



# 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.



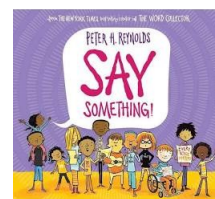
[5 Helpful Hints for Learning at Home](#)



Ms. Jean has a [Safe Place](#)



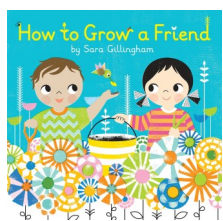
[Hello Sun!](#) and [Yoga with Ms. Beth](#)



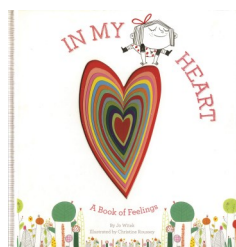
It is important to use your big voice to [Say Something](#)

## Connection

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



[3 steps to growing a friend & Gardening Activity](#)



[A book about feelings \(In My Heart\)](#)



[Mr. Sun sing-a-long!](#)



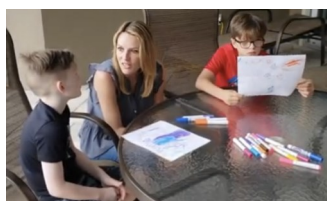
[The Bad Seed](#) & [How to draw it](#)

## Problem Solving

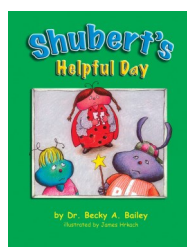
Shifting from children’s reactive behaviors to their ability to adapt to changing situations (resiliency).



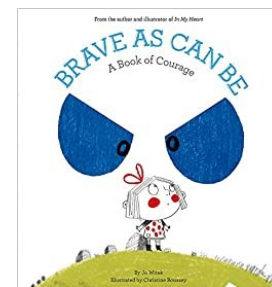
[Ruby Finds a Worry](#) and [solves her problem of worrying](#)



[How to turn tattling into being helpful \(role-play\)](#)



[Shubert solves a problem by being helpful](#)



[Being Brave as Can Be](#) & [Finger Puppets](#)

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