

May I have your attention, please?

Get your whole school thinking about social and emotional learning. These morning announcements, designed to be used at the beginning, middle and end of each SEL unit, provide a quick and easy way to build on seeking a common purpose.

Clear Communication

- 1** This week we're focusing on clear communication. The easiest way to start a conversation with someone you don't know — or someone you want to know better — is to figure out what you have in common. Is the person wearing a team jersey? Reading a book you've read? Carrying a binder that's your favorite color? Ask about it or give a sincere compliment and see where the conversation goes.
- 2** Communication doesn't happen just with words. Have you ever seen someone wave hello? Pat your back? Make a face? Today, think about the signals you're sending to others through your gestures and facial expressions along with your words.
- 3** Did you know that there are magic words to keep a conversation flowing? They're question words, like *who*, *what*, *where*, *when* and *how*. These words are just what you need to keep a conversation going so you can learn more about another person. The other person will appreciate your curiosity and is likely to want to ask you questions, too.



Conflict Resolution

- 1** This week we're going to talk about resolving conflicts. The best way to resolve a conflict is to cool off first. Counting to 10, getting a drink of water, and taking some deep breaths are the first — and best — steps you can take in a fair and peaceful resolution. Try it!
- 2** Today, I have a question for you. True or false: The best way to resolve a conflict is to ignore it. That's false! Ignoring a conflict means that people can grow resentful, the conflict



gets worse, and others get dragged into it. If you have a misunderstanding or dispute with someone, sorting it out sooner will save lots of problems later. Try that today.

- 3** When I say the word “conflict,” what word comes to mind for you? Conflicts make some people sad, some mad, some stressed and some embarrassed. Being able to explain how a conflict makes you feel is important step in resolving that conflict once and for all.

Teamwork

- 1** Would you rather be on a team that works together well? Or a team with just one superstar? Most of us would like to be on the team that works together. This week we’ll be talking about teamwork. We want all of the members of our school, including students, teachers, staff members and families, to work together well. That way we can all be superstars!
- 2** Think of different types of teams. There are sports teams, of course. But there are also teams of students that work together on projects, teams of teachers who plan field trips and teams of parents who brainstorm ideas. Today, think about how you can be a good team member. Do you need to speak up more? Speak less and listen more? Say thank you? Take turns? Take just one step toward being the best team member you can be.
- 3** To paraphrase basketball superstar Michael Jordan, “Talent wins games. Teamwork wins championships.” Think about that. One of the greatest basketball players of all time, the player LeBron James rooted for when he was growing up, says that it takes a strong team to win championships. Let’s see what you can do today to be part of a great team at our school.



Active Listening

- 1** Listen up, everyone! This week we’re going to learn what it means to really listen to another person. A famous author named Ernest Hemingway once said, “I have learned a great deal from listening carefully.” Listening carefully and really paying attention to what someone says can be hard, but it’s worth it. So let’s all listen carefully this week.

2 Did you know that you don't just listen with your ears? That's right! People who are really good at listening also make eye contact with the person to whom they're talking. They also use their mouths. How? By repeating what they heard to make sure they understood the speaker's message. Try using these two listening techniques this week. The person you're listening to will feel understood, and you'll know you heard the message loud and clear.



3 Has this ever happened to you? Instead of listening to the person who is talking to you, you're busy planning what to say next. This week we've learned how to be an active listener. Now, go out there and do more than just hear someone's words — really listen to them. I bet you'll learn a lot!

Assertiveness

1 What do you do when you are in an uncomfortable situation, such as when someone is mean to you? Are you mean to them, too? Do you give in and let the person keep being mean? Or do you stay calm and speak up? This week we're going to talk about being strong and standing up for yourself and others. It's a lesson from which we can all benefit!

2 It's hard to say no to someone, isn't it? But it's also perfectly OK to do so. This week we've been talking about being assertive. One way you can be assertive is to say no nicely when someone is making you uncomfortable. Whether you say, "No, thanks!" or "No, I don't want to do that," you have a right to stand up for yourself. Practice what you will say to someone the next time they put you in a difficult spot. After you try it a few times, you'll be more confident that you can stand up for yourself when you need to.

3 This week we've spent time learning how to stand up and speak up. When we assertively speak up for ourselves and others, we communicate clearly how we feel and what we need. That's a good thing to do because it helps others treat us with respect. So, remember everyone: at our school we speak up and stand up for what's right!



Fairness

- 1** Have you ever proclaimed, “That’s so unfair?” I bet you have. All of us at some time have felt that we were treated unfairly. This week we’re going to talk about fairness and how to be a fair person. For example, people who are fair take turns and share. When was the last time you had to wait your turn or share something? If you were able to do that, you showed fairness. Today, think about other ways you can treat people fairly in your classroom and at home.
- 2** This week we’ve been learning about fairness. Everyone wants to be treated fairly, so being a fair person is also a great way to be a friend. What can you do today to treat someone fairly in your class? See for yourself how being fair to others can help make your classroom an even better place to learn and grow.
- 3** Have you learned a thing or two this week about fairness? I hope you have! We’ve spent time talking about what it takes to be a fair person and why treating people fairly is so important. The next time you’re tempted to say, “That’s not fair!” remember what you’ve learned this week. Think about whether the situation is really unfair. If it is, speak up! If it’s not, then move on to your next adventure with a smile. That’s the fair thing to do!



Quick Tip

Post these announcements on your school's social media pages or website. That way, families can reinforce the messages at home, too.