



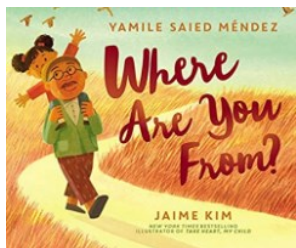
## Socio-Emotional Resource Page 1 of 1

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

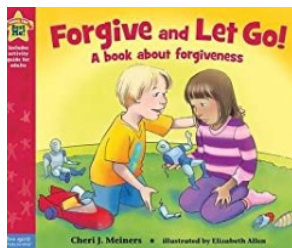
Self-regulation enhances children’s ability to recognize and manage physiological and emotional upset.



[Read “Where Are You From?” with Ms. Amy](#)



[Ms. Jean reads “B is for Breathe”](#)



[Ms. Natasha reads “Forgive and Let Go”](#)



[“Dinosaur Yoga” and poses with Ms. Beth](#)

### Connection

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



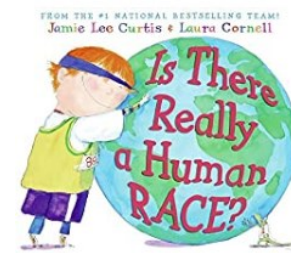
[Ms. Beth reads “Silence”](#)



[Read “Kat and Juju” with Ms. Amy](#)



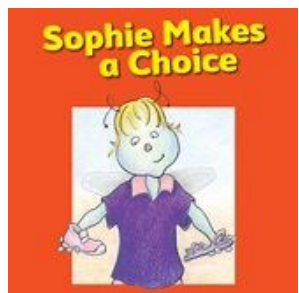
[Ms. Jean reads “A Little Spot of Kindness”](#)



[“Is There Really a Human Race?” with Ms. Beth](#)

### Problem Solving

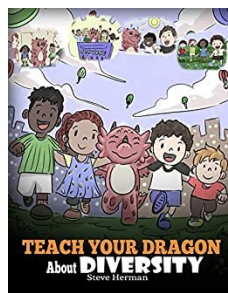
Shifting from children’s reactive behaviors to their ability to adapt to changing situations (resiliency).



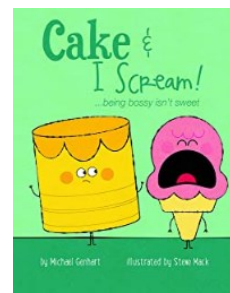
[Read “Sophie Makes a Choice” with Ms. Jean](#)



[Read-aloud with Ms. Beth](#)



[Read “Teach Your Dragon about Diversity”](#)



[“Cake and I Scream!” with Ms. Denise](#)

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