



SCHOOLTM

SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

Classroom Group Activity

Classroom Library of Kind Words

Prep ---- Think about a creative way to display a library of kind words in your classroom. Perhaps use a large paper heart on the wall, with the kind words students suggest written on it for all to see.

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 **KIND WORDS** on the board and asks students for the meaning of the word.
4. Teacher reviews that **KIND WORDS** are nice things to say to someone with Calm Breathing Calm Hearts.
5. Teacher asks students for kind words to say to classmates, teachers, the principal, family members, and animals.
6. Teacher writes the kind words on a location everyone can refer to throughout the school day (ex. large heart-shaped paper on the wall).
7. Teacher asks students to repeat 2- 4 selected kind words, then asks them to repeat the kind words in a sentence.
8. For example, **KIND WORDS**: Thank you. **KIND WORDS in a sentence**: Thank you for being a good friend.
9. Repeat this activity of selecting and repeating 2 – 4 kind words every day that same week.
10. Keep your creative way of showcasing the Classroom Library of **KIND WORDS** throughout the school year.



Notes for Teachers:

1. Remind students that we use **KIND WORDS** with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider giving rewards or accolades to students you hear saying **KIND WORDS** during the school day.
4. Consider posting the image below (Dentist) in your **Calm Hearts Center** and/or in the front of the classroom.



Calm
💙💙💚💚
Kind
Words