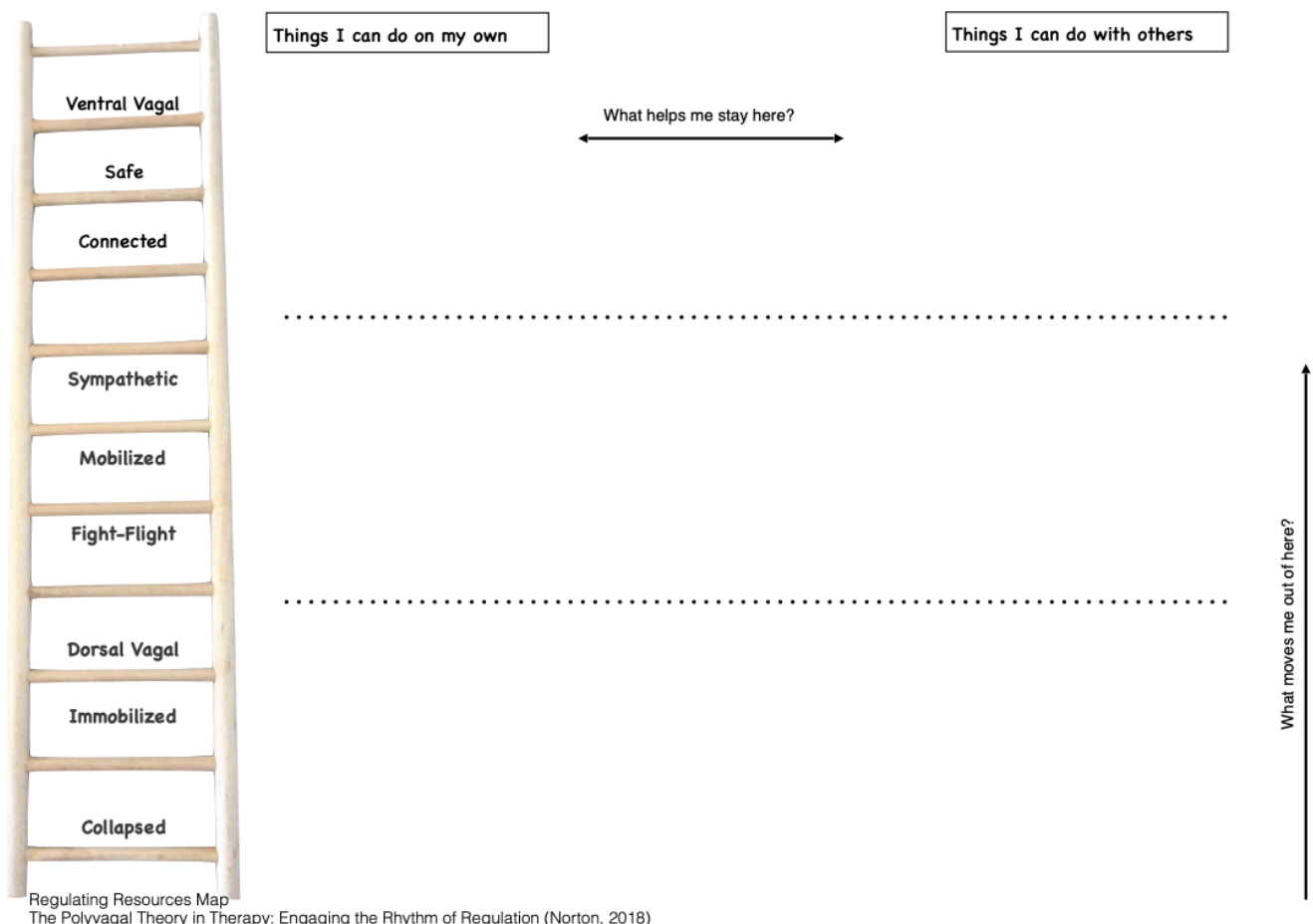
Part 2 - Recorded June 4th, 2020

<https://player.vimeo.com/video/426239408>

Handouts:



Regulating Resources Map



Workshop Recordings for Families

Finishing Well

<https://player.vimeo.com/video/708403384?title=0&byline=0>

Funding: Deadline, New PO's, and Planning for the Fall.

<https://player.vimeo.com/video/699514223?title=0&byline=0>

Understanding Report Cards

<https://player.vimeo.com/video/665025114?title=0&byline=0>

Developing a Good Writing Program

<https://player.vimeo.com/video/645338288?title=0&byline=0>

Planning for a Good Year

<https://player.vimeo.com/video/623869097?title=0&byline=0>

Teacher Visits and SLPs: Details and Benefits

<https://player.vimeo.com/video/607747639?title=0&byline=0>