

MAY

MONTHLY ANNOUNCEMENT RESOURCE GRADES 6-12

FEELINGS MATTER

ADAPTED FROM AN APPLE SCHOOLS RESOURCE



Announcement #1:

Did you know that physical activity can make you feel better? Our brains release natural chemicals called endorphins. These boost our mood and can help us regulate our emotions. So, remember to get the recommended 60 minutes of physical activity each day! What activities are you going to try today?



Announcement #2:

Did you know that our school is full of people who care about you. Ask for help. Reach out to teachers, family, and friends when you need help or just someone to talk to. Remember, talking with someone can help you explore your feelings and help you build connections for support.



Announcement #3:

What form of physical activity is free, doesn't need special equipment, doesn't depend on the weather, is sociable, and can be done every day? If you said Walking, then you're right. Walking is something that we do every day. Do you know that regular exercise can improve our well-being and reduce depression and anxiety. Plus, it can help you cope with stress. Let's get our walking shoes on.



Announcement #4:

Did you know that stress can melt away when you're exercising, playing a sport, or dancing to your favorite music. Exercise is a way to manage stress and boost your mood. What activity are you going to do today?



Announcement #5:

Did you know that stress is what you feel when you're worried or uncomfortable about something. Take care of yourself by getting enough sleep, eating healthy food, exercising, and making time for fun. These are all ways to help you feel better. What is something you can do for yourself today?



Announcement #6:

Did you know that people learn to cope with their emotions through observing and receiving guidance from others, as well as practicing over time. When you are able to regulate your emotions, you will perform better in school, build positive and long-lasting relationships, and deal with life's challenges. What coping mechanisms work best for you?

