Classroom Group Activity

Student-led Exercises

Prep ---- Review the suggested Seated Arm Patten exercise below* or create your own to demonstrate to students. Please note that for very young students, substitute "Try Again" for "Perseverance."

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 PERSEVERANCE on the whiteboard.
5. Teacher asks if anyone knows the definition of PERSEVERANCE.
6. Teacher reviews that PERSEVERANCE means to try again 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 PERSEVERANCE. ****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 PERSEVERANCE:

> Calm – hands in Calm Hearts gesture at the center of the chest
> Hearts – hands in Calm Hearts gesture overhead
> Have – arms up in a "V" shape
> PERSEVERANCE – arms and hands down with hands on opposite knees
>
> Or

> Calm – hands in Calm Hearts gesture at the center of the chest
> Hearts – hands in Calm Hearts gesture overhead
> Try – arms up in a "V" shape
> Again – arms and hands down with hands on opposite knees

9. Students take turns leading their own Seated Arm Hand Pattern or using the one demonstrated by the teacher. The examples used in the 5.3 Follow-up lesson on Snorkeling are also options. 💛✨💛✨💛

Notes for Teachers:

1. Remind students that we have PERSEVERANCE 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 (Snorkeling) in your Calm Hearts Center and/or in the front of the classroom.

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Calm 💙💙💙
Perseverance