



# All Things E.Q.

## The Discovery of You

MORNING ANNOUNCEMENTS WEEK 1, QUARTER 1

### ***Motto: My Day Depends on Me!***

Understanding EQ & IQ and an Introduction to the Four Questions

#### **Monday:**

*Happy Monday! This school year, we will work to develop your I.Q. - I.Q. is your intellectual quotient or your academic smarts. We are also going to help you raise your E.Q. - E.Q. is your emotional quotient or communication smarts. Your I.Q. is what you know, which is important, and your E.Q. is how you treat yourself and others, which is just as important. Be good to yourself by making the most of your day! The motto for this week is: My day depends on me!*

#### **Tuesday:**

*Happy Tuesday! How are you showing up at school today? This week we will learn four questions about how you are “showing up” for yourself and others. The first question is, “How can I be kind and helpful in this moment?” There are many things you can do to help the people around you, right now. You can listen and be respectful by keeping your heart toward the speaker. You can smile and be kind. So, ask yourself, “Am I being kind and helpful, right now?” After all, your day depends on you!*

#### **Wednesday:**

*Happy Wednesday! How are you showing up at school today? Are you being kind to yourself? What you tell yourself makes a big difference in how you feel and how successful you are. Being kind and helpful is important, but it’s just as important to be kind and helpful to yourself. Ask yourself, “Is my self-talk positive today?” After all, your day depends on you, so be kind to yourself.*

#### **Thursday:**

*Happy Thursday! The third question we will learn this year is “Am I making an honest effort?” This question helps us understand that the kind of energy we bring to our day often determines what kind of day we will have. If you bring positive energy to your day, you will have a better experience than if you bring negative energy. If your day isn’t going well, ask yourself “Am I making an honest effort to make the most of this day?” After all, your day depends on you. Make it a great one!*

#### **Friday:**

*Happy Friday! The fourth question we will think about this year is “Am I focusing on solutions instead of problems?” When a problem pops up we can feel really frustrated and spend all day thinking about the problem. However, complaining about a problem, won’t make it go away. Look for a solution instead. After all, your day depends on you. You deserve to make it a great one!*



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### MORNING ANNOUNCEMENTS

Quarter 1, Week 2 Motto: Are my thoughts helping me or hurting me?

#### **Monday:**

*This week we will focus on understanding how our thoughts can help us or hurt us. How you think about your day can make your day better or worse. Ask yourself "Is my thinking helping me or hurting me?" If you don't like how your day is going remember, you can always change how you think about things. Our motto this week: Are my thoughts helping me or hurting me?*

#### **Tuesday:**

*Our motto this week: Are my thoughts helping me or hurting me?*

*You can't always change what's happening around you, but you CAN ALWAYS change how you THINK about what's happening. Ask yourself, "Is there a better way to think about this that will help me have a better day?" After all, you deserve a great day.*

#### **Wednesday:**

*Our motto this week: Are my thoughts helping me or hurting me?*

*Henry Ford said, "Whether you think you can or whether you think you can't, you're right." What does that mean? It means that our thoughts can determine our experiences. If you think you will enjoy today, it's more likely that you will. If you think you won't enjoy today, it's very likely that you won't. You deserve a good day, choose thoughts that help make that happen!*

#### **Thursday:**

*Our motto this week: Are my thoughts helping me or hurting me? Most everything in life has an upside and a downside. If you think about your day yesterday you may notice that it had its ups and downs. Most days have both. An important question to ask yourself is when you look back on your day what do you remember most? There is plenty to be happy about when you pay attention and you deserve to notice all the good stuff that happens each day too. So, the tip for today is to pay attention to the upside!*

#### **Friday:**

*Our motto this week: Are my thoughts helping me or hurting me? Your thinking can make you feel better or worse. Choose to focus on the good things in your life (because you deserve it) and make it a great day! After all, your day depends on you. Happy Friday, everyone!*



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### Quarter 1 Week 3 Motto:

***I am always communicating through my body language.***

#### **Monday:**

*Our motto for the week is: I am always communicating through my body language.*

*This week, we will focus on communication. Did you know that you are always communicating with other people? Even when you are not saying a word, your body language is communicating for you. Body language can be positive or negative and can make you feel better or worse. If you want a more positive day, use body language that helps you feel better, like sitting up and smiling. Have a great day everyone.*

#### **Tuesday:**

*Our motto for the week is: I am always communicating through my body language. People's impression of us is influenced not only by what we say but also by our attitude and how we say what we say. Author John C. Maxwell wrote, "People may hear your words, but they feel your attitude." That's an important insight to remember because we always communicating through our body language. Have a great Tuesday, everyone!*

#### **Wednesday:**

*Our motto for the week is: I am always communicating through my body language. Maya Angelou said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." How we make people feel has a lot to do with the body language we use because people may hear what we say, but they feel our attitude through our body language. Pay attention to what you communicate today and make it a great Wednesday!*

#### **Thursday:**

*Our motto for the week is: I am always communicating through my body language. Showing respect to the people around us has a lot to do with our non-verbal communication or our body-language. When you use positive body language, other people enjoy being around you more, and it makes you feel better too. A simple smile or greeting can make a big difference in a person's day. Ask yourself, "How will I greet people today?"*

#### **Friday:**

*Our motto for the week is: I am always communicating through my body language. It's important to remember that our body talks to our brain. When we sit up straight, put our shoulders back and smile, we feel better. Let your body-language help you have a better day. Happy Friday, everyone!*



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### MORNING ANNOUNCEMENTS

**Quarter 1 Week 4 Motto: I show up positively for myself and the people around me.**

#### **Monday:**

*This week we are focusing on how we “Show Up.” How do you “Show Up” in school? Do you Show Up ready to have a good day or do you Shut Down and expect to be bored? Remember, we often get what we expect. Which is why our motto for this week is: I show up positively for myself and the people around me. Make it a great Monday, Everyone!*

#### **Tuesday:**

*Our motto for this week is: I show up positively for myself and the people around me. How can you show up positively for yourself and others? The first way is to be kind to yourself by using positive self-talk. The second way is to be kind to the people around you. Anne Frank said, “Whoever is happy, will make others happy too.” Thank you for making our school a happier place by showing up positively.*

#### **Wednesday:**

*Our motto for this week is: I show up positively for myself and the people around me. One way to “Show Up” positively for school is to decide to be curious about what you will learn. When we stay curious, school becomes more interesting, and you deserve an interesting day. Happy Wednesday!*

#### **Thursday:**

*Our motto for this week is: I show up positively for myself and the people around me. Robert Ingersoll said, “The time to be happy is now. The place to be happy is here. The way to be happy is to make others so.” Thank you for being positive and kind to yourself and others today!*

#### **Friday:**

*When you are kind to another student, you make our school a better place, and you make yourself feel better too. Robert Ingersoll said, “We rise by lifting others.” Happy Friday everyone!*



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### MORNING ANNOUNCEMENTS

Quarter 1 Week 5 Motto: I'm kind to the people I am with right now!

#### **Monday:**

*Leo Tolstoy wrote the book *The Three Questions*. In it, he asked, "Who are the important people?" "What is the important thing to do?" and "When is the important time?" The main character in the book learns that the important people are the people you are with right now and the important thing to do is to be good to the people you are with right now. What if we were kind to the people we were with right now? How would that make us feel? How would that make the people we were with feel? Let's give it a try, this week our motto is "I'm kind to the people I'm with right now!"*

#### **Tuesday:**

*This week our motto is "I'm kind to the people I'm with right now!" The people you are with right now may not be your best friends, but that doesn't mean they don't deserve your kindness. The people you walk by in the hall, the people you see in class, the people sitting next to you right now are important. People matter and kindness counts. Thank you for bringing your kindness to school.*

#### **Wednesday:**

*This week our motto is "I'm kind to the people I'm with right now!" How can I be kind to the people I'm with right now? One way is to simply share a smile. Another way is to pay attention to the people around you by facing your heart to the speaker and using positive body language. When you are kind to the people around you, you not only make their day better, you make your own day better too!*

#### **Thursday:**

*This week our motto is "I'm kind to the people I'm with right now!" One way to be kind to the people you are with, even if you are only with them for a moment, is to share a greeting, a smile, or a friendly wave. Just letting people know you see them and that you care matters because everyone feels better when people are kind. Thank you for making our school a better place to be.*

#### **Friday:**

*Happy Friday! This week we have been working on the motto "I'm kind to the people I'm with right now!" Every person is important, and no act of kindness is ever wasted. When you are kind to the people around you - you make them feel more important, and in turn, you become important, because you are making the world better one simple act of kindness at a time.*



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### MORNING ANNOUNCEMENTS

**Quarter 1 Week 6: I am willing to introduce myself and get to know new people.**

**Monday:**

*This week our motto is “I am willing to introduce myself and get to know new people.” How many people can you share a smile with today? Smiling and saying hello to other students makes our school a friendlier place. We can make this a great Monday by sharing smiles with new people today!*

**Tuesday:**

*This week our motto is “I am willing to introduce myself and get to know new people.” When you need to speak with someone just remember three things. First, introduce yourself. Simply say hello and say your name. Second, ask some questions. Get them talking about their favorite things and soon you may both be enjoying the conversation. Finally, when you are ready to leave say “It was nice speaking with you.” Reaching out and sharing a moment with another student is a great kindness. Thank you for making our school a friendly place to be. Happy Tuesday!*

**Wednesday:**

*This week our motto is “I am willing to introduce myself and get to know new people.” One thing that can help make conversations feel easier is to remind yourself that awkward silences are normal! Not all conversations have someone speaking the entire time. Sometimes there will be silences. When that happens, it may feel awkward, but the truth is silences are normal. Awkward, but normal. Don’t panic, just ask a question and you will be back to communicating in no time. Happy Wednesday!*

**Thursday:**

*This week our motto is “I am willing to introduce myself and get to know new people.” It doesn’t always feel easy when you speak with someone new, but one way to make it easier is to have questions to ask. Instead of trying to think of different questions just remember you can always ask people about their favorite things. What is their favorite sport, food or vacation? Now you will always have something to talk about when you meet someone new. Happy Thursday!*

**Friday:**

*Happy Friday! This week we have been working on the motto: “I am willing to introduce myself and get to know new people.” Every person is important, and no act of kindness is ever wasted. When you are kind to the people around you – you make them feel more important and in turn you make the world better one simple act of kindness at a time.*



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### MORNING ANNOUNCEMENTS

#### Quarter 1 Week 7: I don't trade what I want most for what I want now.

##### **Monday:**

*This week is about delayed gratification. Delayed gratification is being able to see what you want down the road and working for it now. Imagine doing your homework and wanting to do something else like playing a video game or watching TV, but then you remember that what you want MORE than watching TV is having your homework done and feeling good about your work. The motto for this week can help: "I don't trade what I want most for what I want now."*

##### **Tuesday:**

*This week our motto is "I don't trade what I want most for what I want now." Being able to delay gratification is an important skill. When you make decisions, ask yourself if your choice will help you or hurt you in the future. Sometimes, being able to focus on the future and make choices that will make the future easier is the best way to help yourself. If you stayed up too late before a soccer game or gymnastics meet, it may be fun in the moment, but later you may get tired sooner, and your performance won't be as good as it could have been. Consider if your decisions will help you or hurt you in the future.*

##### **Wednesday:**

*This week our motto is "I don't trade what I want most for what I want now." Why do you think people who can delay their gratification are more successful, happier, and even healthier than people who are unable to wait for what they want? One reason is because they are willing to make harder choices now (like studying instead of watching TV) so they can enjoy even bigger rewards later like good grades and a career they enjoy when they are older. Today do something that your "future self" will thank you for.*

##### **Thursday:**

*Pretend you saved money for something you really want like a new bike. All the things you could have spent your money on, like candy or video games, were not as important to you as the bike. When you can delay gratification, you are able to work toward what is most important to you, and you end up getting what you really want. The motto for this week is: I don't trade what I want most for what I want now.*

##### **Friday:**

*This week we have been working on the motto: I don't trade what I want most for what I want now. Delayed gratification is an important skill because it can help you get what you really want in life. When you are tempted to watch TV instead of going to practice, ask yourself this question, "Will my future self be happy with my decision?" You can enjoy the present while you plan for the future, by thinking about what you want now and what you want most. Find the balance. Happy Friday!*



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### MORNING ANNOUNCEMENTS

**Quarter 1 Week 8 Motto: I am a productive team member.**

**Monday:**

*The motto for this week is: "I am a productive team member." Being a productive team member means you are aware of the people around you. Good leaders and good friendships are made when we pay attention to the needs of others. Today, pay attention to the people around you and think about what they need from you right now. Being aware of other people will make you a better leader and a better friend.*

**Tuesday:**

*The motto for this week is: "I am a productive team member." Being a productive team member means knowing when to lead and when to follow simply by being "TEAM" focused rather than being "SELF" focused. When we are "SELF" focused we may only think about what is best for us, but when we are "TEAM" focused we are able to think about what is best for the whole team. Thinking about others will make you a good leader. It will also make you a great friend!*

**Wednesday:**

*The motto for this week is: "I am a productive team member." Being a productive team member means you pay attention to the people around you. If everyone is confused and they need direction, step up and lead. However, if people are talking and the group is listening then be a good listener. If you lead, or if you follow always know how you are going to contribute to the team. Ask yourself, "What can I do right now to help?" When you do that you will always be a valuable member of any team you are on!*

**Thursday:**

*The motto for this week is: "I am a productive team member." The best team leaders are the best listeners. They make sure everyone has been heard and that everyone knows what they need to do to contribute to the team. If you lead or if you follow, show up positively ready to help the team, and everyone will be glad that their team has you on it!*

**Friday:**

*Happy Friday! This week we have been working on the motto "I am a productive team member." Good leaders and good friends have similar qualities. They pay attention and care about the people around them. Today, practice your leadership skills by being kind and inclusive to the people around you. Happy Friday everyone!*





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## MORNING ANNOUNCEMENTS

**Quarter 1 Week 9: I don't brag because I am happy with myself.**

### **Monday:**

*Happy Monday, everyone! Have you ever had someone brag to you about how well they did on a test, or how much better they are than you at soccer, or math? Most of us have had that experience and rather than be impressed with the person we find ourselves feeling irritated with them instead. That's why the motto for the week is: I don't brag because I am happy with myself. You do not need another person's approval to be happy, only your own. Be proud of yourself today!*

### **Tuesday:**

*The motto for the week is: I don't brag because I am happy with myself. It's fun to be able to share our accomplishments when we have done something we are proud of, but it is important to do so with humility. Humility means you are courteous and respectful of others, and you do not believe you are more important than other people. After all, everyone is important, and people enjoy our company when we make them feel good, not when we make them feel bad by bragging. Rather than talk about your own accomplishments today, compliment others when they do well. They will be glad you did and so well you! Have a great Tuesday everyone!*

### **Wednesday:**

*The motto for the week is: I don't brag because I am happy with myself. When you are happy with yourself, you can brag about OTHER people, rather than yourself and you can do so without feeling less about your own abilities. That's confidence. Confident people do not need to brag. Confidence is silent. Insecurities are loud. Today, be loud about someone else's accomplishment and be quietly proud of your own.*

### **Thursday:**

*The motto for the week is: I don't brag because I am happy with myself. Bragging can make other people feel bad because they may not have an item you have, or they may not be able to do what you are able to do. If you are proud of yourself today for something you did, or you are enjoying something you have by all means enjoy it and be happy. Just remember, you do not need another person's approval to be happy, only your own. Enjoy your day today!*

### **Friday:**

*The motto for the week is: I don't brag because I am happy with myself. Today, think of all the reasons you have to be happy and proud of yourself. You can be proud of yourself when you work hard and do your best; you do not need to compare yourself to others to be proud, you only need to do your best work. When you think about it, you have a lot to be proud of, happy Friday everyone!*