



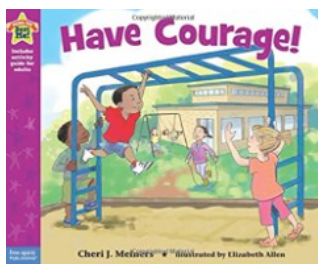
# Socio-Emotional Resource Page 1 of 1

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

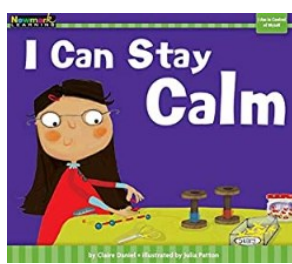
Self-regulation enhances children’s ability to recognize and manage physiological and emotional upset.



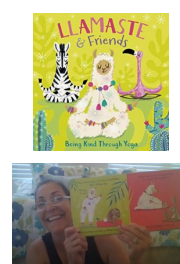
[Ms. Amy reads "Have Courage!"](#)



[Read "Be Careful and Stay Safe" with Ms. Natasha](#)



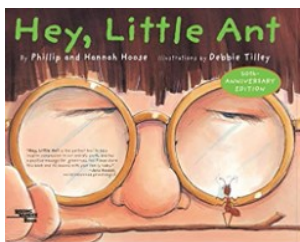
[Ms. Jean reads "I Can Stay Calm"](#)



[Read "Llamaste" and do yoga with Ms. Beth](#)

## Connection

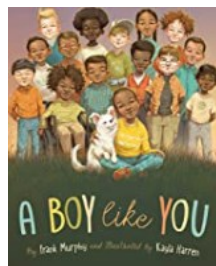
Creating a compassionate culture motivates children to engage in healthy relationships through kindness and being helpful.



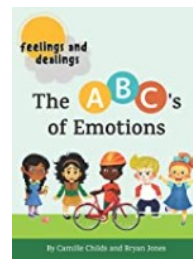
[Read-a-loud with Ms. Jean](#)



[Read-a-loud and rock painting with Ms. Amy](#)



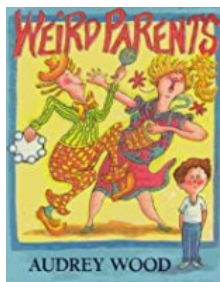
[Read "A Boy Like You" with Ms. Amy](#)



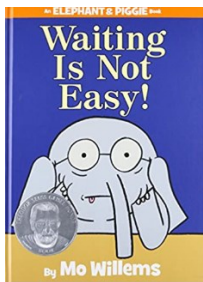
[Ms. Beth reads "The ABC's of Emotions"](#)

## Problem Solving

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



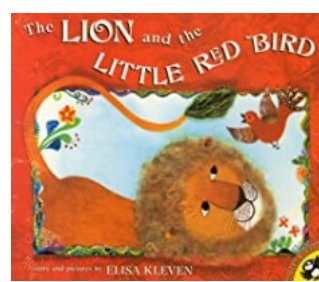
[Read "Weird Parents" with Ms. Jean](#)



[Ms. Beth reads "Waiting is Not Easy!"](#)



[Ms. Amy reads "Respect and Take Care of Things"](#)



[Read "The Lion and the Little Red Bird"](#)

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

