

Building Feelings and Coping Skills Into Morning Announcements

Elementary school

Morning announcements can be a great opportunity to share consistent messages throughout the entire school. Use these opportunities to increase awareness of feelings and teach coping skills. Below are some examples to help you get started.

Share a Feeling Fact of the Day

What to say:

“Here is an interesting fact about our feelings!”

How to do it:

Share one of the following statements, and pause for about 15 seconds to give students time to think about the reflection question.

- **We all have feelings.** Adults and kids have lots of different feelings all the time. Take a few seconds and think about some of the different feelings you’ve had since you woke up today.
- **All feelings are OK and normal.** Feelings aren’t good or bad, positive or negative. They just are. Take a few seconds throughout the day to remind yourself that all feelings are OK and valid.
- **Feelings are temporary and can change from moment to moment.** No feeling lasts forever—even though it can feel that way sometimes. Take a few seconds and think about a time when you had a feeling you found hard to deal with. How long did it last? What helped you feel better?
- **We can feel more than one feeling at a time.** Sometimes those feelings may be opposites of each other. For example, on the first day of school you might have felt nervous to start a new grade and also excited to see your friends. Take a few seconds and think about a time you felt more than one feeling.
- **It’s OK and helpful to talk about feelings.** Think about one person you feel comfortable sharing your feelings with. If you haven’t shared your feelings before, think about someone you might be able to trust, such as your teacher or school counselor.

Practice Coping Skills

What to say:

“Today, we’re going to practice a coping skill. Coping skills are things we do to help manage our feelings. We can use coping skills anytime we need to feel better.”

How to do it:

Lead students with one of the prompts below. Repetition improves learning, so use the same coping skill daily for a week, or pick a recurring day of the week for practicing coping skills (i.e., Coping Skill Tuesday) and practice the same skill weekly for at least a month.

- Lead students in taking 3 [deep breaths](#).
- Lead students in practicing [5-4-3-2-1 grounding](#).
- Lead students in tensing and relaxing 1 muscle group with [progressive muscle relaxation](#).
- Ask students to think about something calm and relaxing during a mindful moment. Ask the entire school to be silent and still for 30 seconds.
- Encourage students to take a deep breath and silently practice counting to (or down from) 10.
- Lead students in [stretching](#) 3 muscles.
- Play a 15- or 30-second clip of upbeat music, and invite students to stand up and dance in their classrooms.
- Encourage students to think about something they’re grateful for.

Share a Feeling Word of the Week

What to say:

“Let’s talk about a feeling word today. This might be a word you already know or new word for you.”

How to do it:

1. Define the feeling word in simple terms.
2. Use it in a sentence to help with context.
3. Encourage students to try to use the word at some point during the week.

Bonus: Post the Feeling Word of the Week and its definition on a hallway bulletin board so students are reminded of the word throughout the week.

Feeling	Definition	Reflective thought
Overwhelmed	Feeling like there are too many things going on at one time or that it’s more than you can handle.	“I felt overwhelmed when I got to the school carnival and couldn’t decide what activity to do first.”
Excited	Feeling very happy or enthusiastic about a person, place or thing.	“It’s exciting to read about people who explore outer space!”
Disappointed	Feeling sad and let down about something.	“I felt disappointed when it was raining so we couldn’t play a game outside.”
Lonely	Feeling sad about being alone or feeling alone.	“I feel lonely when no one is around to play with me.”
Grateful	Feeling thankful or appreciating someone or something.	“I felt grateful that my mom brought my lunch to school after I left it at home by accident.”
Jealous	Feeling upset or bothered because of something someone else has.	“I felt jealous when I saw my classmate’s new shoes.”
Confidence	Feeling sure of yourself and trusting of what you know.	“I feel confident about my spelling test because I practiced all the words.”
Worried	Feeling nervous or scared about something.	“I felt worried that I might get lost in my new school.”