



All Things E.Q.

The Discovery of You

MORNING ANNOUNCEMENTS

Quarter 2 Week 1: *I pay attention to what I tell myself.*

Monday:

This quarter we are going to pay attention to how we talk to ourselves. What we tell ourselves is very important because our self-talk can either build us up, or tear us down. Using encouraging self-talk, is probably one of the most important things we can do for ourselves and we can start today! Our motto for this week: I pay attention to what I tell myself.

Tuesday:

Our motto for this week: I pay attention to what I tell myself. A motto is a belief, or a way of speaking to yourself, that you tend to repeat over and over again. Making sure your motto helps you is important. The motto I am bad at math is not helpful. The motto I never give up is much better. Your motto matters. Make a motto that will help you do well, like: I always do my best. Have a happy Tuesday everyone!

Wednesday:

How we speak to ourselves is important. People can judge themselves very harshly and hold unkind thoughts about themselves. When we do this, we are not helping ourselves. Be kind to yourself. Author and researcher Brene Brown said, "Speak to yourself like you would a friend." Have a great Wednesday everyone.

Thursday:

Have you been paying attention to whether your self-talk is helping you or hurting you? How you communicate to yourself is important. You deserve supportive and encouraging self-talk, so be kind to yourself today and encourage yourself, because the world needs the best version of you!

Friday:

A motto is like a slogan for your life, and you deserve a great life, so give yourself a great motto. A positive motto can make you feel better like, "I always believe something wonderful is about to happen." Or, "Today, I will notice all the good that is around me." What is your motto for today? Make one that helps you have a great day! Happy Friday everyone!



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Quarter 2 Week 2: I *know* what I am looking forward to today.

Monday:

Our motto for this week is: I know what I am looking forward to today. Everyone deserves a great day. One way to make your day better is to KNOW what part of today you are going to enjoy. Ask yourself, what am I going to enjoy in school today? Have a great Monday, everyone!

Tuesday:

Our motto for this week is: I know what I am looking forward to today. When we pay attention to the joy in our lives, we feel better. What are you looking forward to today?

Wednesday:

When we KNOW what part of the day we enjoy, we enjoy our day more. Keep asking yourself this question, “What part of today am I going to enjoy?” The more answers you have to that question, the more you will enjoy your day, and you deserve a great day! Happy Wednesday, everyone!

Thursday:

Do you know what you will dislike about today? Do you know what you will like about today? When you remember yesterday do you recall what you liked about yesterday, or do you recall what you disliked? Take a moment to think about your thinking because we tend to get more of what we focus on. Focus on all the good in your life today because you deserve a wonderful day!

Friday:

Today, think about all the wonderful things you will learn, the people that will make you smile, and the teachers that care about you. When we take a moment to look around, we can see all the good that surrounds us. Happy Friday!



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Quarter 2 Week 3: I make the most out of every experience.

Monday:

Happy Monday? Happy and Monday sound funny together because, too often, we believe Mondays will not be fun. Thinking negatively just because it is Monday doesn't help make Monday any better; in fact, it makes it worse. For example, instead of thinking Mondays are not fun, try to think MAYBE this Monday will be better. Make room in your thinking for something better to happen because you deserve a better day. The motto for the week is: I make the most out of every experience.

Tuesday:

The next time you have an unhelpful thought, try using a maybe. For example, instead of saying, "I will never understand math," say, "Maybe I will understand it today." When you add a maybe to your negative thoughts, you make room for the possibility of something better to happen, and you feel more motivated to do your best. The motto for the week is: I make the most out of every experience.

Wednesday:

Are you going to have a terrible day today? Maybe you are, and maybe you aren't. Are you going to have a great day today? Maybe you are, and maybe you aren't. The truth is we just don't know what today will bring, but we do know that what YOU bring to the day matters. We cannot control everything that happens to us, but we can make the most out of every experience. Make it a great Wednesday!

Thursday:

Do you wish you were home sleeping in? We all have those days from time to time; it's normal. However, if you hang onto that thought all day, you won't enjoy your day. Instead of thinking about where you would rather be, think about how you can make where you are better. After all, your day depends on you, and only you can decide how much or how little of your day you will enjoy. The motto for the week is: I make the most out of every experience.

Friday:

Remember to use MAYBE in front of your negative thoughts. If you think, "Today is going to be boring." You are increasing the chances of that being true for you. Instead, try, "MAYBE today is going to be boring, but MAYBE it's not!" Using MAYBE helps you make room for something better to happen. After all, Maybe today is going to be great! The motto for the week is: I make the most out of every experience. Happy Friday, Everyone!



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Quarter 2 Week 4: Mistakes can make me better if I let them!

Monday:

All Things E.Q. Tip of the Day: This week we are going to focus on mistakes. Everyone makes mistakes, yet we tend to punish ourselves with negative self-talk when we make a mistake. Instead, remember that making mistakes is normal. In fact, making mistakes is how we learn. The next time you make a mistake don't feel bad just ask yourself, "What did I learn from this mistake?"

Tuesday:

All Things E.Q. Tip of the Day: Did you know that the most successful people are often the ones that have made the most mistakes? They are successful, because they learn from their mistakes, rather than let their mistakes stop them from trying. Learn from your mistakes today and keep going. Don't give up on yourself or use negative self-talk. Just remind yourself that making mistakes is how everyone learns.

Wednesday:

All Things E.Q. Tip of the Day: This week we have been talking about how mistakes help us grow and learn. Here is a quote by Tony Robbins: "No matter how many mistakes you make or how slow your progress, you are still way ahead of everyone who isn't trying."

Thursday:

All Things E.Q. Tip of the Day: The motto this week is: Mistakes make me better if I let them! Sometimes people don't learn from their mistakes, because they are too upset they made a mistake, and then they make the same mistake again. Rather than be upset you made a mistake, learn from it instead. It's not the mistake that matters; it's what you do about it that matters!

Friday:

All Things E.Q. Tip of the Day: The motto this week is: Mistakes make me better if I let them! Albert Einstein said, "Anyone who has never made a mistake has never tried anything new." Learn new things, make mistakes and keep trying! Happy Friday everyone!



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Quarter 2 Week 5: I say “GOODBYE” to my negative self-talk.

Monday:

Everyone has thoughts that are not helpful from time to time, such as “I wish it was Saturday,” and while that might be true, it doesn’t make today any better. In fact, it can make today feel worse. To have more helpful thoughts, first, notice if your thoughts are helping you have a better day or making you feel worse. Second, if your thoughts are not helping you, tell them, “GOODBYE.” After all, you deserve better. Have a great Monday, everyone!

Tuesday:

If you have a thought that is bothering you, like “I’m going to fail the test,” you don’t have to think that thought over and over again. Just tell it GOODBYE. It wasn’t helping you, anyway. You may have to tell your negative thoughts “GOODBYE” more than once, but the effort is worth it if your negative thinking isn’t helping you. Be good to yourself today!

Wednesday:

Negative thoughts like “I’m a bad speller” will never help. Tell your negative thoughts “GOODBYE” and see if you can replace them with more helpful thoughts like, “I am getting better.” Remember, you get to pick your thoughts. Choose thoughts that encourage you!

Thursday:

Don’t let negative thoughts get you down. Tell them GOODBYE and move on to thoughts that make you feel better. Remember what you tell yourself every day will either lift you up or tear you down; choose wisely. Have a great Thursday, everyone!

Friday:

Author Brene Brown said, “Talk to yourself like you would a good friend.” Why bully yourself with negative self-talk? After all, if a friend failed a math test, you would not tell them they are not very smart; you would tell them that they will do better next time. Be as kind to yourself as you are to others! Happy Friday, everyone!



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Quarter 2 Week 6: I steer clear of gossip.

Monday:

This week we are talking about gossip. Gossip is when people speak unkindly about other people. If you hear people gossiping, there are three things you can do. First, don't add anything unkind to the conversation. Second, try to change the subject, and third, if those two don't work, you can find a reason to walk away. Let's be kind to one another and steer clear of gossip.

Tuesday:

This week we are learning how to avoid speaking unkindly about other people. It's pretty easy not to gossip ourselves, but it is harder to know what to do when other people are gossiping. Just remember one, two, three. One, don't add to the gossip. Two, if other people are gossiping, see if you can change the subject, and three, you can always find a reason to walk away.

Wednesday:

This week we have been talking about gossip, which is when people say unkind things about other people. Gossip hurts both the person being gossiped about and the person doing the gossip. The person doing the gossip will get a reputation for being unkind, and the person being gossiped about will get their feelings hurt. Neither outcome is good, which is why our motto for this week is: I steer clear of gossip.

Thursday:

When you don't participate in gossip – you help make gossip stop. When you change the subject when people are gossiping – you make the conversation smarter. When you don't spread gossip, you make our school better. You are a very important person because you can make our school kinder, safer, and friendlier. Happy Thursday, everyone!

Friday:

This week we have been talking about when people speak unkindly about other people. Saying unkind things about others is a way to bully other people. We can keep one another safe from this kind of bullying by not participating in gossip. Thanks for all you do to be kind to one another at school. Happy Friday, everyone!



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Quarter 2 Week 7: The cure for boredom is curiosity.

Monday:

Are you bored often? Being bored isn't fun, but luckily there is a cure, and it's called curiosity. Lose those boredom blues and get curious. Curious people learn more and enjoy life more simply because they are open-minded and curious. Being curious makes life more fun. So, be curious by asking yourself, "What will I learn today?"

Tuesday:

Being bored is boring, so why would you want to choose that for yourself? You deserve better. Remember, the cure for boredom is curiosity. Albert Einstein has several quotes about curiosity. In one of them he said, "I am neither clever nor especially gifted. I am only very, very curious." Enjoy your day everyone!

Wednesday:

Be curious. When students are curious, they are more alert and ask more questions. They find school more interesting, and they learn more. The best part of curiosity is that by being curious, you get a better experience, and you deserve the best day possible. Happy Wednesday, everyone!

Thursday:

Remember that you have a better day when you listen to the speaker and stay curious! Albert Einstein once said, "I have no special talents; I am only passionately curious." Practice your curiosity today by reminding yourself that today, you will learn something interesting!

Friday:

Happy Friday! Make today great by being open-minded and curious in school. There are so many interesting things you can learn today if you stay curious. Discover new things, learn, and enjoy your day simply by being curious and keeping an open mind. Happy Friday!



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Morning Announcements Quarter 2 Week 8:

I learn from others rather than compare myself to others.

Monday:

Good Morning! This week we are going to talk about comparison. Comparing ourselves to others will either make us feel better or worse than other people, and neither one is a good outcome because we become either arrogant or insecure. Instead of using comparison to measure yourself against others, use it to learn. For example, if you know your friend can draw well or do math facts quickly instead of thinking, “*I’m not as good as them,*” you can ask them how they do it and then get better yourself! Our motto for the week: I learn from others rather than compare myself to others.

Tuesday:

When you use comparison to learn, you may sound like this: “You did great on that test. How did you study?” Or, “Your drawings are incredible. How do you make them so realistic?” When you use comparison to judge yourself, it sounds more like this: “His drawing is great, and mine is terrible.” Remember, if you must compare yourself, do it to learn, not to judge. Be kind to yourself!

Wednesday:

If someone can do something better than you can and you would like to get better too, then ask them! When you use comparison to learn, it can be helpful. When you use comparison to judge yourself, it can make you feel bad. Try to notice when you compare yourself to others and ask yourself, “Is this comparison helpful to me?” Be kind to yourself!

Thursday:

The world is a pretty big place, and there will always be someone better than you at something, and there will always be someone worse. With so many people in the world, you could spend your whole life comparing yourself to others, and you would never be happy. Theodore Roosevelt said, “Comparison is the thief of joy.” Keep your joy by focusing on being the very best version of yourself by learning from other people rather than comparing yourself to other people. Be kind to yourself!

Friday:

This week we have been talking about comparison because sometimes we make ourselves feel bad by comparing ourselves to others. Focus on improving yourself, rather than comparing yourself to others. Be proud of your hard work, and take a moment to think about how much you have learned this year! Make it a great day, and happy Friday!



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Quarter 2 Week 9: I choose what I believe about myself.

Monday:

Good morning! This week our motto is: I choose what I believe about myself. What you believe about yourself is more important than what other people believe about you. Know how valuable you are and see the good in yourself. Mark Twain said, "A man cannot be comfortable without his own approval." Have a great Monday, everyone!

Tuesday:

What do you believe about yourself? Do your opinions about yourself help you become a better person? Maybe you think, "I am not very smart." Does that thought help you become your best self? Try a kinder thought like, "I am always learning." Remember you choose what you believe about yourself, so choose thoughts that help you be your best self. Have a great day!

Wednesday:

All of us have had our feelings hurt when someone says something unkind to us. We each decide what we will do. We can either believe the unkind remark about us is true, or we can decide to let it go and choose a kinder belief about ourselves. After all, only hurt people hurt people. If someone says something unkind about you, remember the person who said it is hurting and what they said has more to do with them than you. Be kind to yourself today.

Thursday:

Other people will have opinions about you, but the most important opinions you will ever have about yourself come from your own mind. Be kind to yourself and believe in all you have to offer this world. Steve Jobs said, "Don't let the noise of others' opinions drown out your own inner voice."

Friday:

Happy Friday! Choose wisely because there is only one YOU in the entire world, and if you choose to diminish yourself (diminish means make yourself feel less than you are), then the world will miss out on the one and only you that is available. Have a great day and believe in yourself!