



SCHOOLTM

SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

Classroom Group Activity

Drawing the Look of Patience

Prep ---- Students will need paper and a writing utensil. Depending on their age, students will either draw a picture or write a paragraph.

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 **PATIENT** on the board and asks students what the word means.
4. Teacher reviews that **PATIENT** means to wait with Calm Breathing Calm Hearts.
5. Teacher asks everyone to think of their favorite healthy food.
6. Teacher asks everyone to imagine the lunchroom staff members are preparing their favorite food today.
7. Next, everyone imagines that the food is taking longer than usual to prepare. The lunchroom staff members are working hard, and everyone has to wait.
8. Teacher asks students to create a drawing or write a paragraph showing what it looks and feels like to be **PATIENT** while waiting for their favorite food.
9. Choose one or more of these prompts for your students:
 - a. Draw or describe how you feel when you are **PATIENT** while waiting in the lunch line or at home.

b. Show how your **PATIENCE** might make the lunch staff and the people around you feel.

c. Write about the positive things that can happen when you are **PATIENT** in the lunchroom or at home.

10. Consider sharing the drawings and paragraphs with the lunchroom staff to show appreciation. You can also display the students' work in the classroom and invite staff members to view it.



Notes for Teachers:

1. Remind students that we are **PATIENT** with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider displaying photos in the classroom of students sharing their drawings and paragraphs with the school lunch staff, or of staff members viewing the students' work.
4. Consider posting the image below (Nighttime Snack) in your **Calm Hearts Center** and/or in the front of the classroom.



Patient



Calm
Breathing
Calm
Hearts

