



# 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.

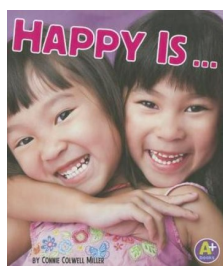
Click on a picture and the text to open a video read aloud, activity, or discussion.

## Safety

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



[Ms. Beth reads "Are You Scared, Jacob?"](#)



[Read "Happy Is..." with Ms. Jean](#)



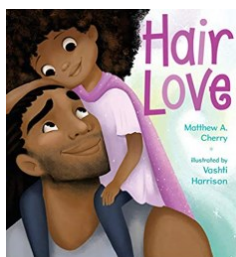
[Ms. Amy reads "Paula and the Pandemic"](#)



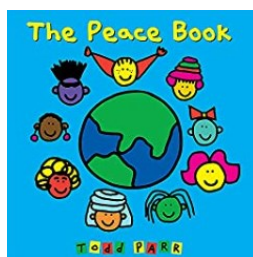
["My Big Dumb Invisible Dragon" with Ms. Beth](#)

## Connection

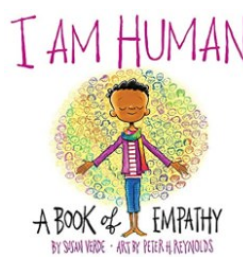
Creating a compassionate culture motivates children to engage in healthy relationships through kindness and being helpful.



[Read-a-loud for "Hair Love" with Ms. Amy](#)



["The Peace Book" read by Ms. Jean](#)



[Read "I Am Human" with Ms. Beth](#)



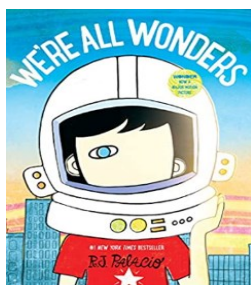
["How to Grow a Friend" tomato watch with Ms. Denise](#)

## Problem Solving

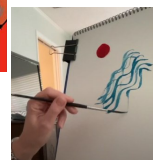
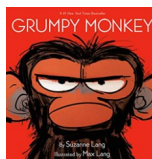
Shifting from children’s reactive behaviors to their ability to adapt to changing situations (resiliency).



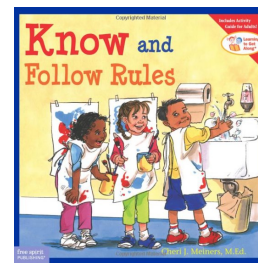
[Ms. Jean and Shubert use 2 positive choices to solve problems](#)



[Ms. Beth reads "We're All Wonders"](#)



[Ms. Amy reads "Grumpy Monkey" and creates calm imagery](#)



["Know and Follow Rules" with Ms. Natasha](#)

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

