



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.

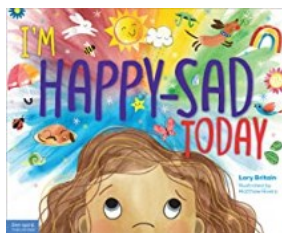
Click on a picture and the text to open a video read aloud, activity, or discussion.

Safety

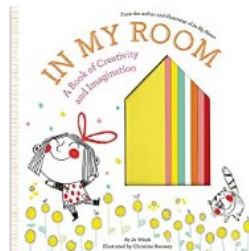
Self-regulation enhances children’s ability to recognize and manage physiological and emotional upset.



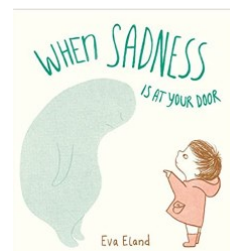
[Ms. Denise reads “Pete the Cat Twinkle Twinkle Little Star”](#)



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



[Ms. Beth reads “In My Room”](#)



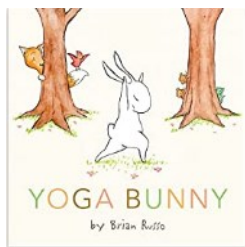
[Read-a-loud with Ms. Amy](#)

Connection

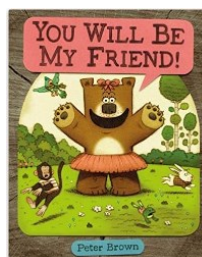
Creating a compassionate culture motivates children to engage in healthy relationships through kindness and being helpful.



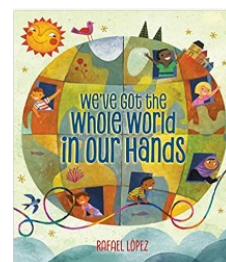
[Take “A Thank You Walk” with Ms. Jean](#)



[Reading “Yoga Bunny” with Ms. Beth](#)



[Ms. Amy reads “You Will Be My Friend”](#)



[Read-a-loud and sing-a-long with Ms. Beth](#)

Problem Solving

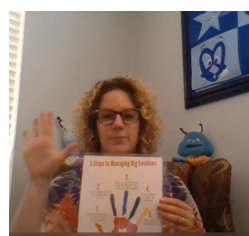
Shifting from children’s reactive behaviors to their ability to adapt to changing situations (resiliency).



[Ms. Beth reads “The Don't Worry Book” & plays a song to relax](#)



[“That's Not Fair” with Ms. Natasha](#)



[Take 5 deep breaths with Ms. Amy](#)



[“It's Ok to Make Mistakes” with Ms. Jean](#)

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