

Dojo Mindfulness, Emotions and Feelings

Breathing video

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

Dojo videos

Here are a few videos around developing the children's understanding about developing a healthy mindset.

Perseverance

Chapter 1: Discovers the dip

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

Chapter 2: Climbing out of the dip

<https://www.youtube.com/watch?v=5Ampy3IFt6k>

Chapter 3: The big show

<https://www.youtube.com/watch?v=Su7gegYKDy4>

Optimism

Chapter 1: Factor fiction

<https://www.youtube.com/watch?v=qo0wagkrzKw>

Chapter 2: The story snake

<https://www.youtube.com/watch?v=s5uIDsNwIKk>

Chapter 3: Choosing a better story

<https://www.youtube.com/watch?v=Tw0bF3trVBs>

Empathy

Chapter 1: Mojo the director

<https://www.youtube.com/watch?v=FNIB2H3SoQ>

Chapter 2: Mojo discovers the maze

<https://www.youtube.com/watch?v=H6WNRMj4970>

Chapter 3: Escaping the maze

<https://www.youtube.com/watch?v=rRjYgfFnrl4>

Growth Mindset

Chapter 1: Discovers a secret about the brain

<https://www.youtube.com/watch?v=2zrtHt3bBmQ>

Chapter 2: Bouncing back: Learning from your mistakes

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

Chapter 3: Incredible power of yet

<https://www.youtube.com/watch?v=rRjYgfFnrl4>

Chapter 4: How your brain works

<https://www.youtube.com/watch?v=HWr2gE5IlPc>

Chapter 5: Putting it altogether

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

Big ideas: The Big Challenges

Part 1: The high dive

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

Part 2: Tiny steps

<https://www.youtube.com/watch?v=rwBzuzQ8fw8>

Part 3: Staircase strategy

https://www.youtube.com/watch?v=McXlI0qHM_c

Big ideas: Respect

Part 1: The very important monster

https://www.youtube.com/watch?v=E_IcinAftuk

Part 2: Respect takes time

<https://www.youtube.com/watch?v=nABxCW3ARFQ>

Part 3: The Golden Rule

https://www.youtube.com/watch?v=PL5_BUQ2uQQ

Big ideas: Moods and Attitudes

Part 1: Mojos in a mood

<https://www.youtube.com/watch?v=y2ePf66zne8>

Part 2: A bad mood storm

<https://www.youtube.com/watch?v=EOrK6-CxIAg>

Part 3: What can you control?

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