

Word of the Month-Friend: “A friend is a person you like and enjoy spending time with. You can be a good friend by listening with attention, having empathy showing compassion, and considering your friend’s perspective”

- **Week 13 Morning Announcement- Skills for Learning Review:** “At the beginning of the year we learned about skills that help us learn: four skills that help us learn: focusing attention, using self-talk, listening and being assertive. Which of these skills have you been using the most this year? Practice one of the four to practice using today!”
- **Week 14 Morning Announcement- Accidents:** “Accidents happen all the time. If something happens to you by accident, think about how it could have been an accident and find out more information. If you do something by accident, think about how the other person feels, apologize, and offer to help. Today notice what happens when there is an accident at school or at home.
- **Week 15 Morning Announcement- Joining In:** “Have you ever felt left out or excluded? I know I have. It can be very hard to join in when people are already playing together. Today take a walk in someone else’s shoes and try to notice someone who is being left out. If you see someone being excluded, invite them to play!”
- **Week 16 Morning Announcement-Making Conversation:** “One way to make conversation and keep friends is to share in good conversation. Here are some tips for talking to your friends: 1. Ask a question to get the conversation started; 2. Face the person; 3. Listen with attention; 4. Use friendly, respectful, sincere words and tone of voice; 5. Ask more questions to keep the conversation going; 6. Notice something specific to compliment. Who is someone you want to have a conversation with today? Think of one question you could ask to start that conversation!”

Word of the Month-Calming Down: “When you feel strong feelings, you can use these steps to help you calm down: 1. Stop-use your signal 2. Name your feeling 3. Calm down by: breathing, counting, using positive self-talk.

- **Week 17 Morning Announcement-Strong feelings:** “When you have strong feelings, it’s hard for your brain to think clearly. The feeling part of the brain can take over! When this happens, it’s like you “flip your lid” or lose control of the thinking part of your brain. Try to focus your attention on your body for clues about how you’re feeling. This gets your brain thinking again, so it can start to take back control.”
- **Week 18 Morning Announcement- Belly Breathing:** “Taking deep breathes or “belly breathing” is a quick and simple way to calm ourselves down. When you have a strong feeling try focusing your attention on your breathing. Take a breath that makes your tummy move out when you breathe in, and when you breathe out. Breathe in slowly through your nose and out through your mouth.
- **Week 19 Morning Announcement-Handling Making Mistakes:** “Everyone makes mistakes, even grownups! Mistakes help you learn, because they show you what you need to practice more. Making a mistake can trigger a strong feeling, if so, it’s important to calm down. Notice if you make a mistake today, how do you feel? What can you learn from that mistake?
- **Week 20 Morning Announcement-Frustration:** “When you’re doing something difficult, or trying to master something new, it’s common to feel frustration. Frustration is not a comfortable feeling to feel. Often our muscles are tense, you might even want to shout! When you feel frustrated, it’s important to calm down by: taking a deep breathe, counting, using positive self-talk, walking away, or taking a break. What’s your favorite way to calm down when you feel frustrated?