



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

Classroom Group Activity

Teacher-led Exercise – Calm Hearts Circle of Helpers

Prep---- No materials are needed. If space allows, students will sit in Easy Pose in a circle.

1. Teacher asks students to sit together in one large circle on the reading rug. Join the students on the rug or sit in a chair as part of the circle.
2. If sitting in a circle is not possible, students can remain at their desks.
3. Teacher says, “Let’s sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready.”
4. Teacher reminds everyone that **HELPING OTHERS** is an important part of learning and caring for our community.
5. Everyone places their hands in the Calm Hearts gesture.
6. Teacher explains that everyone will say or sing together, “Our hearts are calm today.”
7. After everyone repeats the sentence, one student names an animal they would like to help. Older students can also share one way they could help that animal.
8. Continue around the circle, repeating “Our hearts are calm today” before each student takes a turn. Everyone keeps their hands in the Calm Hearts gesture throughout the exercise.
9. After everyone has had a turn, **end with 3 rounds of Calm Breathing Calm Hearts.** Everyone keeps their hands in the Calm Hearts gesture. 🧡✨🧡✨🧡

Notes for Teachers:

1. Remind students that it is a good choice to **HELP OTHERS**. **Calm Breathing Calm Hearts** helps us to remember to care for and **HELP OTHERS**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider creating a writing exercise on this topic.
4. Consider posting the image below (Amari) in your **Calm Hearts Center** and/or in the front of the classroom.

