

## Morning Announcements

### Week 1: Listening

At our school, we all work hard to be the best learners we can be. One skill for learning is to listen with attention. When we listen with attention, our eyes are watching the speaker, our ears are listening, our voices are quiet, and we're still. This week, practice being a great listener every day!

### Week 2: Focusing Attention

Learning happens every day at our school. An important skill for learning is focusing attention. When we focus our attention we use our ears, our eyes, and our brain! This week, put on your attent-o-scopes and notice how they help you listen and learn.

### Week 3: Using Self-Talk

This is another great week for learning at our school. An important skill for learning is using self-talk. Self-talk means talking to ourselves in a quiet voice or in our heads. Self-talk can help us stay on task and focus attention. Think about what self-talk you might use if you were trying to remember directions your teacher gave you. Remember to use self-talk today when you need to stay focused and on task!

### Week 4: Being Assertive

Learning means doing something new every day. Sometimes when we're doing something new, we get stuck and don't know what to do. If we get stuck, we can use a skill for learning—being assertive—to ask for help. Being assertive means asking for what you need or want in a calm, firm, respectful way. Face the person you are talking to, and keep your head up and shoulders back. When you can't figure out what to do in class, remember to be assertive and ask for help.