

Lesson 3 (Don't Smile)

Focus Breathing: (1 minute)

- Sit up straight
- Feet firmly planted on the floor
- Hands relaxed on your legs
- Take one deep breath in
- One deep breath out
- Take another deep breath in
- And another deep breath out
- (Repeat as needed/desired)

Group Activity: (20 minutes)

Mrs. Marbles

1. The point is to pass a simple message around the circle without showing your teeth (as if your mouth is full of marbles)
2. First participant says to the one on the left, "Hi! Have you seen Mrs. Marbles?" That participant responds, "No I haven't but let me ask my neighbor!" The process is repeated around the circle
3. When someone smiles or laughs, the questioning stops briefly and begins again with the person who laughed
4. The activity continues until the message gets around the circle without interruption of smiling or laughing

Adaptations: One person is "it" and stands in center of the circle. It approaches each circle participant with the same question. It can add body gestures to provoke or laughing.

Notes: Good for relieving group tension

Explain the why!!!! (refer to the diagram in the top right corner of this paper)

Announcements: (3 minutes)

(This is where you can state how/what you want students to do to transition into the class. You can also address any classroom or school announcements)

Transition Breathing: (1 minute)

- Take one deep breath in
- One deep breath out
- Deep breath in; smile out
- Consider how you are feeling at this moment
- Consider what you need to do next
- Consider how you will plan to do that
- Deep breath in; deep breath out
- Move your body quietly, but intentionally to accomplish your goals as you continue on with the rest of your day.