



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

## Classroom Group Activity

### GIVING to OUR CUSTODIANS

Prep ---- Print the Generosity Calm Heart image below and make copies to give to each student. Have the names of the school custodian(s) ready.

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 writes the name(s) of the school custodians on the board.
5. Teacher asks students to think of simple things the class can give to the custodian(s). Examples of ways to be **GENEROUS** are to give a smile, wave or kind words like “Thank you.”
6. Next, the teacher asks students to return to their desks and create a drawing of what we can give to the custodian(s).
7. Make sure to include Calm Hearts in each drawing.
8. Teachers remind students that **GENEROUS** means to give with Calm Hearts, giving just to be nice.
9. Present the cards to the custodian(s) as a group. 🧡+✨🧡+✨🧡

### Notes for Teachers:

1. Remind students that being **GENEROUS** is easier 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 custodian(s) together and posting the photo inside the classroom.
4. Consider posting the image below in your **Calm Hearts Center** and/or in the front of the classroom.

Calm Breathing Calm Hearts

✨❤️ Generous 💙✨



Milk Chocolate Covered Marshmallows

# Generosity

