



SCHOOL™
SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

Classroom Group Activity

Student-led Exercises

Prep ---- Review the suggested Seated Arm-Hand Pattern exercise below or create your own to demonstrate to students.**

1. Teacher asks students to sit together in one big circle on the reading rug.
2. Students can alternatively sit at their desks.
3. Teacher says, “Let’s sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready.”
4. Teacher writes the words **GOOD CHOICES** on the whiteboard.
5. Teacher reminds the group that we like to make **GOOD CHOICES** with Calm Breathing Calm Hearts.
6. Teacher asks students to give suggestions of **GOOD CHOICES**:
 - In the classroom
 - On the playground
 - During lunch
 - During an assembly
 - At home
7. Teacher writes the five categories on the whiteboard and adds the suggestions under each.
8. Teacher asks for a volunteer to come up to the front of the class to lead the group in a Seated Arm-Hand Pattern that highlights **GOOD CHOICES**.

9. Teacher asks the student at the front of the class to choose one of the five places listed above. Everyone repeats the GOOD CHOICES suggested for that place together.
10. **Teacher and student lead the class in the following Seated Arm-Hand Pattern:
 - Calm** – hands interlace on the top of the head
 - Hearts** – Calm Hearts gesture overhead
 - Make** – roll hands in small circles in fists in front of chest
 - GOOD CHOICES** – both hands slightly in front of the body with thumbs up
11. Teacher calls on four more students to come to the front of the class. Each student creates their own Seated Arm-Hand Pattern or uses the one the teacher demonstrated. 🧡💫🧡💫🧡💫

Notes for Teachers:

1. Remind students that we make **GOOD CHOICES** with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider taking a photo of students leading the exercise and displaying it inside the classroom.
4. Consider posting the image below (GLUE) in your **Calm Hearts Center** and/or in the front of the classroom.



Good
Choices

