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Classroom Group Activity

Smiling Calm Hearts for the Lunch Staff

Prep ---- Print the Smiling Calm Heart image at the bottom of this document and make a copy to hand out to each student. Have the names of the school lunch staff ready.

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 writes the names of the lunch staff members on the board and hands every student a paper copy of the Smiling Calm Heart image (below).
5. Teacher asks students to imagine standing in the lunch staff's shoes each day as they work hard to serve us our food and drinks at school.
6. Teacher writes **EMPATHY** on the board and reviews that **EMPATHY** means to imagine how others feel AND show kindness to them.
7. Next, the teacher asks the students to draw or write something on the Smiling Calm Heart paper to show **EMPATHY** and kindness for the lunch staff.
8. Present the Smiling Calm Heart drawings to the lunch staff as a group.

Notes for Teachers:

1. Remind students that we have **EMPATHY** with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider taking a photo of the class and the lunch staff together and posting the photo inside the classroom.
4. Consider posting the image below in your **Calm Hearts Center** and/or in the front of the classroom.



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