



Make it a **DO YOUR BEST WEEK** at school! Read an announcement every day of the week to reinforce the theme. Announcements can be made by the principal, the counselor or students!

- M** Introduction
- T** Never Stop Trying
- W** Encourage Others' Effort
- Th** An "I Can" Attitude
- F** Why Do Your Best?

MONDAY

GOOD MORNING! This is ____ from Mr./Ms.____'s class. This week is "Do Your Best" week! We all know that it's important to always do your best, but sometimes it's hard, right? You need to believe in yourself, stay motivated and be excited about doing your best. **What do YOU need, to do your best today?**

TUESDAY

GOOD MORNING! This is ____ from Mr./Ms.____'s class. Yesterday, we announced that this week is "Do Your Best" week. Have you heard of a baseball player named Ichiro Suzuki? He is a record-breaking baseball player because he did his best to practice the game when he was very young. He would practice catching and hitting every day but he didn't stop just because he became a major league player. Winning wasn't the most important thing for Ichiro. He wanted to ALWAYS do his best. **Remember to do your best today so that you can be better tomorrow.**

WEDNESDAY

GOOD MORNING! This is ____ from Mr./Ms.____'s class. This is Day 3 of "Do Your Best Week." Remember, it's hard to do your best every single day. It takes a lot of effort, determination, and encouragement. NED says to never give up on doing your best. **If you see someone doing their best today – say something encouraging to them.** Your encouragement will help them to keep doing their best and you will feel good about it too.



THURSDAY

GOOD MORNING! This is ____ from Mr./ Ms.____'s class. Today is the fourth day of "Do Your Best" week, and **we're going to take a moment to think about the importance of an "I can" attitude.** That means believing in yourself! Even when you face the hardest things, it's so important to have an "I can" attitude. Saying the letters of NED's name to yourself can really help you to keep the best possible attitude. When something is hard, tell yourself, "N – I'm never going to give up. E – NED and my friends are here to encourage me, to tell me that I can do it! And D – I need to just do MY best, that's the most important thing." Do your best today!

FRIDAY

GOOD MORNING! This is ____ from Mr./Ms.____'s class. All week, you have all been hearing about ways to "Do your best!" Do you want to know the very best thing about always choosing to do your best? Here it is: **it feels INCREDIBLE to know that you have given 100% effort toward your goals.** Sure, doing your best takes practice, motivation, and an "I can" attitude, but when you do your best, you get to enjoy the satisfaction of being your best self. Remember to do your best in everything you do today, tomorrow and every day!