

Getting started on the  
road to calmness in  
your classroom – step  
by step





# The calming kit

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# MEDITATION

-for adults

- Guided mindfulness activity. Paying attention to our breathing.
- Your breathing is your anchor!
- Ring the bell every 30 sec to remind us.
- Counting our breathing.
- Pay attention to our thoughts and label them!





# TRAINING MY HAPPINESS!

KRISTIN AND SARAH JANE

# TRAINING MY HAPPINESS!



Training my calmness and gratitude.  
Books for teachers to read for children with  
mindfulness, concentration and gratitude activities.  
In this lesson we introduced „The tapping tool“,  
„Mindful walk“ and „The tapping tool with  
gratitude.“





# Listen carefully ...

Training silence with bells and listen for the sound to fade out.



# Guess the time.

Silence activity to guess how long  
time 30 sec is.



# Last but one!

Silence activity.

Students sit in a circle with their eyes closed. The last but one student to open their eyes win!





Concentration activity – work in pairs

## **A. COUNTING**

1. Participants take turns in counting 1 – 2 – 3
2. Participants take turns clap – 2 – 3
3. Participants take turns Clap - touch shoulders – 3
4. Participants take turns Clap – touch shoulders, touch thigh.

## **B. VERBS WITH ACTIONS**

1. Go
2. Went
3. Gone



# Counting around the circle

Concentration

Children sit or stand in a circle with their eyes closed or staring at a candle in the middle.

The teacher starts by saying: “one”

Round A: The child next to the teacher says:  
”two” next student “three” .....

Round B: In the next round the count backwards

Round C: The teacher starts with a number f.eks 1027 and then  
every student adds to it!





# Counting around the circle

## Concentration

- Children sit or stand in a circle with their eyes closed or staring at a candle in the middle.
- The teacher starts by saying: “one”
- The next student that “feel like it” counting next says: “one” – Then the next student that “feel like it” says: “two” .....
- When two students say the same number at the same time – the teacher starts on one again and they try to count as high as they can!



# The power of eye contact!

Look to your left!

- Children are standing in a circle.
- Everyone looks to the next person on their left for 1 sek, then the person next to him/her for 1 sek, and then next person and so on....
- Eventually two people will make eye contact and then they swop places.
- They start again to look to the left at one person at a time until they make and eye contact with someone – and then they swop places.





# The power of eye contact!

Make eye contact with the teacher!

- Children are standing in a circle with the teacher and a candle in the middle!
- Everyone stair at the candle
- The teacher says: “Stair at the candle and look!”
- Everybody look into the teachers' eyes
- The teacher can only make eye contact with one person, that person raise his/her arm a little bit.
- This is repeated until the teacher has made eye contact with everybody!



# The power of eye contact!

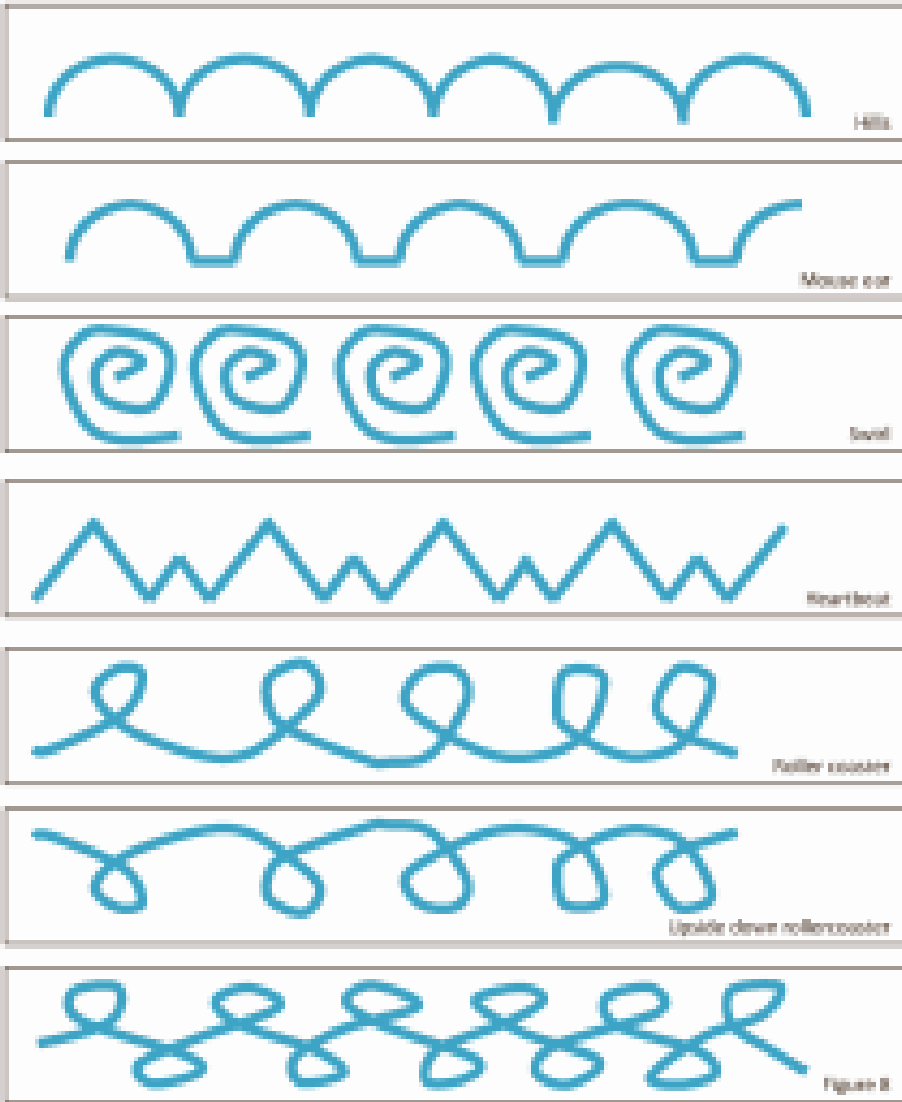
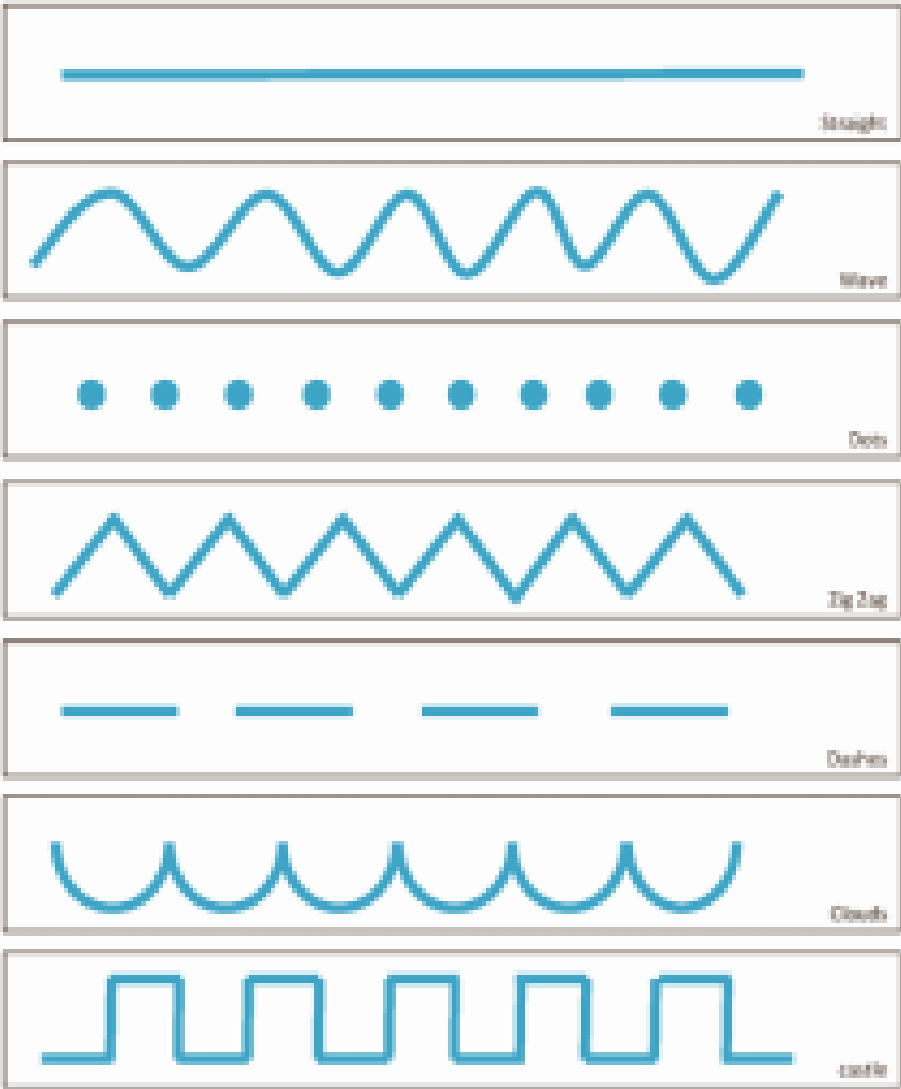
Make eye contact with each other!

- Children are standing in a circle with the teacher and a candle in the middle!
- Everyone stair at the candle
- The teacher says: “Stair at the candle and look!”
- The children look up and stair at some of the children.
- If two children look at each other – it is a match!
- If they get a match – they sit down!



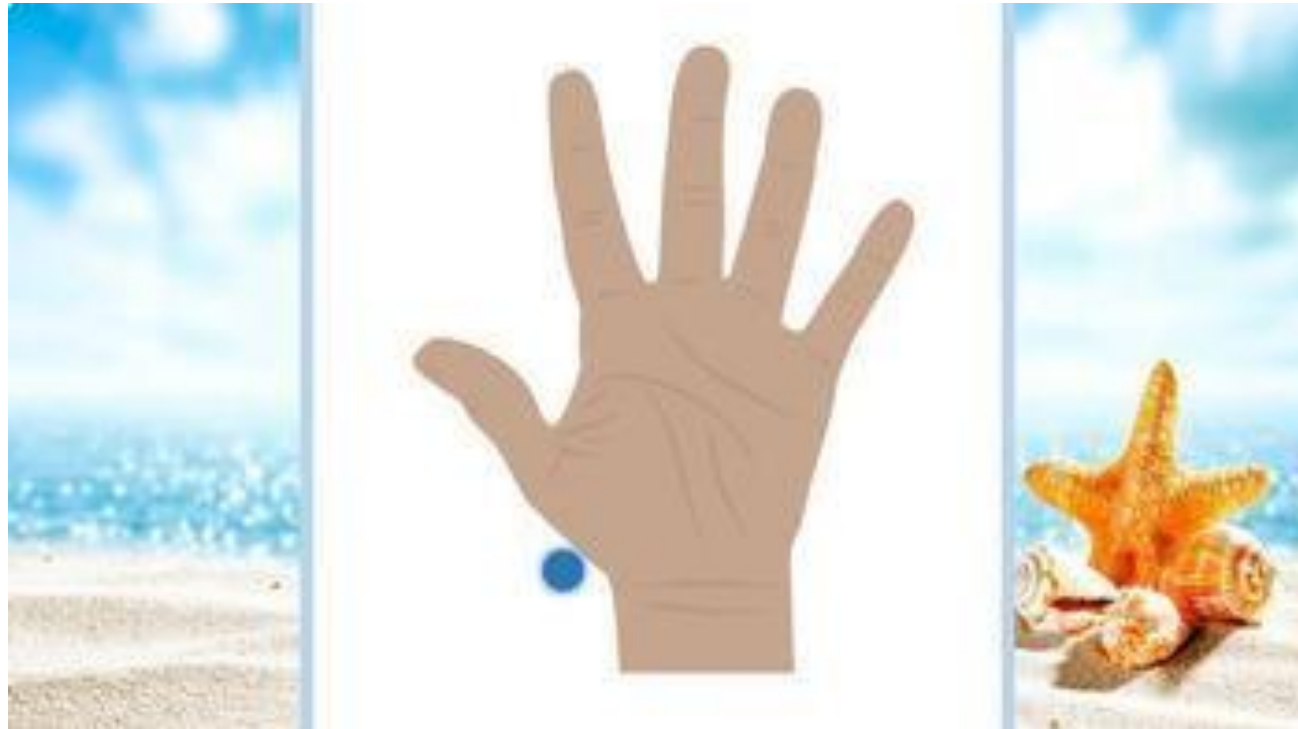


# Calming patterns



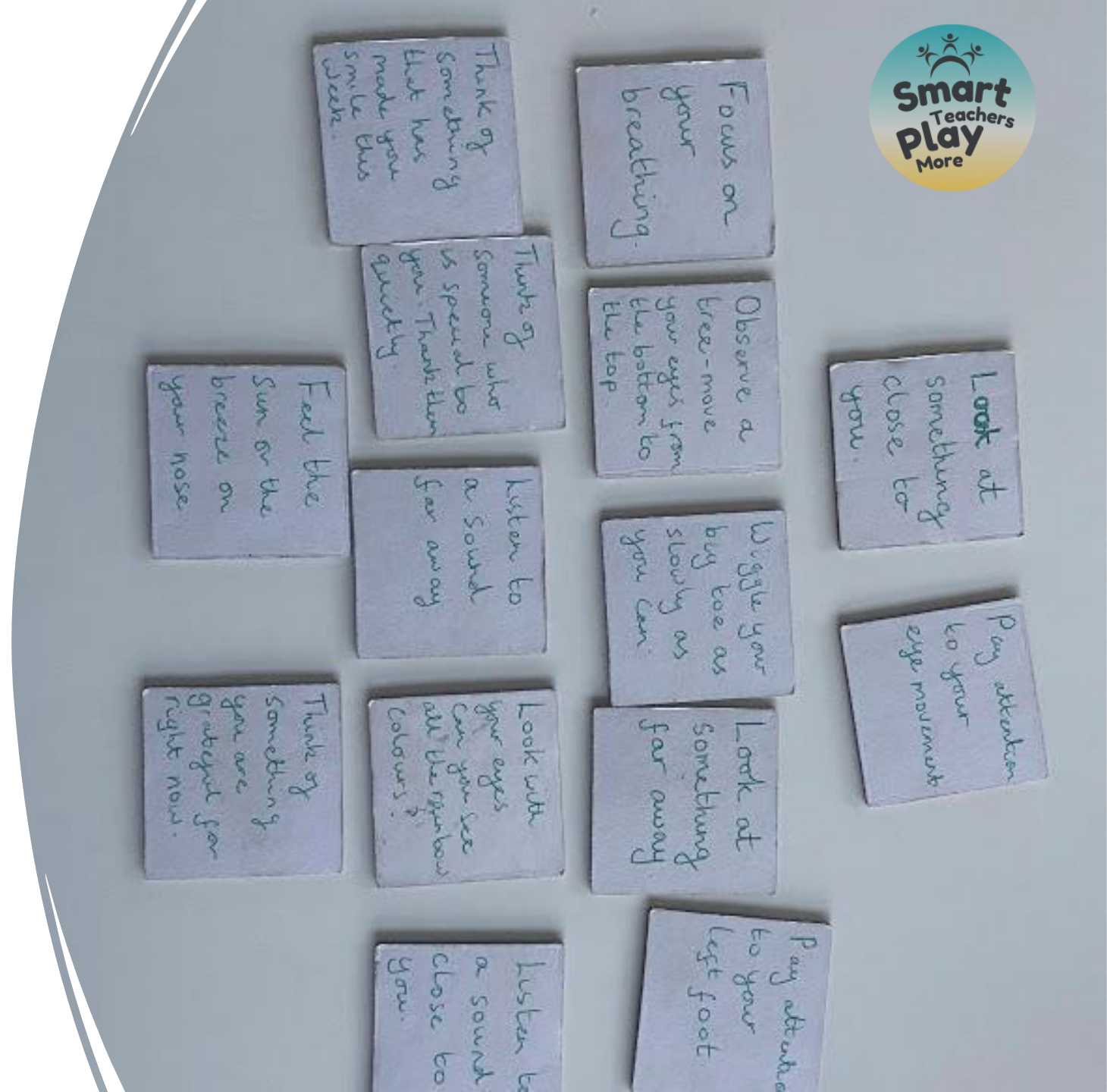
# STARFISH – BREATHING

Now-minutes



# Mindful circle?

Participants stand in a circle. Each one gets a card with instructions about a calming thing to do for about 30 sec. When the teacher rings the bell, the card is passed on to next participant and everyone get a new card and a task to do!





# Let's play!

1,2, open!! Rock, paper, scissors!



# Writing on a back - relay



# HOOP SWAPPING

Quiet group activity – eye contact game.

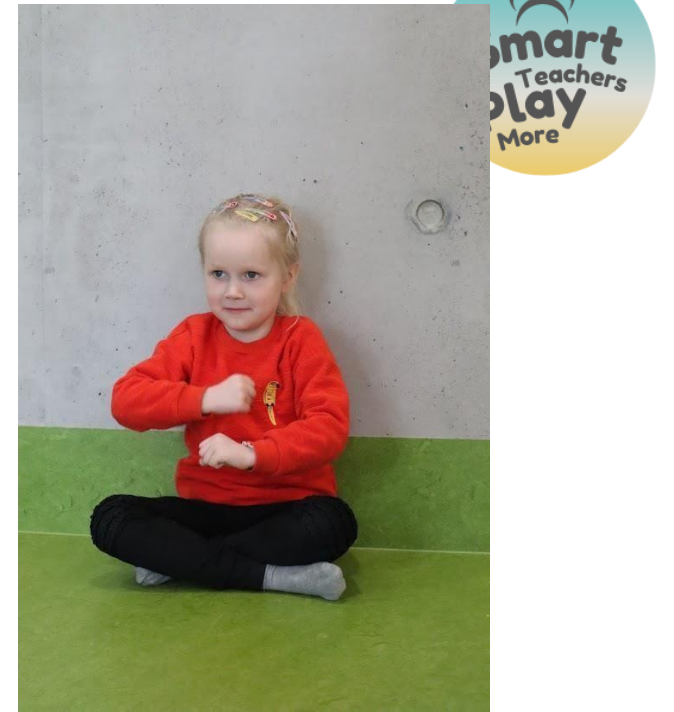
Hoops are spread around the classroom.

Students use the signs:

1. I can see you – can you see me?
2. Do you want to swap?
3. Yes – No (Then they swap hoops)

Can be done with different learning objectives.

Say something nice when students swop. Use music and different travel modes.





# Body scan meditation and follow and label your thoughts.

