



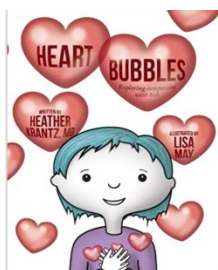
Socio-Emotional Resource Page 1 of 1

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.

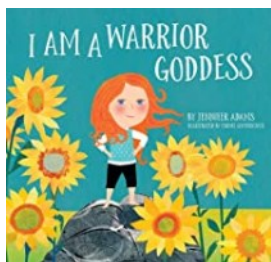
Click on a picture and the text to open a video read aloud, activity, or discussion.

Safety

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



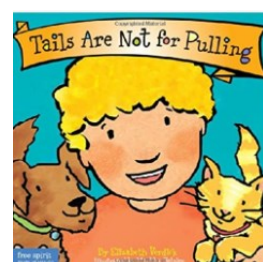
[Ms. Beth reads a story about self-compassion](#)



[Read-a-loud with Ms. Jean about keeping it safe](#)



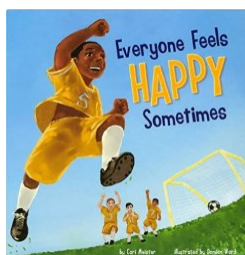
[Ms. Amy reads "Thank you Bees"](#)



[Ms. Denise reads about being kind to our pets](#)

Connection

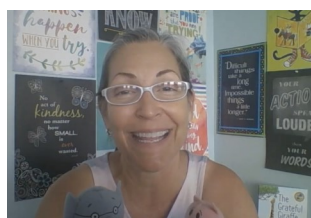
Creating a compassionate culture motivates children to engage in healthy relationships through kindness and being helpful.



[Ms. Jean reads "Everyone Feels Happy Sometimes"](#)



[Ms. Amy reads "The Night Before Kindergarten"](#)



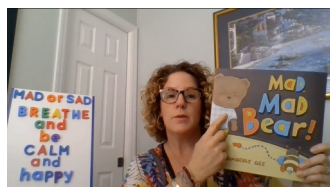
[Ms. Beth reads "My Friend is Sad"](#)



["How a Seed Grows" and sunflower watch](#)

Problem Solving

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



[Ms. Amy reads "Mad, Mad, Bear!"](#)



[Ms. Beth reads "I Will Be Fierce!"](#)



[Ms. Denise reads "Talk and Work It Out"](#)



["Kindness Snippet Jar" reading with Ms. Jean](#)

Generously funded by The Children’s Board of Hillsborough County, in partnership with ELM, HCC, Child Care Licensing & QEES

