



**SCHOOL**<sup>TM</sup>  
SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

## Classroom Group Activity

### Teacher-led Exercises

Prep ---- Review the Calm Breathing Calm Hearts exercise below\* and be prepared to lead students in this exercise.

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 **PEACEFUL** and **FOCUS** on the whiteboard.
5. Teacher asks if anyone knows the definitions of **PEACEFUL** and **FOCUS**.
6. Teacher reviews that **PEACEFUL** means that we are kind to ourselves and others, and **FOCUS** means paying attention to what we are doing, saying, and thinking with Calm Breathing Calm Hearts.
7. Next, the teacher says they will lead everyone together in seven rounds of Calm Breathing Calm Hearts.
8. Teacher explains that practicing Calm Breathing Calm Hearts every day helps us to be **PEACEFUL** and **FOCUSED**.
9. \*Teacher sits in Easy Pose in a chair or on the floor with students:
  - a) Teacher shows that the hands are in the Calm Hearts gesture at the center of the chest
  - b) Teacher reminds everyone that their eyes are open
  - c) Teacher reminds everyone that Calm Breathing is only through the nose (not the mouth)
  - d) Teacher says, "Calm Breath in (then the teacher takes a Calm Breath in)"
  - e) Teacher says, "Calm Breath out (then the teacher takes a Calm Breath out)"




f) Teacher repeats these two sentences seven times

10. End the Calm Breathing Calm Hearts practice with the teacher asking everyone to share their Calm Hearts with everyone in the classroom. Everyone turns to their neighbors (and everyone in the class) and shows their hands in the Calm Hearts gesture. 🧡✨🧡✨🧡

**Notes for Teachers:**

1. Remind students that we can be PEACEFUL and FOCUS with Calm Breathing Calm Hearts.
2. Remind students that we practice Calm Breathing Calm Hearts to open our LEARNING together.
3. Consider leading seven rounds of Calm Breathing Calm Hearts every day!
4. Consider posting the image below (Earring) in your Calm Hearts Center and/or in the front of the classroom.



Calm     
Focused and  
Peaceful

