



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.

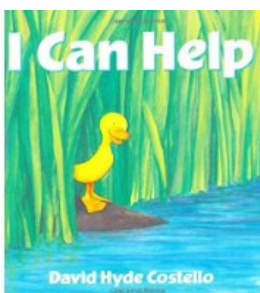
Click on a picture and the text to open a video read aloud, activity, or discussion.

Safety

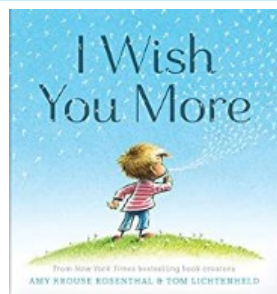
Self-regulation enhances children’s ability to recognize and manage physiological and emotional upset.



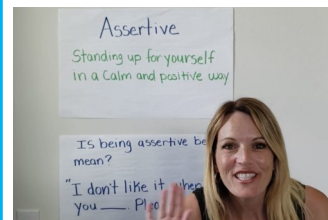
[Ms. Beth reads “Mind Bubbles”](#)



[Ms. Amy reads “I Can Help”](#)



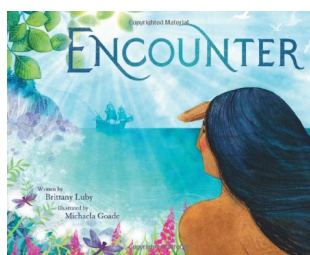
[Read-a-loud with Ms. Jean](#)



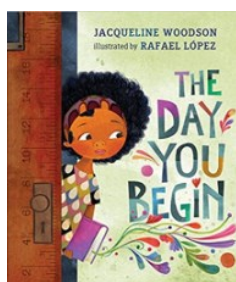
[How to use your “Big Voice” with Ms. Natasha](#)

Connection

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



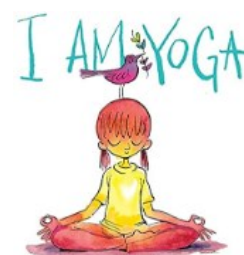
[Ms. Amy reads “Encounter”](#)



[Read a story with Ms. Jean](#)



[“The Invisible String” with Ms. Amy](#)



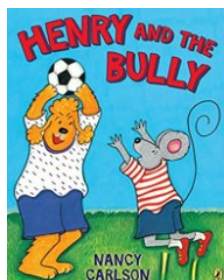
[Ms. Beth reads “I Am Yoga”](#)

Problem Solving

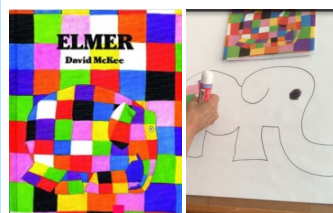
Shifting from children’s reactive behaviors to their ability to adapt to changing situations (resiliency).



[Read “Exclamation Mark” with Ms. Beth](#)



[How Henry solves his bully problem](#)



[Ms. Denise reads “Elmer” and does an art activity](#)



[Read about caring with Ms. Jean](#)

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