



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.

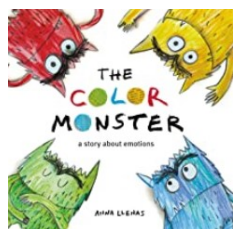
Click on each icon to open a video read aloud, activity or discussion.

Safety

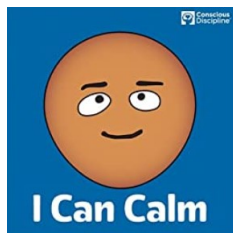
Self-regulation enhances children’s ability to recognize and manage physiological and emotional upset.



Molly’s grandmother helps her use her big voice.



Discussing emotions and challenges.



Fun breathing exercises to calm down.



Good Morning Yoga

Connection

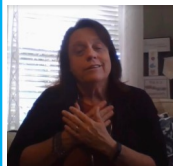
Creating a compassionate culture motivates children to engage in healthy relationships through kindness and being helpful.



“Move and Freeze”



How to help a friend who is upset.



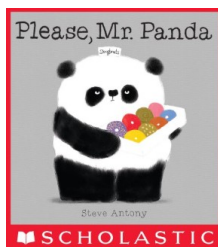
Greetings to connect with friends & family.



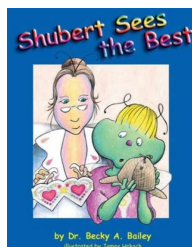
Jack helps Carly keep calm and be successful.

Problem Solving

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



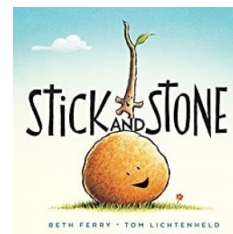
Choosing to use polite words to get needs met.



Seeing the best in people is a choice!



Ravi learns strategies on how to handle his anger.



An unlikely pair solve a problem together.

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

