



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.



[Bubbles bedtime meditation with Ms. Beth](#)



[Read “I Got the Rhythm” with Ms. Jean](#)



[Read “You Are a Lion!” and other fun yoga poses](#)



[Read “Breathe With Me” and do some guided breathing meditation](#)

Connection

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



[Ms. Amy reads “Pass it On”](#)



[“My Wish for You” read by Ms. Jean](#)



[Read “My Heart” with Ms. Beth](#)



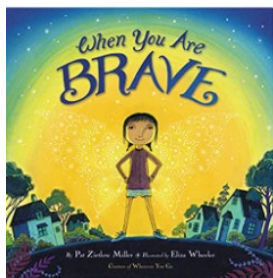
[Ms. Amy reads “Beautiful Hands” and does art exploration](#)

Problem Solving

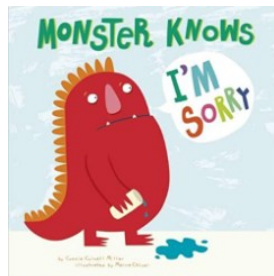
Shifting from children’s reactive behaviors to their ability to adapt to changing situations (resiliency).



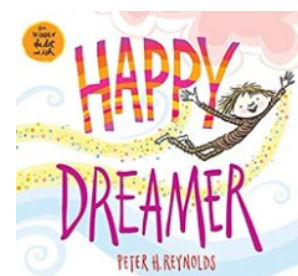
[Role play with Ms. Amy on how to join a group](#)



[“When You are Brave” read-a-loud with Ms. Beth](#)



[Ms. Amy reads, “Monster Knows I’m Sorry”](#)



[Ms. Jean reads “Happy Dreamer”](#)