



SCHOOL™
SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

Classroom Group Activity

CALM HEARTS Walking

1. Teacher asks students to sit on the reading rug together in one big circle.
2. Students can alternatively sit at their desks.
3. The teacher says, “Let’s sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready.”
4. Teacher explains that we will learn and practice Calm Hearts Walking.
5. Teacher asks students to raise their hand if they agree that we **SLOW DOWN** at school to help us focus, stay safe, and learn.
6. Teacher asks students where we can **SLOW DOWN** and walk slowly at school (ex. hallways, lunch line, classroom, etc..).
7. Teacher asks students to watch as she/he shows how to do the Calm Hearts Walk:
 - a . Stand nice and tall, feet a little bit apart
 - b . Hands in Calm Hearts (center of chest)
 - c . Alternately step one foot forward slowly and carefully (3 seconds per step)
 - d . Smile during the Calm Hearts Walk
8. Everyone stands and carefully gets into one line. The teacher leads the line.
9. The teacher asks everyone to stand nice and tall, feet a little bit apart with hands in Calm Hearts (at center of chest).
10. The teacher leads the line around the classroom one time, reminding everyone to **SLOW DOWN** and use **Calm Breathing Calm Hearts**. Teacher reminds students to make sure to give their neighbor room who is ahead of them.
11. Calm Hearts Walking ends when the line has circled the room once and students return to their original position (either on the reading rug or seated at the desk).

Notes for Teachers:

1. Remind students that we **SLOW DOWN** with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider using Calm Hearts Walking during your school day (to lunch, from recess, to the library, etc..).

4. Consider posting the image below in your **Calm Hearts Center** and/or in the front of the classroom.

