



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

Classroom Group Activity

New Friends

Prep ---- Before the activity, connect with another teacher at your school and get the first names of students in their classroom. Assign each student in your class the name of a student in the other classroom. Have paper and drawing materials available for students to create a friendly note or picture.

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 shows students the lesson image of Mr. Crackers.
4. Teacher says, “Ms. Kelly made a new friend, Ms. Miriam. She calls Ms. Miriam every week through the Tele Social program to talk, share, and help her feel cared for. Mr. Crackers is Ms. Miriam’s cat! Ms. Kelly is friends with Mr. Crackers, too! Calm Breathing Calm Hearts helps us care about and **HELP OTHERS**.”
5. Teacher writes the words **HELPING OTHERS** on the whiteboard.
6. Teacher asks students:

What are some ways to **HELP OTHERS** at school, at home, and in the neighborhood?

How does it feel when someone helps you?

What are some ways we can help other students feel connected to our school community?

7. Teacher reminds students that Calm Breathing Calm Hearts helps us think about the well-being of other people and **HELP OTHERS**.
8. Teacher tells students that they will each make a new friend with a student in another classroom. Each student will create a kind note or drawing to help another student feel welcome, cared for, and connected to the school community.
9. Teacher gives each student the first name of a student in the other classroom. Invite students to write a friendly message, draw a picture, or do both. Students might introduce themselves, share something they enjoy, ask a friendly question, or simply create something to brighten the other student's day.
10. When students finish, invite volunteers to show their notes or drawings and tell the class how their creation might help another student feel connected.
11. Deliver the notes and drawings to the other classroom. Remind students that even a small action can help another person feel noticed, included, and cared for.
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 Calm Breathing Calm Hearts can help us **HELP OTHERS** through our thoughts, words, and actions.
2. Remind students that making friends with someone new is one way we can care for our school community.
3. Remind students that we practice Calm Breathing Calm Hearts to open our **LEARNING** together.



Helping
Others



