



SCHOOLTM
SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

Classroom Group Activity

List of Good Choices

Prep ---- Have a poster-size piece of paper ready. Students will need paper and writing (or drawing) utensils. Choose one of the suggestions below based on your students' age.**

1. Students sit at their desks.
2. Teacher says, "Let's sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready."
3. Teacher displays a blank poster and explains that we will create a list of **GOOD CHOICES** for the classroom.
4. Teacher writes "**GOOD CHOICES for Our Classroom**" on the poster-size paper. Make sure to add a few Smiling Calm Hearts to the paper!
5. Teacher asks students to think of **GOOD CHOICES** they can make in the classroom. Teachers can ask, "When we have Calm Breathing Calm Hearts, what **GOOD CHOICES** do we make in our classroom?"
6. Teacher reminds students that there are many ways to make **GOOD CHOICES**, such as using kind words, listening to someone, doing things to keep the room clean, and helping others.
7. Teacher adds the students' suggestions to the list for all to see.
8. ****Teacher asks students to select one of the **GOOD CHOICES** on the class list and either create a drawing or write about that GOOD CHOICE. Depending on the age of the students, suggestions include:**
 - a . Draw how you feel when making one of the GOOD CHOICES.
 - b . Draw what the classroom looks like when everyone makes one of the GOOD CHOICES.

- c . Write a short paragraph about why you want to make one of the GOOD CHOICES.
 - d . Write a short paragraph about how one of the GOOD CHOICES helps everyone in the classroom.
9. Teacher displays the **GOOD CHOICES for Our Classroom** poster and asks students to share their work with the class.



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 posting the students' work in the classroom.
4. Consider posting the image below (Doughnut) in your **Calm Hearts Center** and/or in the front of the classroom.

