



SCHOOL™
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Classroom Group Activity

Calm Hearts for Animals

Prep ---- Print the Smiling Calm Hearts image at the bottom of this document and make copies to give to each student. Gather images of animals to show students and include 1) mammals (dogs, cats, squirrels), 2) insects (butterflies, grasshoppers), 3) birds (hummingbirds, eagles), 4) reptiles (lizards, turtles) and 5) marine animals (dolphins, seals).

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 students to raise their hand if they think being **KIND** is a good choice. She/he reminds everyone that being **KIND** helps us learn.
5. Teacher reviews that we can be **KIND** to people and animals.
6. Teacher shows the different types of animals listed above to the students.
7. Next, the teacher can ask students to either:
 - a. Draw the animals that the student will be **KIND** to
 - b. Write the first letter of the animal that the student will be **KIND** to
 - c. Write the name of the animal that the student will be **KIND** to
 - d. Write how the student can take care of the environment in order to be **KIND** to the animals (recycle, don't pollute, conserve water)
8. Students share their drawings and/or writings with the class. 🧡✨🧡✨🧡

Notes for Teachers:

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



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