



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

Classroom Group Activity

Card for the Cross Guard

Prep ---- Be prepared to project the image of the Calm Breathing Calm Hearts image at the bottom of this document to show the class. Also, have a blank piece of paper ready to hand out to each student. Have the name of the school cross guard ready. If your school does not have a cross guard, choose a staff member who helps keep everyone safe.

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 cross guard's name on the board and projects the Calm Breathing Calm Hearts image (located below).
5. Teacher also asks if being **PATIENT** until the cross guard signals it is safe to walk across the street is a good choice.
6. Teacher writes **PATIENT** on the board and reviews that **PATIENT** means to wait with Calm Breathing Calm Hearts.
7. Next, the teacher asks the students to create a card for the cross guard to show that they will be **PATIENT** until the cross guard signals they can cross the street.
8. Teacher gathers the student's cards to give to the cross guard. If there is a chance to deliver the cards before the school day ends and to take a photo of delivering the cards, that would be great!



Notes for Teachers:

1. Remind students that we are **PATIENT** 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 cross guard together and posting the photo inside the classroom.
4. Consider posting the image below (Maddie) in your **Calm Hearts Center** and/or in the front of the classroom.



Calm 💕💕💕
Patient

