



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

Classroom Group Activity

Smiles for the Office Staff

Prep ---- Have the names of the office staff ready. 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 writes **EMPATHY** on the board and asks students for the meaning of the word.
4. Teacher reviews that **EMPATHY** means to imagine how someone is feeling and show kindness to them with Calm Breathing Calm Hearts.
5. Teacher reminds the students that the office staff works very hard for everyone at the school each day. The teacher shares the names of the office staff with students.
6. Teacher asks everyone to imagine working in the busy office of their school and how it might feel to be very busy helping teachers, students, and parents.
7. Teacher reminds everyone that one way to show kindness to the office staff members is to smile at them when we pass by the office area.
8. To show **EMPATHY** to the office staff, the teacher asks students to create a drawing or write a note to give to the office staff.
9. *Depending upon the age of the students, suggestions for drawings or notes to show **EMPATHY** are:
 - a. Draw a picture of a big smiling face with many Calm Hearts

b . Write a note conveying gratitude to the office staff (make sure to draw smiles and Calm Hearts)

10. Present the Smiling Calm Heart drawings and notes to the office staff as a group.



Notes for Teachers:

1. Remind students that we have **EMPATHY** with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider posting images of students' presenting their drawings and notes to the office staff in the classroom.
4. Consider posting the image below (Café) in your **Calm Hearts Center** and/or in the front of the classroom.



Calm ❤️❤️
have
Empathy 😊❤️