



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

Classroom Group Activity

Multicultural Smiles

**Prep ---- You can use the images below of children and animals.
Alternatively, you can select your own to share.**

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 **HARMONY** on the whiteboard.
4. Teacher asks for someone to explain what **HARMONY** means.
5. Teacher reviews that **HARMONY** means getting along with others. We add HARMONY when our words and actions help people and animals feel peaceful. **Calm Breathing Calm Hearts** helps us practice HARMONY.
6. Teacher reminds everyone that **HARMONY** helps us learn.
7. Teacher shows the image of the diverse group of children below.
8. Teacher asks students:
 - Is each child different?
 - Does each child want to feel safe and cared for?
 - Does each child want to have a good day at school?
 - Does each child want friends?
 - How can we add HARMONY to help others feel better?
9. Teacher shows the image of the animals below.
10. Teacher asks students similar questions about the animals.
 - Is each animal different?
 - Does each animal need food and water?
 - Does each animal want to feel safe?
 - Can different animals share the same space?
 - How can we add HARMONY when caring for animals?

11. Teacher helps students recognize that even though we are different, we share many things in common. We can add **HARMONY** to help everyone feel peaceful and included.
12. Close the activity with 7 rounds of Calm Breathing with hands in the Calm Hearts gesture at the center of the chest. 🧡✨🧡✨🧡

Notes for Teachers:

1. Remind students that we can add **HARMONY** with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider posting the image below (Backyard) in your **Calm Hearts Center** and/or in the front of the classroom.



