



SCHOOLTM
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 words **SLOWING DOWN** and **FOCUS** on the whiteboard.
5. Teacher asks if anyone knows the definitions of **SLOWING DOWN** and **FOCUS**.
6. Teacher reviews that **SLOWING DOWN** means not moving fast and **FOCUS** means paying attention to what we are doing, saying, and thinking 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 to **SLOW DOWN** and **FOCUS**. Take as many volunteers one at a time as time allows.
8. *Teacher demonstrates a SCHOOL Meditation while sitting in Easy Pose.
Hands move in the following pattern with the words:
 - Calm** – hands are on the knees with thumbs and index fingers touching
 - Brain** – hands are on the knees with thumbs and middle fingers touching
 - Calm** – hands are on the knees with thumbs and ring fingers touching

Hearts – hands are on the knees with thumbs and little fingers touching

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 can **SLOW DOWN** and **FOCUS** 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 (Blossom Water) in your **Calm Hearts Center** and/or in the front of the classroom.

Slowing Down
and
Focus
Calm Hearts

