



**SCHOOL**<sup>TM</sup>  
SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

## Classroom Group Activity

### Student-led Exercises

Prep ---- Review the SCHOOL Meditation below\* to show students.

1. Teacher asks students to sit together in one big circle on the reading rug.
2. Students can alternatively sit at their desks.
3. Teacher says, “Let’s sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready.”
4. Teacher writes the word **PEACEFUL** on the whiteboard.
5. Teacher asks if anyone knows the definition of **PEACEFUL**.
6. Teacher reviews that **PEACEFUL** means to be nice and kind to ourselves and others with Calm Breathing Calm Hearts.
7. Next, the teacher asks for a volunteer to come up to the front of the class to lead a SCHOOL Meditation that helps us feel **PEACEFUL**.  
\*\*\*\*Reassure students that more people will have a chance to lead an exercise in the next lesson.
8. \*Teacher demonstrates a SCHOOL Meditation while sitting in Easy Pose.  
Hands move in the following pattern with the words:
  - Our Hearts** – hands are in the Calm Hearts gesture at the center of the chest
  - Are** – hands lower to knees with thumbs and index fingers touching
  - Calm** – thumbs and middle fingers touch
  - Today** – thumbs and ring fingers touch with “To” and thumbs and little fingers touch with “day”

End the **SCHOOL Meditation** by placing hands in the Calm Hearts gesture at the center of the chest with one Calm Breath in and one Calm Breath out

9. Students take turns leading the SCHOOL Meditation. 🧡✨🧡✨🧡

**Notes for Teachers:**

1. Remind students that we are **PEACEFUL** 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 students leading the exercise and posting the photo inside the classroom.
4. Consider posting the image below (Freya and Fernando) in your **Calm Hearts Center** and/or in the front of the classroom.



