



SCHOOL™

SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

Classroom Group Activity

Kind Friends, Kind Words

Prep ---- Write each student's name on a small piece of folder paper. Place all names (including your own!) in a container for students to pick. Have a few examples of kind words written on the board or be prepared to verbally share the examples of kind words.

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 asks each student to come up to the front of the room and draw a name from the container.
5. Teacher asks students to write or think of **KIND WORDS** to say to the classmate that they selected from the container.
6. Next, the teacher asks each student to say or share the written **KIND WORDS** with their classmate. Each student shares one at a time so that everyone can benefit from the **KIND WORDS**.
7. Each student can hold the Calm Heart object when they say their **KIND WORDS** to their classmate.
8. Encourage students to make nice eye contact with their classmates and smile.



Notes for Teachers:

1. Remind students that **KIND WORDS** are easier to say or write with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider posting the image below in your **Calm Hearts Center** and/or in the front of the classroom.

Calm Pasadena



Partly Cloudy

Kind Words

71°



Thursday TODAY

77 58

Now 12PM 1PM 2PM 3PM 4PM



71° 72° 74° 75° 76° 76°

Friday  76 59

Saturday  77 57