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## Classroom Group Activity

### List Healthy Food Choices

Prep ---- Print the Calm Hearts and fruits image at the bottom of this document and make a copy to hand out to each student. Have 8 images of healthy foods ready to share with students (two healthy foods for 1) breakfast 2) lunch 3) snack and 4) dinner - drinks can be included).

1. All students sit on the reading rug or at the desks.
2. The teacher says, "Let's sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready."
3. Teacher calls on students to offer suggestions for two healthy foods for 1) breakfast 2) lunch 3) snack and 4) dinner. Drinks can also be included.
4. Teacher writes the list of eight healthy food choices on the board or shows images of the food choices.
5. Once the list is complete students draw/color the foods and drinks on their own.
6. Teachers ask students to write **GOOD CHOICES** on their paper (as age appropriate).
7. Teachers ask students to include **CALM HEARTS** in their drawing.
8. Students take turns sharing their drawings with the class. 🧡✨🧡✨🧡

### Notes for Teachers:

1. Remind students that we make **GOOD CHOICES** with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider posting students' drawings in your classroom.
4. Post the image below in your **Calm Hearts Center** and/or the front of the room.



Good choices 🍏🍉🍊🍓  
Calm Breathing Calm Hearts



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