



# SCHOOL™

SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

## Classroom Group Activity

### PEACEFUL PEOPLE

Prep ---- Print the Smiling Calm Hearts with the peace sign image at the bottom of this document and make copies to give to each student. Have ready the names (or titles) of 6-8 people total that you will be peaceful with at school, home and in the community (ex. custodian, principal, partner, mom, post office clerk, grocery clerk).

1. Teacher asks students to sit on the reading rug together in one big circle.
2. Students can alternatively sit at their desks.
3. The teacher says, "Let's sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready."
4. Teacher writes the names/titles of the 6-8 people noted above on the board and hands every student a paper copy of the Smiling Calm Hearts with peace sign image (below).
5. Teacher asks students to raise their hand if they think being **PEACEFUL with OTHERS** helps us learn.
6. Teacher writes **PEACEFUL with OTHERS** on the board and draws a line from the words **PEACEFUL with OTHERS** to each of the 6-8 names while explaining that she/he wants to be **PEACEFUL** with these 6-8 people (and of course, more!)
7. Teacher asks students to think of 6-8 people they will be **PEACEFUL with** (at school, home and in the community). Younger students can choose less than 6-8 people.
8. Next, the teacher can ask students to either:
  - a. Draw the people that they will be **PEACEFUL** with
  - b. Write the names of the people that they will be **PEACEFUL** with
  - c. Write the first letter of the names of the people that they will be **PEACEFUL** with
9. Students take turns sharing their drawings with the class. 🧡✨🧡✨🧡

### Notes for Teachers:

1. Remind students that we are **PEACEFUL with OTHERS** with **Calm Breathing Calm Hearts**.
2. Remind students that we practice **Calm Breathing Calm Hearts** to open our **LEARNING** together.
3. Consider posting the class drawings in your classroom.

4. Consider posting the image below in your **Calm Hearts Center** and/or in the front of the classroom.



**SCHOOL**<sup>TM</sup>  
SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

