



SCHOOLTM
SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

Classroom Group Activity

Student-led Exercises

Prep ---- Review the suggested Seated Arm Patten exercise below* or create your own to demonstrate to 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 word **HARMONY** on the whiteboard.
5. Teacher asks if anyone knows the definition of **HARMONY**.
6. Teacher reviews that **HARMONY** means to get along and be peaceful with others with Calm Breathing Calm Hearts.
7. Next, the teacher asks for a volunteer to come up to the front of the class to lead the group in a Seated Arm-Hand Pattern that highlights **HARMONY**. ***Reassure students that more people will have a chance to lead an exercise in the next lesson.
8. *Teacher demonstrates a Seated Arm-Hand Pattern that highlights **HARMONY**:
 - Calm** – hands placed on tops of thighs
 - Hearts** – Calm Hearts gesture at the center of the chest
 - Add** – hands touch opposite shoulders
 - Harmony** – both hands in slightly in front of the body in the peace sign (index and middle fingers up with thumbs holding ring and little fingers down)

9. Students take turns leading their own Seated Arm Hand Pattern or using the one demonstrated by the teacher. The example used in the 7.3 Follow-up lesson, Lady Talking, is also an option. 🧡✨🧡✨🧡

Notes for Teachers:

1. Remind students that we add **HARMONY** 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 (Lady Talking) in your **Calm Hearts Center** and/or in the front of the classroom.

