



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 word **HARMONY** on the whiteboard.
5. Teacher asks if anyone knows the definition of **HARMONY**.
6. Teacher reviews that **HARMONY** means getting along and being peaceful with others by using Calm Breathing Calm Hearts.
7. Next, the 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 **HARMONY**. Reassure students that they will have a chance to lead an exercise in upcoming lessons.
8. **Teacher and student lead the class in the following Seated Arm-Hand Pattern:

Calm – hands placed on tops of thighs

Hearts – Calm Hearts gesture at the center of the chest

Add – hands touch opposite shoulders

Harmony – both hands slightly in front of the body in the peace sign (index and middle fingers up with thumbs holding ring and little fingers down)

9. Teacher calls on three or 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 add **HARMONY** 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 students leading the exercise and posting the photo inside the classroom.
4. Consider posting the image below (Lady Talking) in your **Calm Hearts Center** and/or in the front of the classroom.

Calm ♥♥♥ add harmony

