

After listening to *Peaceful Piggy Meditation*, students from grade 2/3 used loose parts to share their stories of what makes them feel calm.



*Student 1:* “Listening to the water flow in the river makes me feel calm.”



*Student 2:* “I like to look at a timer to be calm. I know how much time I have left on an activity.”



*Student 3:* “I like to make paper creations. Working with my hands helps me feel calm.”