

Morning Meeting Discussion Starters

These discussion starters are designed for teacher-led conversations that help students build a strong classroom community.

In the Classroom: Select one or two prompts each morning to guide a short discussion. Encourage students to reflect or discuss in pairs before sharing with the group. Model responses and encourage active listening. You can also use these prompts for journaling or written reflection after discussions.

Extending to Student Use: Once students are familiar with the prompts, turn them into discussion cards for independent or small-group use. Keep a set in a morning meeting box for students to draw from, place in a calm corner for self-reflection, or rotate student leaders to pick and lead a discussion.

Emotion Check-in

- How are you feeling today?
 - Use the emotions chart to express your feelings.
- What is one word you would use to describe your mood today?
- What is something that made you smile today?

Self-Regulation

- Imagine you are feeling frustrated that your friends aren't listening to you. What do you do?
- You forgot to turn your homework in on time, and feel upset. How do you handle this situation?



Morning Meeting Discussion Starters

Mindfulness

- Let's take a 30-second break to complete a breathing exercise. Take a deep breath in and exhale. How do you feel now?
- Close your eyes and think about a happy thought. Can you share what you imagined with me/us?
- Let's take a moment to stretch. How do you feel now that you have had a moment to move? How does movement help us feel better?

Growth Mindset

- What is something challenging you are facing? What is one step you can take to resolve it?
- Let's talk about a time when you learned from your mistake.

Building Community

- How can we help a classmate who is feeling down?
- What are some ways you can show kindness to your classmates?
- Let's each give a compliment to someone in the class.



Morning Meeting Discussion Cards



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Mindful Breathing Techniques

In the Classroom: Guide students to imagine inflating a balloon as they take a deep breath in, then slowly exhale as they “deflate” the balloon. Use this during transitions or before tests.

At Home: Practice this before bedtime or when your child is feeling frustrated to help them relax.

- 1. Bunny Breaths:** Quick sniffs in through the nose (like a bunny), then a long exhale out through the mouth.
- 2. Elephant Trunk Stretch:** Bend forward and slowly swing your arms like an elephant’s trunk to shake off tension.
- 3. Five-Finger Breathing:** Take one hand and trace your fingers with the opposite hand. Inhale while you move up the fingers and exhale as you move down.
- 4. Stop and Smell the Flowers:** Stand tall, plant your feet, stretch your arms up, and sway gently like branches in the wind. Then, imagine you are out smelling a flower. Take a deep breath, then blow out and exhale slowly.
- 5. Balloon Breathing:** Breathe in slowly like you’re preparing to inflate a balloon, then deflate it gently as you exhale.
- 6. Box Breathing:** Close your eyes. Begin by slowly exhaling all of your air out. Gently inhale for four counts through your nose, hold for four counts, and exhale four counts through your mouth. Wait for four counts and repeat.



Guided Relaxation and Visualization Techniques

Grades K-5

In the Classroom: Lead students in tensing and relaxing muscles (e.g., “Squeeze your fists, now let go”) to help focus or calm down.

At Home: Use this exercise before bedtime or after a stressful moment to help your child release tension and reset.

Progressive Muscle Relaxation

1. Close your eyes and take a deep breath.
2. Squeeze your hands into fists, then release.
3. Lift your shoulders to your ears, then drop them back down.
4. Curl your toes, then stretch them out.
5. Take a deep breath in and let all the tension go.



Visualization Activity: Peaceful Place

1. Close your eyes and picture a calm, happy place.
 - What do you see? (Mountains, a beach, the plains?)
 - What do you hear? (Waves, birds, the roaring wind?)
 - How do you feel in this place?
2. Take a deep breath and imagine you are there for a moment.

