



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.



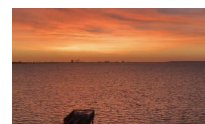
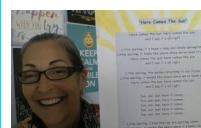
[Reading "I'm Here" with Ms. Jean](#)



[Wishing Children and Community Helpers Well](#)



["The Rude Moose" with Ms. Amy](#)



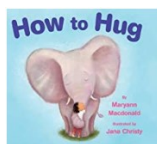
["Here Comes the Sun" and Sounds of Sunrise](#)

Connection

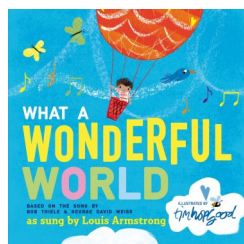
Creating a compassionate culture motivates children to engage in healthy relationships through kindness and being helpful.



[Role Play: Using two positive choices with Ms. Natasha](#)



["How to Hug" and how to mail a hug with Ms. Jean](#)



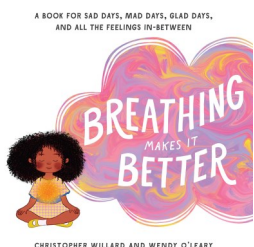
["What a Wonderful World" sing-a-long](#)



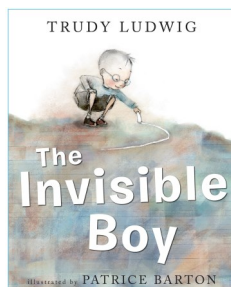
[Reading "Here and Now" with Ms. Denise](#)

Problem Solving

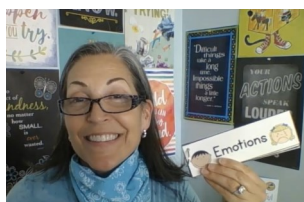
Shifting from children's reactive behaviors to their ability to adapt to changing situations (resiliency).



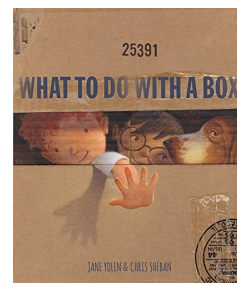
["Breathing Makes It Better" with Ms. Amy](#)



[Reading "The Invisible Boy" with Ms. Jean](#)



[Dealing with our emotions with Ms. Beth](#)



["What to Do with a Box" with Ms. Jean](#)

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