



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

Classroom Group Activity

Careful Writing

Prep ---- Students will need paper and a writing utensil. Choose one of the suggestions below depending on the age of your students.*

1. Students sit at their desks.
2. Teacher says, "Let's sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready."
3. Teacher explains that we will practice careful writing.
4. Teacher writes **CAREFUL** on the board and asks students for the meaning of the word.
5. Teacher reviews that **CAREFUL** means to be peaceful and focused with Calm Breathing Calm Hearts.
6. Teacher reminds the students that there are many ways to be **CAREFUL** such as how we move, speak, write, think, and learn.
7. *Next, the teacher asks the students to practice writing **CAREFULLY**. Depending upon the age of the students, suggestions are:
 - a . Practice writing the letter "C"
 - b . Practice writing the word "Careful"
 - c . Practice writing sentences such as "We are careful today" and "Calm Hearts are careful"
 - d . Practice writing a short paragraph describing one way to be careful at school
8. Teacher asks students to share their work with the class.



Notes for Teachers:

1. Remind students that we are **CAREFUL** with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider posting the students' work in the classroom.
4. Consider posting the image below (Freya and the Laptop) in your **Calm Hearts Center** and/or in the front of the classroom.

