



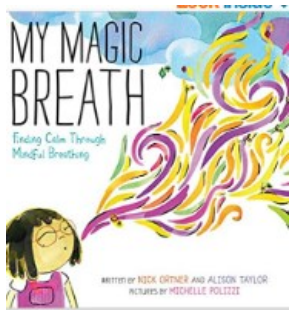
## Socio-Emotional Resource Page 1 of 1

Come along on our CALM journey to learn helpful strategies to keep calm, connect with others and work on solutions that help us get along. Enjoy engaging videos of book readings and hands-on learning activities.

Click on a picture and the text to open a video read aloud, activity, or discussion.

### Safety

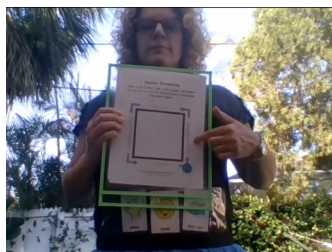
Self-regulation enhances children’s ability to recognize and manage physiological and emotional upset.



[Calm Mindful Breathing](#)



[Mirror Feelings with Ms. Amy](#)



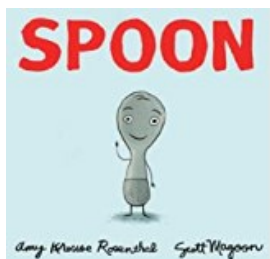
[Shapes Breathing](#)



[Relaxing Ocean Waves](#)

### Connection

Creating a compassionate culture motivates children to engage in healthy relationships through kindness and being helpful.



[Celebrating what makes each of us special.](#)



[Ms. Beth sings “We Are A Family” with sign language](#)



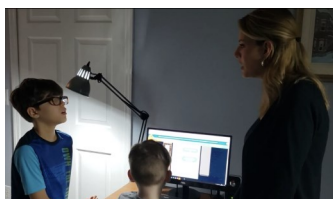
[Reading “What Does it Mean to Be Kind?”](#)



[How To Make a Family Job Board](#)

### Problem Solving

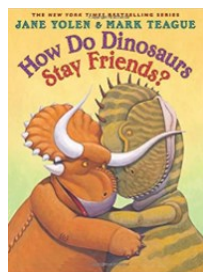
Shifting from children’s reactive behaviors to their ability to adapt to changing situations (resiliency).



[Using Conflict to Teach a New Skill](#)



[Reading “The Cool Bean” with Ms. Denise](#)



[Friends solve problems together.](#)



[Working together to solve differences](#)

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