



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

Classroom Group Activity

Teacher-led Exercise – Calm Hearts Circle

Prep and Exercise Details---- The exercise below involves everyone sitting in a circle with their hands in the Calm Hearts gesture. The group repeats the following sentence together:

“Calm Breathing Calm Hearts take care of Me and We.”

Keep hands in the Calm Hearts gesture for the words, **“Calm Breathing Calm Hearts take care of Me and...”** When the group says **“We,”** everyone holds hands with the people next to them in the circle.

Older students who prefer not to hold hands can turn toward those around them and show their Calm Hearts gesture instead.

After saying **“We,”** everyone returns their hands to the Calm Hearts gesture at the center of the chest before repeating the sentence.

Repeat this sentence with hand movements at least 8 times.

1. Teacher asks students to sit together in one big circle on the reading rug. Teachers can either sit on the rug with the students or in a chair as part of the circle.
2. Students can alternatively sit at their desks. Teacher sits at the front of the class.
3. Teacher says, **“Let’s sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready.”**
4. Teacher reminds everyone that **Me and We** are important for learning.

5. Teacher asks if students should take care of themselves (Me).
6. The teacher asks students for examples of how they take care of themselves (Me) at school.
7. Teacher asks if students should take care of everyone in the classroom (We).
8. The teacher asks students for examples of how they take care of others (We) at school.
9. Teacher asks everyone to repeat, "Calm Hearts take care of Me and We."
10. Teacher explains the exercise instructions above.
11. Everyone begins repeating the sentence with the hand gestures described above. Repeat at least 8 times.
12. **End the exercise with 3 rounds of Calm Breathing Calm Hearts practice.** Everyone keeps their hands in the Calm Hearts gesture.


Notes for Teachers:

1. Remind students that it is a good choice to take care of **ME** and **WE** with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider repeating this exercise a few times during the week and beyond!
4. Consider posting the image below (Chair) in your **Calm Hearts Center** and/or in the front of the classroom.



♥Calm Hearts♥
Me and We

