

Go Be Great!

Daily Announcements

WEEK 1

This is week 1 of the ***Go Be Great*** empowerment journals and our school community will be focused on trust.

Trust is a good feeling that you get when you can rely on someone. It's also a feeling that you get when you believe that something will turn out the way you want it to.

Trust is something that we have to work to build. This week we will all focus on building trust within our school community by doing things to help each other be great!

That means using positive and encouraging words, completing our work, and doing the best we can every day. Let's focus on trust.

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Daily Announcements

WEEK 2

This is week 2 of the ***Go Be Great*** empowerment journals and we will be focused on showing enthusiasm!

Enthusiasm is a good feeling you get when you are excited about a goal and are motivated to work toward that goal.

Enthusiasm can be contagious in a good way! When people see your positive enthusiasm, they start feeling enthusiastic too! Enthusiasm comes from learning about things that you're interested in and sharing what you've learned with the world. Enthusiasm is an important ingredient of greatness.

This week we're going to share our love of learning about our interests. Let's share our enthusiasm.

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WEEK 3

This is week 3 of the ***Go Be Great*** empowerment journals and we will be focused on encouragement!

Feeling encouraged is a positive emotion that comes when you feel like things are going your way and you want to keep charging ahead!

Encouragement can boost your energy and enthusiasm. You can give people encouragement when they feel tired or disappointed. Using kind and positive words is one of the best ways to give people encouragement.

This week we're going to encourage each other to keep being the best we can be.

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Daily Announcements

WEEK 4

This is week 4 of the ***Go Be Great*** empowerment journal and we will be talking about fear. Fear is uncomfortable but it's meant to keep us safe from danger. Fear is also useful when it tells us to ask for help from people we trust.

Fear also help us act bravely and demonstrate courage. We see courage when people do what's right even though they are afraid. Encouragement can help us be brave.

This week we're going to look for friends and family members who are trying to be brave. We're going to give them support and encouragement and help them do what's right. And, if we feel fear, we're going to ask the people we trust for help.

Be courageous. ***Go Be Great!***

Go Be Great!

Daily Announcements

WEEK 5

This is week 5 of the ***Go Be Great*** empowerment journal and all week we will be focused on motivation. Motivation is a positive feeling that gives us focus and energy while we're working toward a specific goal. It's related to enthusiasm. It helps push us past challenges toward our greatness.

One great way to find motivation is to think about how what you're doing can help other people. As you learn in your classes, you're working toward a future where you have unique skills to help people. While you're focusing on your best behavior, you're helping create a great learning space for your classmates and teachers.

It's not always easy to stay motivated, especially when things aren't easy. This week let's help motivate each other.

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Daily Announcements

WEEK 6

This is week 6 of the ***Go Be Great*** empowerment journal and we are going to think about how a feeling of trust also helps us feel happy and relaxed.

When we can trust our classmates and friends to help us build a positive learning space, then we can feel happy and relaxed while we learn together.

When our teacher can trust us to do our best work and focus on what we're learning, then they can feel happy and relaxed as they teach our class.

Trust is an important part of our school community. Positive learning spaces are built on trust.

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Daily Announcements

WEEK 7

This is week 7 of the ***Go Be Great*** empowerment journal and it's time to look at enthusiasm and how it connects to our purpose.

Your purpose is to find your greatness and share it with the world. School is an important place to figure out what you're really interested in, and then learn as much as you can.

Learning with purpose is a great way to show the world your enthusiasm.

Don't forget to encourage your classmates as they live and learn with purpose.

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WEEK 8

This is week 8 of the ***Go Be Great*** empowerment journal. This week as a school we're going to focus on encouraging our classmates with kind words that help to inspire them toward their unique greatness.

When you see someone working toward their personal interest — tell them how inspiring they are.

When you hear a classmate encouraging a friend — jump in and multiply the kindness and positive energy.

Kindness and encouragement can change the world for the better.

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WEEK 9

It's week 9 of the ***Go Be Great*** empowerment journal. This week we're going to find ways to live with courage.

The smallest act of courage can inspire others and help create a better and safer learning space for everyone.

It might take courage to ask for help. It might take courage to admit that you made a mistake. It might take courage to show the world a hidden talent.

Living courageously doesn't mean you don't feel fear. It means you do feel fear, but you do what's right anyway.

Live with courage.

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Daily Announcements

WEEK 10

It's week 10 of the ***Go Be Great*** empowerment journal. It's time to look at how we did on our 5-week ***GREAT Goals*** and think about a ***GREAT Goal*** for the next 5 weeks. Working toward goals takes motivation.

Who has helped you stay motivated toward your goal? Who have you helped stay motivated toward their goal?

Look around at your amazing classmates and let them motivate you. Return the favor by using your kindness and enthusiasm to motivate their greatness.

Gandhi said, "The future depends on what you do today."

The students in our school will shape the future.

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WEEK 11

It's week 11 of the ***Go Be Great*** empowerment journal. This week we're going to focus on finding joy!

One of the easiest ways to find joy is to look at the things we're grateful for and then say thank you to the people we love. What's one thing that you're grateful for today? Is it a friend, or an opportunity to share your talents?

It doesn't have to be a special occasion for you to feel joy. Look for joy in the little things and seek to bring joy to others.

Live joyfully.

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Daily Announcements

WEEK 12

It's week 11 of the ***Go Be Great*** empowerment journal. This week we're going to address anxiety and nervousness.

Feeling anxious is a part of every person's experience. It's like a built-in warning system that can help us stay on a safe path.

But that warning system can stay on for too long, and it can start to push away feelings like joy and gratitude.

One way to keep our anxiety from getting out of control is to prepare and get ourselves ready for each day. What is one thing you can do today that will prepare you for tomorrow?

You can reach your goals.

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Daily Announcements

WEEK 13

It's week 13 of the ***Go Be Great*** empowerment journal. This week we're going to focus on supporting our friends and classmates.

We all face challenges, and everyone needs support. Let's work on being a support system for each other!

Develop a positive and encouraging voice that you can share with your friends and family members. Practice every day with small acts of kindness.

And when the time comes, don't be afraid to ask for help.

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Daily Announcements

WEEK 14

It's week 14 of the ***Go Be Great*** empowerment journal. This week we're going to focus on exploring personal interests.

Your unique gifts will develop from the things that you're interested in. It's like your brain was wired to learn about the fun and exciting things. School subjects can help you develop your interests.

Let your interest spark enthusiasm and then spread that enthusiasm to your classmates.

Follow your heart and unlock your unique greatness.

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WEEK 15

It's week 15 of the ***Go Be Great*** empowerment journal. This week our entire school will focus on acceptance.

The first step in accepting others is to accept ourselves. Each one of us has unique potential for greatness and a gift that is worth giving to the world.

Remember that when you see your teachers and classmates working hard to share their unique greatness. Accept their uniqueness, appreciate their courage, and support their enthusiasm.

Our school community is a better place because we are all different in interesting and beautiful ways.

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Daily Announcements

WEEK 16

It's week 16 of the ***Go Be Great*** empowerment journal. This week our school community will work to build collective optimism.

I'm optimistic about an amazing week of teaching and learning; about helping members of our community develop their unique greatness.

What are you optimistic about? Share the joy of optimism with your friends and teachers.

You have the power to give joy to the people around you.

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WEEK 17

It's week 17 of the ***Go Be Great*** empowerment journal. This week we will focus on the power of being prepared.

It takes planning and effort to be prepared. Sometimes the world changes our plans for us and our preparation seems wasted.

However, taking the time to prepare for what's planned helps us be prepared for the unexpected.

For example, getting your backpack ready for school before you go to sleep, gives you more time to deal with delays that might pop up in the morning.

Make a plan and be prepared.

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WEEK 18

It's week 18 of the ***Go Be Great*** empowerment journal. This week we're all going to work on listening to our classmates as a way of supporting their goals and dreams.

Have you ever asked for help from someone who wasn't really listening to you? I think we all have. It's frustrating and can make you feel like your problem isn't important.

Because we've all experienced something like that, we can empathize with our classmates who are brave enough to ask for support.

Support your friends and classmates by listening carefully and thoughtfully.

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Daily Announcements

WEEK 19

It's week 19 of the ***Go Be Great*** empowerment journal. This week we're going to cultivate curiosity.

Curiosity is an emotion that has helped humans survive for thousands and thousands of years. It's a positive feeling that drives us to learn about something because we think we'll find a reward.

Curiosity is what drives all scientific research and technological advancements.

Be curious.

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Daily Announcements

WEEK 20

It's week 20 of the ***Go Be Great*** empowerment journal. This week we're going to focus on acceptance.

Respect your classmates for who they are and for who they want to become. Accepting the unique greatness of our friends opens the door for them to accept your unique greatness.

Never accept disrespectful or destructive behavior. However, it is important to accept the differences that make us who we are.

You are uniquely you. Your story is important. We need your greatness. Celebrate the unique greatness of others.

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Daily Announcements

WEEK 21

It's week 21 of the ***Go Be Great*** empowerment journal. This week let's think about the feeling of awe.

Awe is a strong and positive emotion that makes us feel like a small part of something very big. It helps us connect our actions and purpose to the greater good.

Each day, the adults in our school community are in awe of the potential greatness found in our students. The spirit of greatness that our community represents helps connect the work that we do each day to the greater good.

Members of our community don't wait for one day or someday to live their unique greatness. You can begin to live your greatness now.

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Daily Announcements

WEEK 22

It's week 22 of the ***Go Be Great*** empowerment journal. This week we are going to work to minimize distractions and choose positive self-talk that will help us to stay focused on our goals.

The words that you say to yourself matter. Focusing on positive self-talk can help us work through challenges, support others when needed, and stay true to our unique voice and contributions.

Self-talk can be used to refocus our attention on what matters most to help us be successful.

Minimize distractions and maximize your greatness.

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Daily Announcements

WEEK 23

It's week 23 of the ***Go Be Great*** empowerment journal. This week we're going to work on building confidence through preparation.

Preparation boosts our confidence when we need it the most. It's been said that "good luck is when preparation meets opportunity." In that truth, we understand that it's possible to create our own good luck.

When you take the time to prepare with a focus on the details, good things happen, and things fall into place.

Be prepared. Be confident. Live courageously.

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Daily Announcements

WEEK 24

It's week 24 of the ***Go Be Great*** empowerment journal. This week let's express positivity through optimism. Use positive language to help your classmates stay optimistic. Use positive self-talk to maintain your own optimism.

Pick just one positive word that you can use today as a reminder of your unique potential for greatness. Next, use that word to help you regain your optimism throughout the course of the day.

When you're faced with an unexpected challenge, use your positive word to help you stay focused on the path toward success.

You are building an amazing future for yourself.

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Daily Announcements

WEEK 25

It's week 25 of the ***Go Be Great*** empowerment journal. This week we'll be exploring the element of surprise!

Surprises can help us remember things.

Surprises are sticky when it comes to learning and memory. This week, find surprising ways to be kind and helpful to your classmates and teachers. Let your kindness be memorable.

The person receiving your kindness will remember it and will be on their way to learning the importance and power of positivity.

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WEEK 26

It's week 26 of the ***Go Be Great*** empowerment journal. Remember, awe is a feeling of inspiration and connectedness.

This week, look for inspiration in everyday life. Maybe you'll be inspired by something you see a classmate do. Maybe you'll be inspired by a piece of music or something that you read.

Inspiration can also come from small acts of kindness that we do for one another. So, while you're looking for inspiration, inspire others by doing something good for someone you care about.

Live an inspired life.

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Daily Announcements

WEEK 27

It's week 27 of the ***Go Be Great*** empowerment journal. This week we'll reflect on the purpose of our work and our effort. Purpose helps us avoid distractions and stay motivated toward success.

Think about your daily purpose. How can you make a positive difference today? Can you encourage a classmate who is struggling to find their purpose? Can you lead by example and help teachers as they work to inspire your classmates?

A life is built one day at a time. You can live each day with purpose. And remember, some days are better than others. Wake up, choose a positive purpose, and then do the work to make it happen.

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Daily Announcements

WEEK 28

It's week 28 of the ***Go Be Great*** empowerment journal. What are you preparing for? Opportunities will come. Will you be prepared?

As this week begins, think ahead to the important opportunities you'll have to learn and make progress toward your goals.

Write down those important opportunities and create a weekly schedule for success. When the time arrives, show up prepared and with purpose.

You're building a routine for success.

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WEEK 29

It's week 29 of the ***Go Be Great*** empowerment journal. This week our entire school community is going to focus on making positive language choices.

These language choices will guide communications with others as well as in our personal self-talk.

We can start by choosing one positive word. That one word should be easy to remember and easy to share. Think about your positive word now.

Okay, now put it on repeat for the next five days. When every you can, share your positive word with a teacher or classmate. Share your positive word with your family and friends. Let that positive word shape the world around you.

We believe in the power of positive language!

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Daily Announcements

WEEK 30

It's week 30 of the ***Go Be Great*** empowerment journal. If you live with curiosity, the world will continue to surprise you in positive ways.

Act on your curiosity. Your action will make surprising things happen.

Some of those surprising things will be out of your control. But you will be prepared because you can control your effort and focus.

Life's surprises help you grow. Be grateful for challenges, live with surprising curiosity and courage, and take positive action.

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Daily Announcements

WEEK 31

It's week 31 of the ***Go Be Great*** empowerment journal. Optimism is a decision to trust the future. It's not always an easy choice and sometimes that choice takes courage.

There are many things about the future that we can't predict. However, you can help to shape your future with focus and effort. Do you want to build a positive future? Start today by focusing on positive effort toward a goal.

Do you want to live in a future world filled with positivity and kindness? Start today by looking for ways to be kind and positive.

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Daily Announcements

WEEK 32

It's week 32 of the ***Go Be Great*** empowerment journal. As we look ahead to the end of the school year, it's a perfect time to think about ways to stay relaxed.

Did you know that a calm and clear mind can help you perform at your best? Positive self-talk is an important tool in your relaxation toolbox.

It's not easy to go from stressed to calm and relaxed. But with practice, your self-talk can help you start to go from stressed to neutral by through mindfulness.

Pick a word or phrase this week that can remind you to breathe and relax when nervousness starts to build. Then, use those words to be mindful throughout the school day.

Go Be Great!

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Daily Announcements

WEEK 33

It's week 33 of the ***Go Be Great*** empowerment journal. Let's all make a commitment to finish the school year strong and with a positive attitude.

Turn to the person nearest you and say, "I'm committed to finishing strong!"

Now, for the next eight weeks, we're all going to demonstrate our commitment through positive action and focused effort.

Things won't always be easy. There will be setbacks and challenges along the way. But, we can work together to finish strong. It's time to follow through.

Go Be Great!

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Daily Announcements

WEEK 34

It's week 34 of the ***Go Be Great*** empowerment journal. Our school is a community that has been created to help students and families find their unique greatness and live with purpose.

You are involved in building our school community through your daily decisions and behavior. You can decide to be nice to your classmates. You can decide to help your teachers create a fun and safe classroom. You can also decide to help your classmates feel valued, respected, and included.

Choose 3 kind words that you can share with your classmates this week. Then, share them as often as possible.

Let's be GREAT together!

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Daily Announcements

WEEK 35

It's week 35 of the ***Go Be Great*** empowerment journal. Empowerment is the process of becoming stronger and more confident.

This year, your skills have become stronger, your knowledge has developed. Find confidence in the progress you've made!

You have the right to make choices about how to share your unique greatness.

Living proactively is one way to live an empowered life. It includes regular planning and positive decision-making that shapes the world around you.

Live your greatness by being proactive.

Go Be Great!

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Daily Announcements

WEEK 36

It's week 36 of the ***Go Be Great*** empowerment journal. This week we're going to live with positive intent.

That means that when we're faced with a challenge, we're going to find a positive path forward and be courage as we work optimistically.

You've overcome challenges in the past and those challenges have made you stronger and smarter. There is a lesson in every challenge.

This week, you will succeed in becoming a better version of your unique self.

Go Be Great!

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Daily Announcements

WEEK 37

It's week 37 of the ***Go Be Great*** empowerment journal. This week our school will focus on using mindful breathing to help us mindfully regulate our stress response.

Practice 4-7-8 breathing right now.

Close your mouth. Breathe in your nose to a 4-count. Hold it for 7. Exhale through your mouth to an 8-count. Now repeat that process 2 more times (3X total).

Use this breathing technique when you feel stress starting to build. When you've taken 3 deep breaths, say a positive word to yourself and move forward with focus.

Go Be Great!

Go Be Great!

Daily Announcements

WEEK 38

It's week 38 of the ***Go Be Great*** empowerment journal. This week we're going to remember 3 simple words as we look to finish the year strong.

WORK, WIN, REPEAT!

Make the commitment to do the work.

Get organized, finish your assignments, and support your friends and classmates.

If you do those things – you will win. And when you repeat those actions, you'll become a better version of yourself with each passing day. You are growing into your unique greatness.

WORK, WIN, REPEAT!

Go Be Great!

Go Be Great!

Daily Announcements

WEEK 39

It's week 39 of the ***Go Be Great*** empowerment journal. In the past 38 weeks, you have helped to shape our school community.

Every good decision, every challenge overcome, every word of encouragement has helped to build a positive learning environment for everyone.

As we look ahead to summer, what will you help to shape during the next few months? What can you get involved in that will help your family, friends, and neighbors?

How can you use your unique greatness today?

Go Be Great!

Go Be Great!

Daily Announcements

WEEK 40

It's week 40 of the ***Go Be Great*** empowerment journal. During this school year, our school community has grown stronger and more empowered thanks to the kind and thoughtful decisions made by you and your classmates.

We have lived optimistically.

We have acted on positive motivation.

We have lived with respect.

We have communicated with unique voices.

And we will continue to make choices about how to share our greatness with the world.

Dream big, set goals, and take action.

This is your story.

Go Be Great!