

THE #1 STRATEGY TO CALM YOUR CLASS IN UNDER 3 MINUTES

A kid-friendly activity that eliminates high-energy distractions and leaves your class calm and focused without yelling or frustration.

BY DAWN SELANDER



Welcome I'M GLAD YOU'RE HERE



Do you struggle with quieting the big physical and emotional energy that pops up in your classroom day after day?

Do these distractions interrupt your teaching time, leaving you frustrated and your kids at a loss for learning?

I'm sure you've tried lots of things to manage the chaos only to find distractions and interruptions still popping up.

Finally, a simple, kid-friendly way to calm the big energy that has been disrupting your lessons day after day!

Good News **YOU'RE IN THE RIGHT PLACE**

Well, you're in the right place if big energy and distractions have you feeling stressed out and:

- Frustrated because your valuable teaching time is being wasted dealing with unwanted behaviors and disruptions every day
- Worried that your students won't be prepared for the next school year because of learning loss
- Drained from trying to manage the chaos that results from big physical and emotional energy

But, here's the thing- you already know that yelling at energetic kids to "sit and pay attention" doesn't work. All that big, pulsing energy doesn't vanish in an instant. The trick is to gradually release it, just like the brake gradually brings a car to a stop.

And so, I created this mindfulness activity that:

- Combines three calming tools for gradual energy release
- Incorporates animals and fun rhymes to engage kids
- Is easy enough to add to your lesson plan every day



Section 1

THE 3 CALMING TOOLS

Each of these calming tools is effective on its own but combined, they are even better at quieting a rambunctious group in record time.

DEEP BREATHING

Slow, deep belly breathing activates the "relaxation response" which causes biological changes in the body that help the body and mind relax.

MINDFUL MOVEMENT

Mindful movement uses up and releases extra energy, physical and emotional, that is pumping through the body and can calm your energized group for quiet activities and learning.

MASSAGE/GENTLE TOUCH

Massage can be effective in releasing tension and excess energy. Gentle and soothing touch can promote relaxation and peace of mind.

Reserve your free "KEEP THE PEACE" strategy session and create a calm and engaged classroom the easy, kid-friendly way.

Section 2

THE ACTIVITY



I packed all three calming tools into a "Forest Animal Movement Poem" and used fun rhyming words and playful animal movements to make it engaging and kid-friendly. The poem incorporates a series of movements that progress from big, full-body movements to gentle self-massage and finally ends with a still and mindful moment.

And, like the brake in a car, the series of movements gradually release any physical energy that has built up from things like recess and the morning rush, as well as any big emotional energy like anger, anxiety, and fear.

Your kids will feel relaxed and calm yet refreshed, focused, and ready for the next lesson.

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Section 3

THE POEM

The poem begins with a deep breath and big, full-body movements that gradually slow to stillness where your kids can enjoy a mindful moment.



THE OPENING

The poem begins with a deep breath to promote calming and signal the mind and body that it's time to relax.



THE MOVEMENT

The movements use fun, kid-friendly animals to engage them, meet them in their high energy, and gradually bring them down to calm.



THE CLOSING

The poem ends with more deep breathing and a mindful moment that will leave your kids feeling relaxed and calm yet refreshed and focused.

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Section 4

THE SCRIPT

Stand feet apart
With hands at your heart
Breathe in through your nose
And let it flow to your toes

Breathe out through your mouth
Slowly, let it all out
And together we say
What's the adventure today?

FOREST ANIMALS

With your feet on the ground
Bring your hands down
Lumber out of your lair
Like a big, fuzzy bear

Lumber, lumber, lumber
Lumber out of your lair
Lumber, lumber, lumber
Like a big, fuzzy bear

Sit back on your feet
Bring your arms down to meet
Fly your wings up high
Like an owl in the sky

Fly, fly, fly
Fly your wings up high
Fly, fly, fly
Like an owl in the sky

Sit on your seat
And bring your feet to meet
Slide down the hole
Like a bunny in its burrow

Slide, slide, slide
Slide down the hole
Slide, slide, slide
Like a bunny in its burrow

It's time to lie down
With your back on the ground
Let's breathe in and out
As we slowly count

Breathe in 2, 3 breathe out 2, 3
Breathe in 2, 3, breathe out 2, 3
Breathe in 2, 3, breathe out 2, 3
I feel the calm inside of me

Section 5

INSTRUCTIONS

Stand feet apart
With hands at your heart
Breathe in through your nose
And let it flow to your toes

Breathe out through your mouth
Slowly, let it all out
And together we say
What's the adventure today?

FOREST ANIMALS

With your feet on the ground
Bring your hands down
Lumber out of your lair
Like a big, fuzzy bear

Lumber, lumber, lumber
Lumber out of your lair
Lumber, lumber, lumber
Like a big, fuzzy bear

*Repeat as
needed.*



Sit back on your feet
Bring your arms down to meet
Fly your wings up high
Like an owl in the sky

Stand tall according to the poem. Take a deep breath and feel it flow through your body and down to your toes.

Release the breath slowly through your mouth. Ask the question together.

Use this poem as a template for other themes.

Bring hands down in front of you so both hands and feet are on the ground. Lumber around on all fours.

Walk around on all fours. Repeat this as needed for big energy. Check in and notice what you feel in your body.

Kneel keeping the body upright. Sit back and rest your bottom on your feet. Arms are down at your sides.

Section 5

INSTRUCTIONS

Fly, fly, fly

Fly your wings up high

Fly, fly, fly

Like an owl in the sky

Repeat as
needed.



As you lift your bottom up off your feet, lift your arms out and up to each side. Bring arms and bottom back down gently and slowly.

Sit on your seat

And bring your feet to meet

Slide down the hole

Like a bunny in its burrow

Sit your bottom on the floor and bring the soles of your feet together in front of you forming a circle with your legs.

Slide, slide, slide

Slide down the hole

Slide, slide, slide

Like a bunny in its burrow

Repeat as
needed.



Gently sweep and stroke from the head down the body, around the legs, and into the hole. Breathe and notice how this feels.

It's time to lie down

With your back on the ground

Let's breathe in and out

As we slowly count

Lie on your back unless it feels too vulnerable. Then you can either sit or lie on your stomach. Just be comfortable.

Breathe in 2, 3 breathe out 2, 3

Breathe in 2, 3, breathe out 2, 3

Breathe in 2, 3, breathe out 2, 3

I feel the calm inside of me

Take 3 deep breaths. Take a moment to quietly notice what you are feeling or thinking as you relax in a mindful moment.



Section 6

5 TIPS

1 FOLLOW THEIR LEAD

On days when the energy is really high, repeat the movements as much as needed to release the extra energy.

2 KEEP IT FUN WITH VARIETY

Use this poem as a template to create your own. Match it to your theme of the week or anything else that excites your kids.

3 KEEP THEM ENGAGED

Kids "buy in" more when they are involved, so write a poem together using their suggestions for themes and movements.

4 REPEAT OFTEN

Set time aside each day as part of your daily schedule, but use it any time there is too much energy or emotions are high.

5 ENGAGE THE OTHER SENSES

Diffuse or spray a calming scent or play gentle music or nature sounds to engage more of the senses.

Reserve your free "KEEP THE PEACE" strategy session and create a calm and engaged classroom the easy, kid-friendly way.

Next Step

"KEEP THE PEACE" STRATEGY SESSION



SO, if you dream of going to work each day excited and eager to teach kids who are just as excited and eager to learn...

BUT, the reality is you're wasting valuable teaching time day after day trying to manage distractions and challenging behaviors...

THEN register for your free "Keep The Peace" strategy session and let's get started creating calm right away.

Get Rid of Daily
Disruptions and
Create a
Classroom of
Calm and
Curious
Learners Who
are A Joy To
Have in Class!



Reserve your free "KEEP THE PEACE" strategy session and create a calm and engaged classroom the easy, kid-friendly way.

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