



# SCHOOL™

SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

## Classroom Group Activity

### Thank You Card for the Principal

Prep ---- Create a list of names of all support staff at your school. The list should include the Principal, Office Staff, Custodian, Nurse, Lunch Staff, Librarian, Cross Guard, etc..

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 writes the principal’s name on the board and/or shows a photo.
4. Note - later activities will include the other staff members on the list.
5. Teacher draws a large heart on a piece of paper and writes CALM HEARTS inside the heart. The paper size should be a minimum of 8.5 x 11 (larger is best).
6. Teacher writes “Thank you for helping us (name of principal)!” on the paper.
7. Students take turns writing their name on the paper.
8. Younger students may draw something simple rather than write their names.
9. Present the large card to the principal as a group. 🧡+🧡+🧡+🧡+🧡

### Notes for Teachers:

1. Remind students that we FOCUS AND HELP OTHERS with Calm Breathing Calm Hearts.
2. Remind students that the principal must focus on her/his work to help everyone have a good day at school and that we are grateful for her/him.
3. Remind students that we practice Calm Breathing Calm Hearts to open our LEARNING together.
4. Consider taking a photo of the class and the principal together and posting the photo inside the classroom.
5. Consider posting the image below in your Calm Hearts Center and/or the front of the room.



Calm 🧡🧡🧡

Focus 🦋 ✨

Help Others

🦋🦋 ✨ ✨ ✨ ✨