



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 “Allie All Along” with Ms. Natasha](#)



[Read “Just Ask” with Ms. Amy](#)



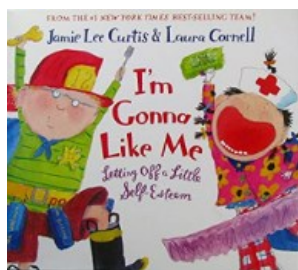
[Ms. Jean reads “A Little Book About Safety”](#)



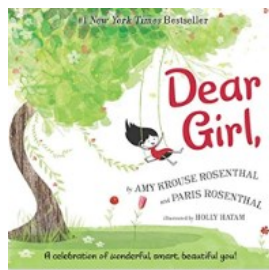
[Learn to “Share and Take Turns” with Ms. Beth](#)

Connection

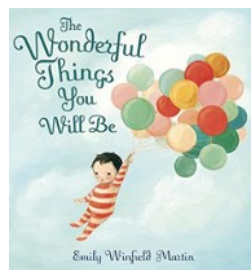
Creating a compassionate culture motivates children to engage in healthy relationships through kindness and being helpful.



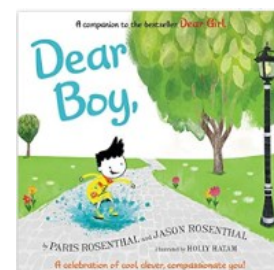
[Read “I’m Gonna Like Me” with Ms. Jean](#)



[Read “Dear Girl,” with Ms. Beth](#)



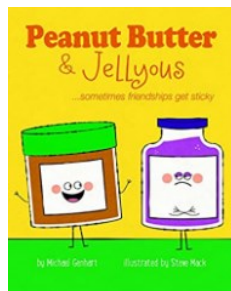
[Read “The Wonderful Things You Will Be”](#)



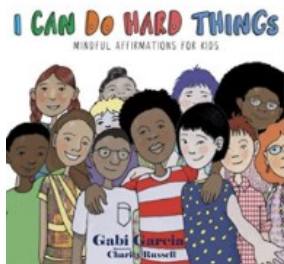
[Read “Dear Boy,” with Ms. Beth](#)

Problem Solving

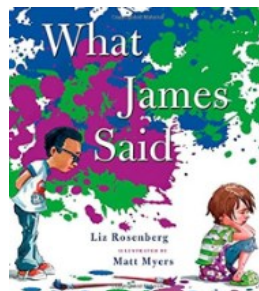
Shifting from children’s reactive behaviors to their ability to adapt to changing situations (resiliency).



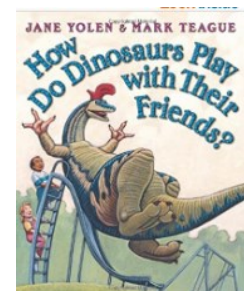
[Ms. Denise reads “Peanut Butter & Jellyous”](#)



[Read “I Can Do Hard Things” with Ms. Amy](#)



[Read “What James Said” with Ms. Beth](#)



[Read “How Do Dinosaurs Play with Their Friends?”](#)