



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

Classroom Group Activity

Draw Classroom Calm Hearts

Prep ---- Print images #1, #2, and #3 at the bottom of this document or project them onto the white board. These images are visual reference points for teachers to show students to create their own drawing of Classroom Calm Hearts.

1. All students sit on the reading rug or at the desks.
2. The teacher says, "Let's sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready."
3. Teacher gives each student a blank piece of paper and coloring utensils for their drawing.
4. Teacher asks students to use their imagination to think of what Calm Hearts look like in the classroom.
5. Students draw what they envision.
6. Teacher asks the following questions to get started on the drawings:
 - What does your Calm Heart look like when you are learning?
 - What does our classroom look like when all students and teachers have Calm Hearts together?
7. Students take turns sharing their drawings with the class. 🧡✨🧡✨🧡

Notes for Teachers:

1. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
2. Consider creating a **Calm Hearts Center** in your classroom.
3. Posts all drawings of Calm Hearts there.
4. Consider posting the image below (green, blue, and clear Calm Hearts) in your

Calm Hearts Center and in the classroom.



Image #1



Image #2



Image #3

