



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

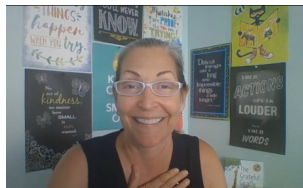
Self-regulation enhances children’s ability to recognize and manage physiological and emotional upset.



[Ms. Amy demonstrates keeping it safe](#)



[Ms. Natasha reads about being afraid](#)



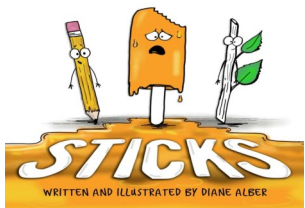
[Ms. Beth practices “heartfulness”](#)



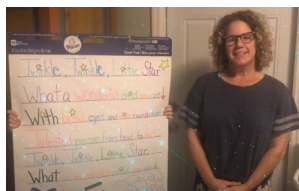
[A calm sensory check-in with Ms. Amy](#)

Connection

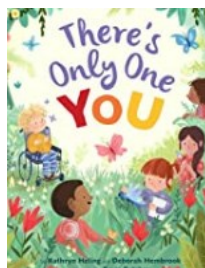
Creating a compassionate culture motivates children to engage in healthy relationships through kindness and being helpful.



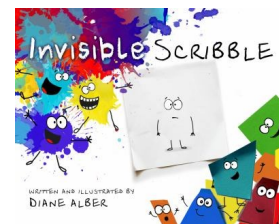
[Ms. Jean demonstrates keeping it safe](#)



[“Twinkle, Twinkle Little Star” I Love You Ritual](#)



[Ms. Beth reads “There’s Only One You”](#)



[Ms. Jean reads “Invisible Scribble”](#)

Problem Solving

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



[“Can Cat and Bird Be Friends?” with Ms. Jean](#)



[Ms. Amy reads “Scratches and Scrapes”](#)



[Ms. Denise reads about anger and does a collage](#)



[Read “The Little Bully” with Ms. Beth](#)

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