



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

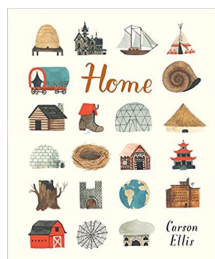
Self-regulation enhances children’s ability to recognize and manage physiological and emotional upset.



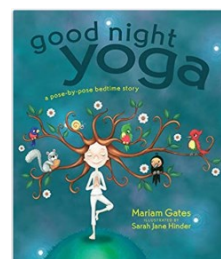
[Making a daily schedule with Ms. Jean](#)



[3 reasons breathing is important!](#)



[Home Read Aloud](#)



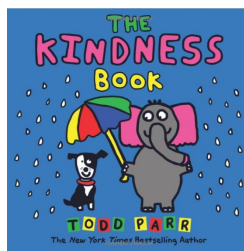
[Good Night Yoga read aloud and poses](#)

Connection

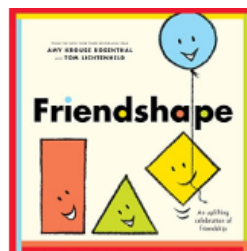
Creating a compassionate culture motivates children to engage in healthy relationships through kindness and being helpful.



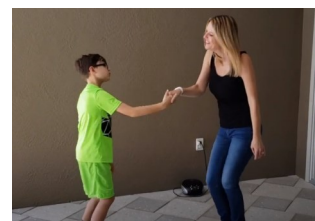
[OK is an ok place to be!](#)



[You can choose to be kind!](#)



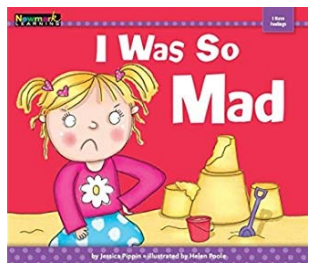
[It’s great to have pals!](#)



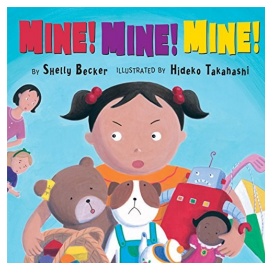
Fun way to [greet](#) each other!

Problem Solving

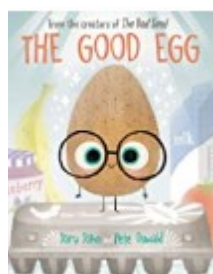
Shifting from children’s reactive behaviors to their ability to adapt to changing situations (resiliency).



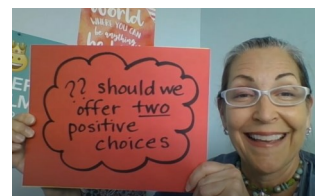
[Mia’s teacher helped her release her anger.](#)



[Learning how to share with Ms. Beth](#)



[What if being too good goes wrong?](#)



[Why offer two positive choices?](#)

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

