

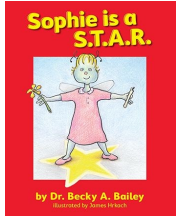
Skill of Composure

Based on Conscious Discipline®

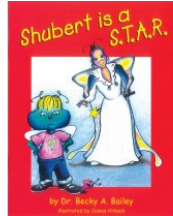
Resource Page 1 of 2

Books

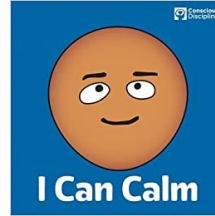
Click on a picture or the text to open a video read aloud.



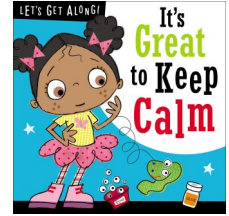
[Sophie is a Star](#)



[Shubert is a Star](#)



[I Can Calm](#)



[It's Great to Keep Calm](#)

Routines, Rituals & Structures

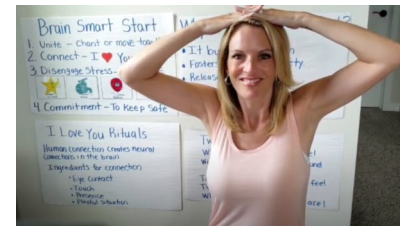
Click on a picture or the text to open a video tutorial, activity, or discussion.



[Safe Place \(Mist & Cream\)](#)



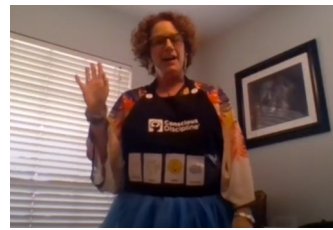
[Friends & Family Board or Album](#)



[Brain Smart Start](#)



[Safekeeper Ritual](#)



[Greeting/Goodbye Ritual](#)

Songs

Click on the underlined text to open a song video or printable lyrics.

Album - **It Starts in the Heart**

[Song #2 - "Get Ready"](#)

[Song #3 - "Welcome"](#)

[Song #11 - "S.T.A.R. Song"](#)

Album - **Kindness Counts**

[Song #3 - "It's Brainsmart Time"](#)

[Song #8 - "Safe Keeper"](#)

[Song #16 - "You Can Relax Now"](#)

Album - **Brain Boogie Boosters**

[Song #2 - "Brain Boogie Boosters"](#)

[Song #6 - "Calm Your Brain"](#)

[Song #14 - "Brain Game"](#)

[Song #15 - "Brain Breaks"](#)

[Song #19 - "Safe and Calm"](#)



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Early Literacy Matters



HCC



Early Education System

Skill of Composure

Based on Conscious Discipline®

Resource Page 2 of 2

Supplemental Books, Mindfulness Practices, Songs and Resources

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

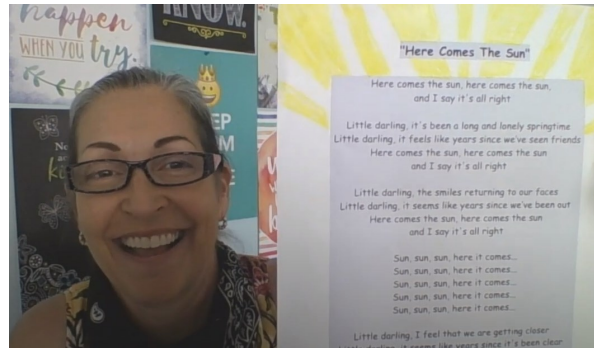
Books

- ★ [A Little Book About Safety](#)
- ★ [B is For Breathe](#)
- ★ [Breathe With Me](#)
- ★ [Breathing Makes it Better](#)
- ★ [Dinosaur Yoga](#)
- ★ [Good Morning Yoga](#)
- ★ [Good Night Yoga](#)
- ★ [Heart Bubbles](#)
- ★ [Hello, Sun!](#)
- ★ [I Am Human](#)
- ★ [I Am Peace](#)
- ★ [I Am Yoga](#)
- ★ [I Can Stay Calm](#)
- ★ [I Was So Mad](#)
- ★ [Llamaste & Friends](#)
- ★ [Mind Bubbles](#)
- ★ [My Magic Breath](#)
- ★ [Ravi's Roar](#)
- ★ [Silence](#)
- ★ [The Peace Book](#)
- ★ [What Does It Mean to Be Present?](#)
- ★ [Yoga Bunny](#)
- ★ [Yoga Friends](#)
- ★ [Zen Pig](#)

Songs



[Mr. Sun](#)



[Here Comes The Sun](#)

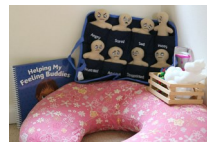
Printable Resources



[Breathing Icons](#)



[Greeting Apron](#)



[Safe Place](#)



[Safe Keeper Box](#)

Brain Smart Start



[Brain Smart Start](#)



[Friends & Family Board](#)



[Take 5 Breathing](#)

Lazy 8 Breathing



[Shapes Breathing](#)



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