

## Exercise Planners

You can use the following reproducibles to plan exercises and adaptations for various age levels or for use in specific circumstances. As you read each chapter, begin considering related activities you can use in class or schoolwide. After completing the planners, go back and sequence the activities. The following columns require some explanation.

- **Plans for Infusing in Academics:** Decide whether the exercise will help with a specific academic subject or more generally.
- **Adaptations:** This information may include planning for how to use the results from an activity, planning when during the day or during a unit to use the exercise, or simplifying a yoga or breath movement for younger students.
- **Plans for Future Use:** After completing the exercise, add notes about what worked and what didn't.

## Heart Physiology Planner

Date and Time or Sequence Period	Exercise	Grade Level	Plans for Infusing in Academics	Adaptations	Plans for Future Use
	Heart Meditation (page 28)	n/a			
	Letting Go of Anxiety (page 30)	K-Grade 12			
	Appreciation (page 31)	Grades 2-8			
	Heart-Focused Breathing (page 34)	n/a			
	Loving Kindness Meditation (page 34)	n/a			
	Heart Beaming Meditation (page 35)	n/a			

## Consciousness Planner

Date and Time or Sequence Period	Exercise	Grade Level	Plans for Infusing in Academics	Adaptations	Plans for Future Use
	Four Questions About Self (page 42)	K-Grade 12			
	Who Am I? (page 42)	K-Grade 12			
	Who Am I, Really? (page 44)	Grades 3-12			
	Affirmations (page 45)	Grades 2-12			
	Windows (page 48)	Grades 4-8			
	Mirrors (page 49)	Grades 4-8			
	A Realization of Oneness Meditation (page 49)	Grades 3-12			
	Conscientization Project (page 50)	Grades 4-12 (preK-Grade 3 with STEM modification)			
	Problematizing (page 52)	Grades 6-12 (Grades 3-6 with shortened modifications)			

REPRODUCIBLE

## Consciousness Planner

Date and Time or Sequence Period	Exercise	Grade Level	Plans for Infusing in Academics	Adaptations	Plans for Future Use
	Metacognition Exit Ticket (page 53)	Grades 2-12			
	Democracy in Education (page 53)	Grades 9-12 (Grades 6-8 with resource modifications)			
	The Five Ws of Conscious Living (page 54)	Grades 4-8			

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### Compassion Planner

Date and Time or Sequence Period	Exercise	Grade Level	Plans for Infusing in Academics	Adaptations	Plans for Future Use
	Receiving Loving Kindness (page 68)	K-Grade 12			
	Treat Yourself Like a Friend (page 69)	Grades 2-8			
	Intentional Listening (page 72)	n/a			
	Temperature Check (page 73)	K-Grade 12			
	Good Things (page 73)	K-Grade 12			
	Cultivation (page 75)	K-Grade 12			
	Define and Notice Compassion (page 76)	Grades 2-12 (K-Grade 1 with storybook modifications)			

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## Confidence Planner

Date and Time or Sequence Period	Exercise	Grade Level	Plans for Infusing in Academics	Adaptations	Plans for Future Use
	Reflect on Your and Your Students' Confidence (page 84)	n/a			
	Strategies (page 85)	n/a			
	Confidence Superhero Capes (page 86)	preK-Grade 5			
	Acknowledging Negative Emotions and Supporting Positive Emotions (page 88)	n/a			
	Strengthen Your Core (page 90)	K-Grade 12			
	Affirmation Meditation (page 92)	Grades 4-12			
	Following Talent (page 95)	Grades 4-12			

## Courage Planner

Date and Time or Sequence Period	Exercise	Grade Level	Plans for Using in Academics	Adaptations	Plans for Future Use
	Heroes (page 103)	Grades 3-5			
	Conquering All Things (page 103)	Grades 4-8 (Grades 9-12 with quote modifications)			
	Guided Questions (page 106)	Grades 6-8			
	Compare and Contrast (page 107)	n/a			
	Our Individual Courage (page 109)	K-Grade 12			
	Safe, Nurturing Classrooms (page 110)	n/a			
	Nurturing Courage in the Classroom (page 110)	n/a			
	Visioning and Breath Work (page 112)	preK-Grade 12			

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### Courage Planner

Date and Time or Sequence Period	Exercise	Grade Level	Plans for Using in Academics	Adaptations	Plans for Future Use
	Finding Your Courageous Voice (page 115)	K-Grade 12			
	We Are Vulnerable (page 117)	Grades 4-12			
	Assessing Grit and Resilience (page 119)	Grades 4-12			
	Quote Sort (page 120)	preK-Grade 12			





## Community Planner

Date and Time or Sequence Period	Exercise	Grade Level	Plans for Infusing in Academics	Adaptations	Plans for Future Use
	Adding Excitement to the Classroom (page 130)	preK-Grade 12			
	Sensing Beneath the Surface (page 132)	K-Grade 4			
	Heart Centered Community Building (page 138)	Grades 3-5			
	In Our Community (page 141)	Grades 1-8			

## Heart Centered Leadership Exercise Planner

Date and Time or Sequence Period	Exercise	Grade Level	Plans for Infusing in Academics	Adaptations	Plans for Future Use
	Policy Recommendations (page 155)	n/a			
	Press the Pause Button (page 165)	n/a			