



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

Classroom Group Activity

Student-led Exercises

Prep ---- Review the SCHOOL Meditation below** to show students.

1. Teacher asks students to sit at their desks, facing the front.
2. Teacher says, “Let’s sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready.”
3. Teacher writes the word **STEADY** on the whiteboard.
4. Teacher asks for someone to explain how it feels to be **STEADY**.
5. Teacher reviews that **STEADY** means feelings are not too up nor too down. Feelings are in the middle with Calm Breathing Calm Hearts.
6. Teacher reminds everyone that feelings all over the place do not help us think best.
7. Teacher reminds everyone that being **STEADY** helps us learn.
8. **Teacher demonstrates a SCHOOL Meditation while sitting in Easy Pose.

Hands move in the following pattern with the words:

Calm – hands are on the knees with thumbs and index fingers touching

Brain – hands are on the knees with thumbs and middle fingers touching

Calm – hands are on the knees with thumbs and ring fingers touching

Hearts – hands are on the knees with thumbs and little fingers touching

9. Teacher asks for a volunteer to come to the front of the class to lead the SCHOOL Meditation to help us be **STEADY**.
10. Teacher may ask for more volunteers to lead the SCHOOL Meditation as time allows.
11. Close the entire SCHOOL Meditation group session with one Calm Breath in and one Calm Breath out. 🧡✨🧡✨🧡

Notes for Teachers:

1. Remind students that we can be **STEADY** with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider taking photos of students leading the exercise and displaying them in the classroom.
4. Consider posting the image below (New Rug) in your **Calm Hearts Center** and/or in the front of the classroom.



Calm Hearts are steady. 🐈😊💛