

Family-Friendly Morning Meeting Plan

Good Morning to Anyone Who...

1. Students start with videos off. The teacher states “Good morning to anyone who” and then names a category such as:
“Good morning to anyone who has a pet.”
Those who fit into that category turn their videos on and greet others in that category with a general “Good morning!” and a wave. If the group is small, participants who turned their cameras on for a category can greet one another by name.
2. Greetings continue for several rounds, ensuring that each person has had a chance to greet and be greeted at least once.

Other ideas are:

Good morning to anyone who is a guest in our class today
Good morning to anyone who is reading a good book
Good morning to anyone who has played outside recently
Good morning to anyone who is in _____ grade

Preparing Students for Success:

- Model how to quickly turn your video on and off for this greeting and how to greet classmates quickly and respectfully.
- Clearly address expectations for what students should be doing when their video is off and they are waiting to hear the next category.
- In place of turning videos off and on, students can stand if they fit into the category, and sit when they do not. Those who are standing would say “Good morning.”
- Consider starting and ending with a category in which each person will fit, such as “Good morning to anyone who lives in (your state)” or “Good morning to anyone who is in _____ grade.”

Sharing: I am grateful for _____.

This topic can be done in a variety of structures depending on the group.

- Each person in the class shares one at a time using only the phrase “I am grateful for _____.” Sharing order is predetermined by placing a list of names in the chat or on a slide.
- A small group of people can share to the whole group “I am grateful for _____” and then explain why, using two to three details.
- Students and their guests can go to breakout rooms in small groups and each share using the format above.

Preparing Students for Success:

- Clarify the term “grateful” and list a few possible ideas to help students as they think. Give a minute of think time before students share.
- Ask students what respectful listening will look and sound like.
- Model the sharing structure you will be using so students and guests understand the expectations for the sharer and the timeframe for sharing.



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Group Activity: Left and Right

(adapted from *Energizers! 88 Quick Movement Activities That Refresh and Refocus* by Susan Lattanzi Roser)

Have all participants stand. As you read the story, simply have them step left when they hear the word “left” and step right when they hear the word “right.”

This morning I **left** my room and was on my way to eat breakfast when I realized I’d **left** my favorite book in my room, **right** next to the bed. I knew I had to head **right** back to my room to get it! I wanted to see what happened next in the story, and I wouldn’t feel **right** not to have it with me today. So I **left** the kitchen, turned **left** and then turned **left** again to head back to my room. When I walked in, my book was **right** where I **left** it!

I ran **right** out the bedroom door and quickly got back to the kitchen to eat breakfast. I needed to be at the computer **right** at 8:15 or else I would be late! I chose the cereal I wanted from the cabinet on the **right** before grabbing the milk, to the **left** of the orange juice. I sat down to eat my cereal and my sister was sitting to my **left** trying to make me laugh. I smiled and stayed focused on eating, knowing it wasn’t **right** to laugh hard with a mouth full of food! I looked to my **left** and saw the clock—it was almost time to log on for Morning Meeting.

On the screen, I saw my classmates to the **left** and **right** of me. The teacher got started with the greeting **right** away and then we went **right** into our sharing. We got moving by playing the **Left** and **Right** game and then wrapped up our meeting with the morning message.

Right then we all smiled on screen and knew we were ready for a great day. Well, that is the end of my story . . . I have nothing **left** to say!

Preparing Students for Success:

- Clarify left and right, especially for younger students
- Discuss what empathy looks and sounds like during this game: “You or your classmates might go in the wrong direction. That’s okay! Your role is to keep listening and do your best. If someone else makes a mistake, what can you do to support them?”

Morning Message

Welcome Students and Guests,

I am so grateful to start the day with each of you. As you wait, think about something you are grateful for and be ready to share at Morning Meeting.

Warmly,
