FOR TEACHERS · K–5TH GRADE · MORNING MEETING · 1 OF 5

Morning Meeting Planner

Plan each day's greeting, share, activity and message. A meeting takes about 15 to 20 minutes.



Teacher: _____ **Week of:** _____

	Greeting	Share	Activity	Message
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Notes: who needs a turn to share? What went well?

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FOR TEACHERS · K–2ND GRADE · MORNING MEETING · 2 OF 5

A Week of Morning Meetings: K to 2nd Grade



Five ready-made meetings. Sit in a circle so everyone can see everyone.

Teacher: _____ **Week of:** _____

	Greeting	Share	Activity	Message
Monday	Wave and name: each child waves and says "Good morning, ___!" to the friend next to them.	Something fun you did this weekend.	Simon Says, using only kind and calm moves.	Good morning! This week we will learn something new. What do you hope it is?
Tuesday	High-five greeting around the circle, then a silent high five back.	Your favorite animal and one reason why.	Animal charades: act out an animal, friends guess.	Today is Tuesday. Draw a tally mark for each friend who is here today.
Wednesday	Elbow bump: "Good morning, ___. I'm glad you're here."	One thing that makes you happy.	Pass the clap: send a clap around the circle, then go faster.	What makes a good friend? Write or draw one idea.
Thursday	Greet a friend in another language: hola, bonjour, ciao, konnichiwa.	A food you would like to try.	I spy something in our room that is...	Count the vowels in this message. How many did you find?
Friday	Silly voice greeting: say good morning like a robot, a mouse or a giant.	Your favorite thing we did this week.	Freeze dance: dance to music, freeze when it stops.	We did it! Name one thing you learned this week.

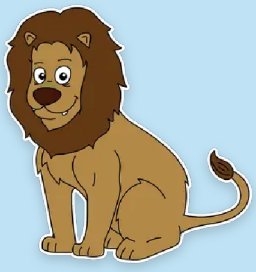
Tips

- **Keep it short:** about 15 minutes for little ones.
- Let children pass when it is their turn to share; come back to them at the end.
- Read the message together and point to each word.

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FOR TEACHERS · 3RD–5TH GRADE · MORNING MEETING · 3 OF 5

A Week of Morning Meetings: 3rd to 5th Grade



Five ready-made meetings for older students. Hand the greeting to a student leader by Friday.

Teacher: _____ **Week of:** _____

	Greeting	Share	Activity	Message
Monday	Name and a motion: say your name with a move; the circle repeats both.	A high and a low from your weekend.	Four corners: go to the corner for your favorite season, then talk about why.	Set one goal for this week. Write it on a sticky note.
Tuesday	Handshake with eye contact and the other person's name.	If you could have any job for one day, what would it be?	Two truths and a lie: the class guesses which one is the lie.	Which is harder: learning a new sport or a new song? Tally your vote.
Wednesday	Compliment greeting: greet a classmate with one true, kind thing.	A time you kept trying when something was hard.	Line up silently by birthday month, using only hand signals.	Write one word that describes our class.
Thursday	Ball toss greeting: say the name of the person you toss to.	A book, show or game you would recommend, and why.	Category chain: name things in a category (animals, states) around the circle without repeats.	What is something you are curious about? Add it to our wonder wall.
Friday	Student leader picks the greeting.	Your proudest moment this week.	Would you rather: move to one side of the room or the other, then share a reason.	Thank-you note: write a thank you to someone who helped you this week.

Tips

- Model each new greeting yourself first.
- Share questions work best with a time limit: about 30 seconds a person.
- Older students can lead the activity once they know it.

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FOR TEACHERS · K–5TH GRADE · MORNING MEETING · 4 OF 5

Morning Meeting Activity Cards

Cut out the cards and keep them in a cup. Pull one when you need a quick, calm group activity.

Teacher: _____ **Week of:** _____



Zip Zap Zop

Point and pass a "zip", then "zap", then "zop" around the circle as fast as you can. Start again if someone mixes it up.

Silent Ball

Toss a soft ball across the circle with no talking. A drop or a bad toss means you sit down.

Pass the Squeeze

Hold hands and pass a gentle squeeze around the circle. Time it, then try to beat your time.

Same and Different

Pair up. Find two ways you are the same and one way you are different. Share with the group.

Count to 20

Count to 20 as a group, one person at a time, with no order. If two people talk at once, start over.

Mirror, Mirror

Face a partner. One person moves slowly, the other copies like a mirror. Then switch.

Snowball Questions

Write a question on paper, crumple it, toss it in the middle. Pick one up and answer it.

Categories Clap

Clap a beat. On each beat, name something in a category (fruits, colors, sports) with no repeats.

Name Echo

Say your name in a fun way. The whole group echoes it back the same way.

Thumbs Up, Thumbs Down

Read a statement ("I like rain"). Thumbs up if it is true for you, down if not.

Story Chain

Start a story with one sentence. Each person adds one more sentence.

Weather Report

Each person shares their mood as weather: sunny, cloudy, rainy or stormy.

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My Morning Message

Fill in the blanks to write your own morning message. Then draw a picture for it.

Name: _____ **Date:** _____



Good morning, friends!

Today is _____ .

The weather is _____ .

Today I want to _____ .

I feel _____ **today.**

From, _____

Draw a picture to go with your message.

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