



**SCHOOL**<sup>TM</sup>  
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## Classroom Group Activity

### Holding Rainbows

Prep ---- Print the rainbow image at the bottom of this document and make copies to give to each student. Have ready something that you personally will try again and again to do with Calm Breathing Calm Hearts.

1. Teacher asks students to sit on the reading rug together in one big circle.
2. Students can alternatively sit at their desks.
3. The teacher says, "Let's sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready."
4. Teacher asks students to raise their hand if they remember what **PERSEVERANCE** means. She/he reminds everyone that **PERSEVERANCE** means to try again and again with Calm Breathing Calm Hearts. **PERSEVERANCE** helps us learn.
5. Teacher asks students to share something that they will try again and again with **Calm Breathing Calm Hearts** (preferably at school but can be beyond school).
6. Teacher shares something that she/he personally will try again and again with **Calm Breathing Calm Hearts** and includes that she/he will have **PERSEVERANCE**.
7. Next, teachers make connections to show that many students have similar things that they will try again and again. We all need to have **PERSEVERANCE** to learn (in every grade and with every age).
8. Teacher asks students to draw themselves holding up the rainbow image below to show that they have **PERSEVERANCE**.
9. Make sure to include Calm Hearts in the drawings.
10. Students take turns sharing their drawings with the class. 🧡✨🧡✨🧡

### 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 posting the image below in your **Calm Hearts Center** and/or in the front of the classroom.



Calm



Perseverance



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