



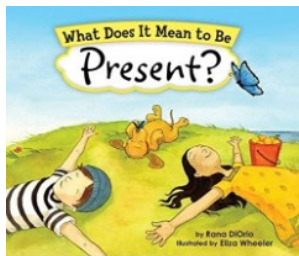
## Socio-Emotional Resource Page 1 of 1

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.

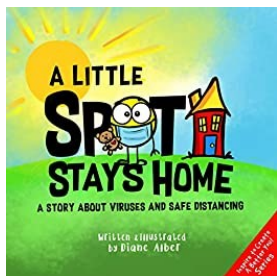
Click on a picture and the text to open a video read aloud, activity, or discussion.

### Safety

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



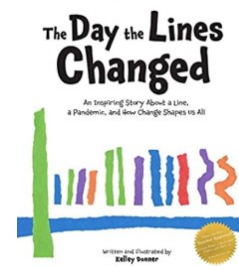
[Read-a-loud with Ms. Amy](#)



[Ms. Jean reads “A Little Spot Stays Home”](#)



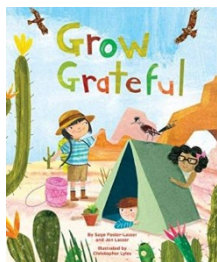
[Ms. Amy reads “The Rabbit Listened”](#)



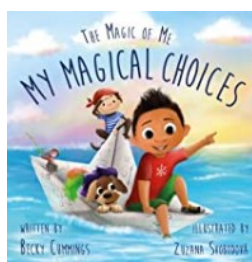
[“The Day the Lines Changed” with Ms. Beth](#)

### Connection

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



[Ms. Jean reads “Grow Grateful”](#)



[Read “My Magical Choices” with Ms. Amy](#)



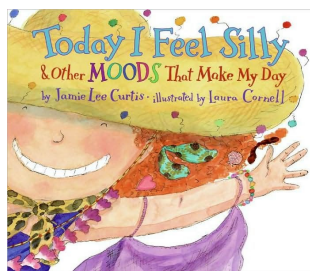
[“Red White and Blue” sing-along with Ms. Beth](#)



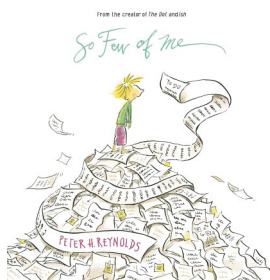
[“Zen Pig” reading and art](#)

### Problem Solving

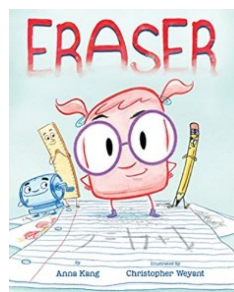
Shifting from children’s reactive behaviors to their ability to adapt to changing situations (resiliency).



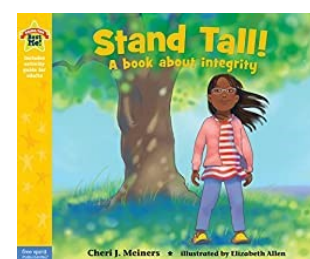
[Read-a-loud with Ms. Jean](#)



[Read “So Few of Me” with Ms. Beth](#)



[Read “Eraser” with Ms. Amy](#)



[“Stand Tall” read-a-loud with Ms. Natasha](#)

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