



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

Classroom Group Activity

Making Little Signs

Prep ---- Have paper and drawing materials available for students to create a little sign for the classroom.

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 the little sign below.
4. Teacher says, “Ms. Kelly saw this little sign while walking in downtown Los Angeles. It reminded her that she wants to be positive and confident. Calm Breathing Calm Hearts helps us to be **POSITIVE** and **CONFIDENT**.”
5. Teacher writes the words **POSITIVE** and **CONFIDENT** on the whiteboard.
6. Teacher asks students:
 - What does it mean to be POSITIVE?
 - For younger students, POSITIVE means thinking and doing good.
 - What does it mean to be CONFIDENT?
 - For younger students, CONFIDENT means I can do it!
 - How does it feel when we are positive and confident?
7. Teacher reminds students that Calm Breathing Calm Hearts helps us to be **POSITIVE** and **CONFIDENT**.
8. Teacher tells students that they will each create a little sign to help the class remember positive thoughts, feelings, and things to do.
9. Teacher invites students to write and draw whatever they would like on their signs. Their signs can include words, pictures, colors, or stickers.
10. When students finish, invite volunteers to show their signs and tell the class what they created.

11. Display the little signs together in the classroom as reminders that everyone can help create a **POSITIVE** place to learn with **CONFIDENCE**.

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 be **POSITIVE** and **CONFIDENT**.
2. Remind students that we practice Calm Breathing Calm Hearts to open our **LEARNING** together.



Calm 💙💙💙