



SCHOOL™

SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

Classroom Group Activity

Become an Author

Prep ---- Have paper, writing, and drawing utensils ready.

1. Teacher asks students to sit at their 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 word **PERSEVERANCE** on the whiteboard. For young students, such as in Kindergarten, write **TRY AGAIN** instead.
4. Teacher asks: When we get mad or frustrated, what can help us **PERSEVERE** or **TRY AGAIN**?
5. Teacher reminds everyone that we learn more when we **PERSEVERE** or **TRY AGAIN** with Calm Breathing Calm Hearts.
6. Teacher explains that writing a book takes **PERSEVERANCE** or that we **TRY AGAIN**, because writers keep working to finish the book even when it is difficult.
7. Teacher asks students what they would like to write a book about.
8. Teacher asks students to draw a picture of what their book will be about.
9. Teacher asks older students to write a paragraph on what their book will be about. They can also create a title for their book.
10. Teacher asks students to show their drawings or read their paragraphs to the class.
11. Teacher asks students to raise their hands if they will have **PERSEVERANCE** or **TRY AGAIN** when learning is difficult.
12. Display the drawings and writings in the classroom for all to enjoy. 💛✨💛✨💛

Notes for Teachers:

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



Try Again
Perseverance

