



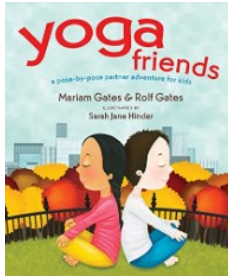
# Socio-Emotional Resource Page 1 of 1

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.

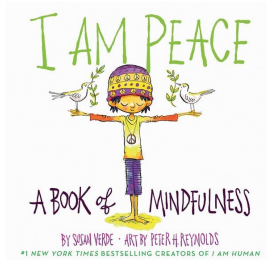
Click on a picture and the text to open a video read aloud, activity, or discussion.

## Safety

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



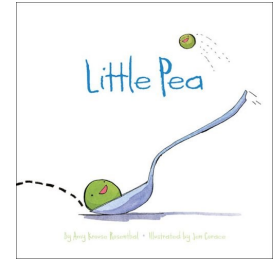
[Yoga with friends is fun!](#)



[Being mindful with Ms. Jean](#)



[Ms. Denise reads a book about sharing](#)



[Ms. Beth reads 'Little Pea'](#)

## Connection

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



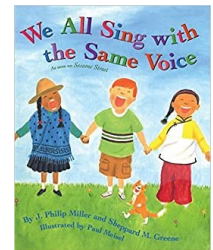
[Ms. Jean reads 'Kindness Starts With You'](#)



[Read 'Be Kind' with Ms. Amy](#)



['Who Let the Kindness Out' sing-a-long](#)



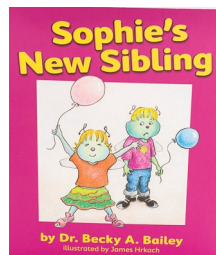
['We All Sing in the Same Voice'](#)

## Problem Solving

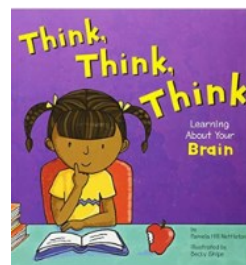
Shifting from children’s reactive behaviors to their ability to adapt to changing situations (resiliency).



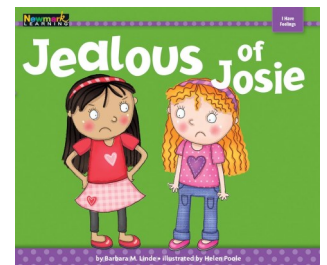
[Read and sing along to 'Sharing Time!'](#)



['Sophie's New Sibling'](#)



[Ms. Amy reads about our amazing brain](#)



[Ms. Natasha reads 'Jealous of Josie'](#)

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