



Say
"good morning"
to 15 people.

Art by James, age 13, California, USA



Get Inspired

Quote

"Kind words can be short and easy to speak, but their echoes are truly endless."
Mother Teresa

Fact

A warm greeting at the beginning of the day makes students feel happier about coming to school.



Shake It Up

Stand up and stretch! Raise your arms high in the air and gently bend to the left and then to the right. Put your hands on your hips and twist to the left and then to the right. Stand up tall and then touch the ground. Feel the good stretch.
"I am flexible!"



Talk It Out

1. Does saying "good morning" to others make a difference? Why or why not?
2. How do you feel when other students greet you in the morning with a smile and kind words?
3. Is our classroom culture better or worse when we all greet each other nicely?



Do It!

1. Turn to a neighbor, look them in the eyes, smile and say, "good morning."
2. Now stand up, find a new partner, look them in the eyes, smile and say, "good morning."
3. Smile and repeat this 13 more times.

Say "good morning" to 15 people.

SEL Competencies

Social Awareness

Respect for Others

Relationship Skills

Communication
Developing positive
relationships

Responsible Decision-Making

Reflecting on one's role
to promote personal
and community well-
being

Timeframe

25 min

Materials Required

None



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Quote

Invite a student to read the quote.

Fact

A warm greeting at the beginning of the day makes students feel happier about coming to school.

[Source: K-12 Dive](#)



Shake It Up

Get your students moving. Invite them to do the following activity:

1. Stand up and stretch! Raise your arms high in the air and gently bend to the left and then to the right. Put your hands on your hips and twist to the left and then to the right. Stand up tall and then touch the ground. Feel the good stretch.
2. When finished, have your students say, "I am flexible!"



Talk It Out

Encourage your students to reflect on the provided questions.

1. Does saying "good morning" to others make a difference? Why or why not?
2. How do you feel when other students greet you in the morning with a smile and kind words?
3. Is our classroom culture better or worse when we all greet each other nicely?



Do It! (as a class)

1. Invite your students to turn to a neighbor, look them in the eyes, smile and say, "good morning."
2. Have your students stand up, find a new partner, look them in the eyes, smile and say, "good morning."
3. Repeat this 13 more times.
4. Reflection - Ask your students how that felt. Did it get easier as the challenge progressed? Are they willing to say "good morning" to other students tomorrow and the day after?