

Building Feelings and Coping Skills Into Morning Announcements

Middle and high 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 an Interesting Feeling Fact of the Day

What to say:

“We all have feelings, but we don’t always take the time to think about them. Here’s an interesting fact about feelings for you to think about.”

How to do it:

Share one of the following statements:

- **We all have feelings.** Everyone has 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. By labeling a feeling as “good” or “bad,” we add judgement to them. Take a moment to think about the feelings you tend to think of as good or bad and how you can instead see them as normal and OK.
- **Feelings are temporary and can change from moment to moment.** No feeling lasts forever—even though it can feel that way sometimes. Think about a time you experienced a challenging emotion. How long did it last? What helped you feel better?
- **Feeling more than one thing at a time is normal,** and sometimes our feelings may even be opposites of each other. Think about the last time you felt two conflicting feelings. How did you manage it?
- **It’s OK and helpful to talk about feelings,** even though it may be tempting to hold it all in. Take a few seconds to think about someone you feel comfortable sharing your feelings with. If this is something you don’t already do, 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 and handle stress. We can use coping skills anytime we need to feel better.”

How to do it:

Lead students in 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 how a favorite song or artist makes them feel. Encourage them to find time to listen to that song or artist after school today.
- Encourage students to silently count down from 100.
- Lead students in [stretching](#) 3 muscle groups.
- Invite 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 think about 3 things they’re grateful for.

Share a Feeling Word of the Week

What to say:

“We’re never too old to grow our feelings vocabulary. In fact, continuing to learn specific feelings words can help us better identify and express what we’re experiencing. It’s also much easier to cope with our feelings once we name them. Here’s a feeling word to think about when you’re trying to identify your feelings.”

How to do it:

1. Define the feeling word in simple terms.
2. State the reflective thought, and pause for 10 to 15 seconds for students to think about the question.
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
Exhausted	Feeling very tired or drained.	Think about a time you felt exhausted . What drained you? What helped you feel rested?
Energetic	Feeling like you have extra energy or are very excited.	Has there ever been a time when being energetic was an issue? How did you get rid of some of that energy?
Isolated	Feeling far away from people and places; having little contact, or little in common, with others.	What do you do to keep yourself from feeling isolated ?
Rejected	Feeling dismissed or declined by others.	It can be difficult to deal with feelings like rejection . How do you cope with a feeling that is hard to deal with?
Cautious	Feeling like you need to be careful to avoid problems or dangers.	When have you felt cautious in the past, and what did you do?
Irritated	Feeling slightly angered or annoyed.	What types of things are irritating to you? How do you deal with them when they arise?
Content	Feeling at peace or satisfied.	How do you know when you are feeling content with something, such as a school assignment?
Terrified	Feeling extremely afraid or fearful.	What is the difference (for you) between something that makes you feel scared and something that makes you feel terrified ?