



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

Classroom Group Activity

Student-led Exercises

Prep ---- Review the Calm Breathing Calm Hearts exercise below* and be prepared to support students as they lead 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 **HELPING OTHERS** on the whiteboard.
5. Teacher asks if anyone knows the definition of **HELPING OTHERS**.
6. Teacher reviews that **HELPING OTHERS** means that we do something to show we care for others with Calm Breathing Calm Hearts.
7. Teacher explains that we can think better and see ways to **HELP OTHERS** with Calm Breathing Calm Hearts.
8. Next, the teacher asks for a volunteer to come up to the front of the class to lead the group in **THREE** rounds of Calm Breathing Calm Hearts.
9. *Volunteer student sits in Easy Pose in a chair or on the floor with students (Please note – each student leads only **THREE** Calm Breaths with a maximum of three volunteers leading directly after one another. A maximum of nine Calm Breaths is suitable for youth in one sitting):
 - a) Student shows that the hands are in the Calm Hearts gesture at the center of the chest
 - b) Student reminds everyone that their eyes are open and we breathe only through the nose
 - c) Student says, “Calm Breath in (then the student takes a Calm Breath in)

d) Student says, "Calm Breath out (then the student takes a Calm Breath out)

e) Student repeats these two sentences THREE 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 **HELP OTHERS** with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider asking three students to lead three rounds of Calm Breathing Calm Hearts every day!
4. Consider posting the image below (Sandwiches) in your **Calm Hearts Center** and/or in the front of the classroom.



Calm
Help Others



You are
Important!!

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