SCHOOL™

SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

Classroom Group Activity

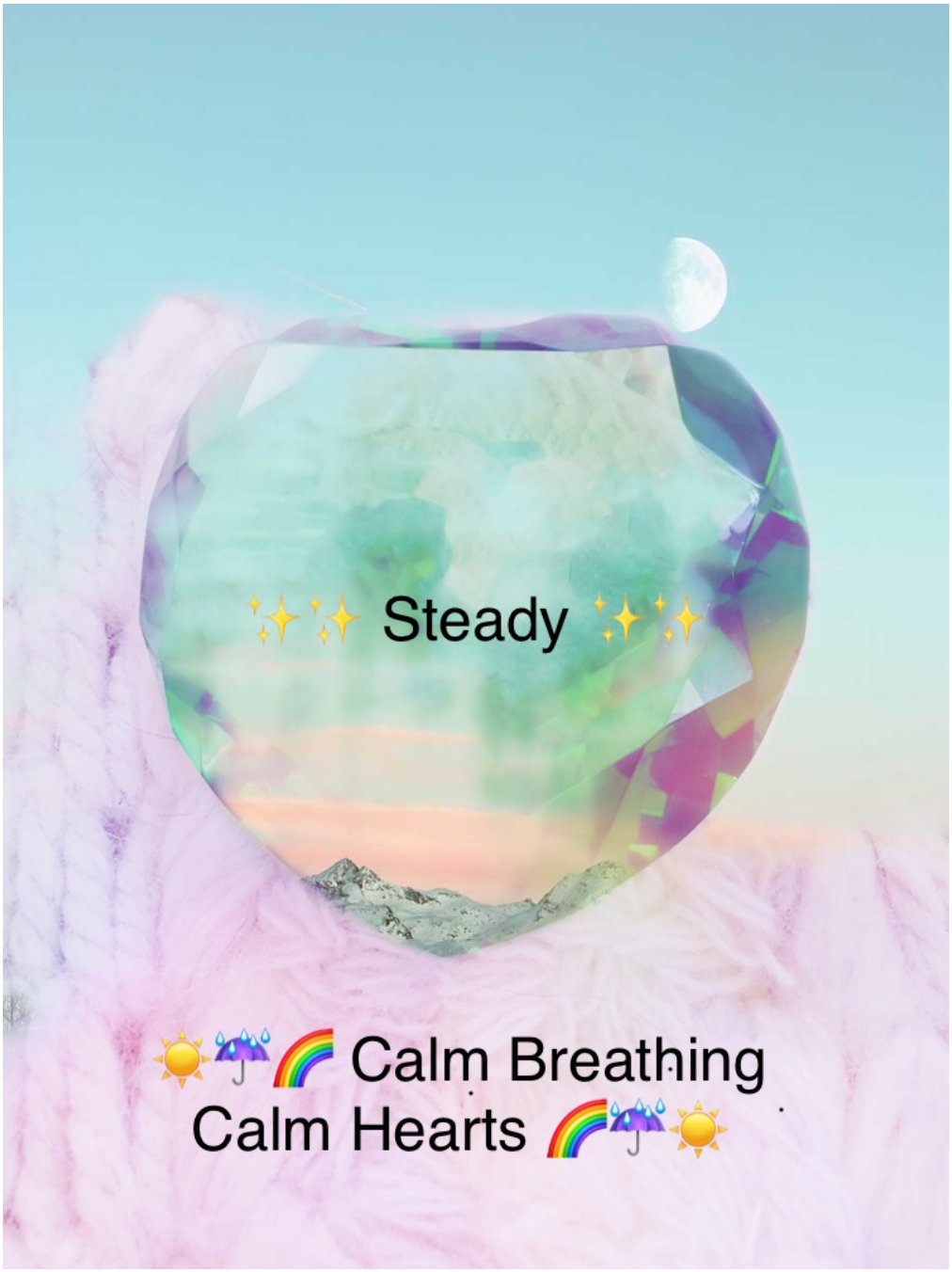
Book of Calm Hearts for the Librarian

Prep ---- Print the Calm Breathing Calm Hearts image at the bottom of this document and make copies to give to each student. Have the school librarian's name ready. If your school does not have a librarian, choose a staff member who supports learning.

1. Teacher asks students to sit on the reading rug together in one big circle.
2. Students can alternatively sit at their desks.
3. The teacher says, "Let's sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready."
4. Teacher writes the names of the librarian on the board and hands every student a paper copy of the Calm Breathing Calm Hearts image (below).
5. Teacher asks students to raise their hands if they think being STEADY helps us learn.
6. Teacher writes STEADY on the board and reviews that STEADY means to not be too up or down (excited or sad) but in the middle.
7. Teacher reminds everyone that being STEADY is the best for learning.
8. Next, the teacher asks the students to draw or write something on the Calm Breathing Calm Hearts paper to show the librarian that they like reading and learning.
9. Teacher creates a book cover image and secures all the students' drawings together to create a Book of Calm Hearts for the librarian.
10. Present the Book of Calm Hearts to the librarian as a group. 💛✨💛✨💛

Notes for Teachers:

1. Remind students that we are STEADY 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 the class and the librarian together and posting the photo inside the classroom.
4. Consider posting the image below in your Calm Hearts Center and/or in the front of the classroom.


✨✨ Steady ✨✨
☀️☔🌈 Calm Breathing
Calm Hearts 🌈☔☀️

SCHOOL™

SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

CALM BREATHING SCHOOL CALM HEARTS