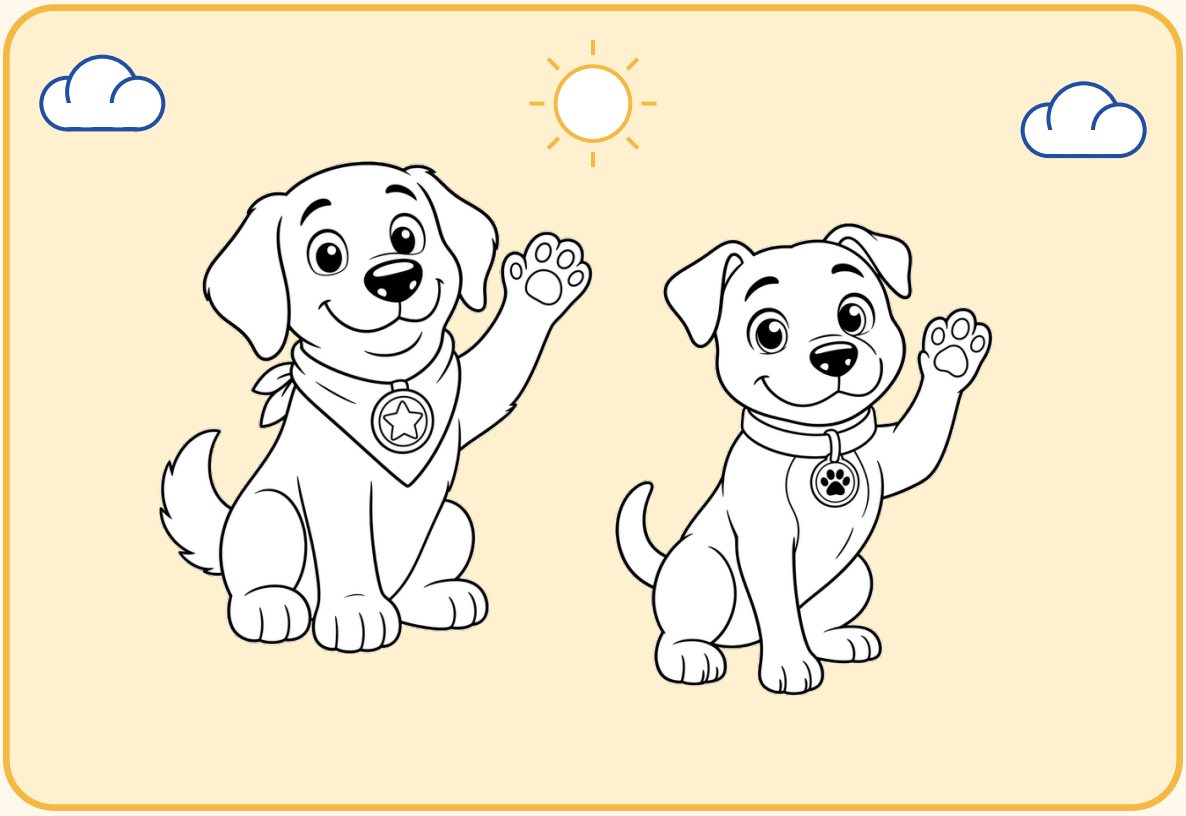
Command & Cuddles

TEACHER CORNER • FREE CLASSROOM RESOURCE

Morning Meeting Starter Kit

Four weeks of greetings, sharing, games, and morning messages starring **Sarge & Arwen**. Print, cut, and go.

Ages 7-10 · Grades 2-4



How it works: gather in a circle each morning for four short parts: a greeting, a sharing time, a group activity, and a morning message built on the week's Today's Choice.

At a glance

Time: 15-20 minutes a day, for 4 weeks

Materials: Scissors, chart paper or a whiteboard, a soft scarf (optional)

Goal: Greet, share, play, and start the day with a choice.

Today's Choice: A new choice each week (see p. 2)

What's inside

Teacher notes & 4-week plan	p. 2
6 greeting cards	p. 3
10 sharing cards	p. 4
4 group activity cards	p. 5
20 morning messages	pp. 6-7

Today's Choice: Choose to say hello to someone new.

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TEACHER NOTES

Teacher Notes & 4-Week Plan

Use the same four parts every day. The routine helps children feel safe, and the weekly choice gives you a theme to talk about.

1. Greeting
3-5 min
Everyone is greeted by name.

2. Sharing
5 min
A few children share; others listen and ask a question.

3. Group activity
5 min
A short game that builds teamwork.

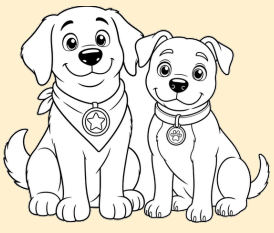
4. Morning message
2-3 min
Read the message together and do the task.

4-week plan

Week	Today's Choice	Greetings	Group activity
Week 1 Welcome to the team	Choose to say hello to someone new.	Pup Name Echo; Sarge's Tail-Wag Wave	Follow the Leader
Week 2 Kindness	Choose kindness. Be a good friend.	Arwen's Gentle Paw-Five; Pass the Bandana	Sarge Says
Week 3 Teamwork	Choose to take turns.	Team Huddle Hello; Bark & Bow	Team Count to 20
Week 4 You are good enough	Be proud of who you are.	Class picks a favorite	Pup Charades

Tips

- Use the sharing cards as partner talk to give everyone a voice, then ask 2 or 3 students to share with the circle.
- Students can always pass. Model how to ask a kind follow-up question.
- Write the morning message on the board before students arrive. Students can do the task as soon as they come in.



Today's Choice: Everything is a choice we choose to make.

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Greeting Cards

Cut out the cards. Pick one greeting each day, or let the day's leader choose.



Sarge's Tail-Wag Wave

Say "Good morning, (name)!" and wave your hand like a happy tail. Pass the wave around the circle.

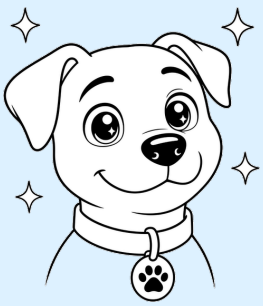
Try: Add a fun voice: happy, whisper, or slow-motion.



Arwen's Gentle Paw-Five

Turn to a neighbor, say "Good morning, (name)!" and give a gentle paw-five. Air paw-fives work too.

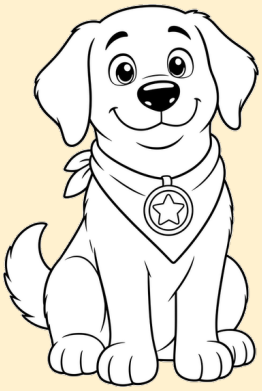
Try: No-touch option: an air paw-five or a thumbs-up.



Pup Name Echo

One at a time, say your name in a fun way. The whole circle echoes it back the same way.

Try: Add a motion with the name, like a clap or a stretch.



Bark & Bow (silent)

No words! Look at a friend, smile, and give a small bow. Pass it all the way around.

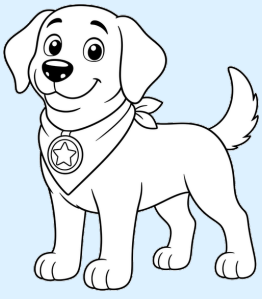
Try: Great for calm Mondays or after a busy weekend.



Team Huddle Hello

Make small huddles of 3 or 4. Put hands in (or thumbs up) and say "Good morning, team!" together.

Try: Mix up the huddles each day.



Pass the Bandana

Pass a soft scarf or bandana. Whoever holds it greets the next friend by name, then passes it on.

Try: Any soft object works.

Today's Choice: Choose to say hello to someone new.

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Sharing Cards



Cut out the cards. Draw one each day. Finish the sentence out loud, then a friend asks one question.

SHARING CARD 1



A brave thing I did...

SHARING CARD 2



Someone who helped me...

SHARING CARD 3



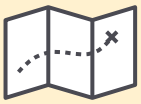
My favorite way to play with a friend...

SHARING CARD 4



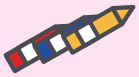
Something I am good at...

SHARING CARD 5



Something I am still learning...

SHARING CARD 6



A choice I'm proud of this week...

SHARING CARD 7



Your friend is left out at recess. What would Arwen do?

SHARING CARD 8



A time I took turns or shared the job...

SHARING CARD 9



A way I can help at school...

SHARING CARD 10



If I led an adventure with Sarge & Arwen, I would...

Today's Choice: Choose kindness. Be a good friend.

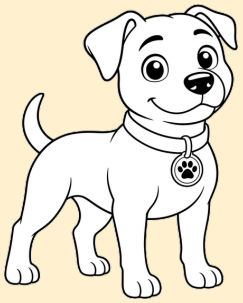
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Group Activity Cards



Cut out the cards. Play one game each day. End with the talk question.

Follow the Leader



1. One child leads a movement (march, hop, tiptoe).
2. Everyone copies.
3. Rotate the leader every 30 seconds so many children get a turn to lead.

Talk: "What makes a leader easy to follow?"

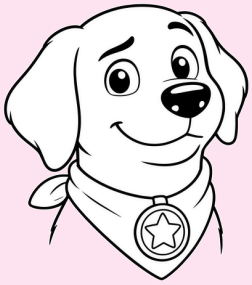
Sarge Says



1. Play like Simon Says, using kind actions.
2. "Sarge says wave to a friend." "Sarge says smile." "Sarge says give a thumbs-up."
3. If Sarge doesn't say it, freeze!

Talk: "Which kind action could you do today?"

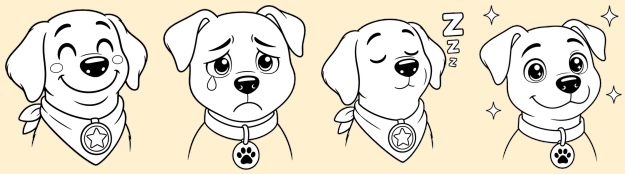
Team Count to 20



1. Sit in a circle. The group counts from 1 to 20, one voice at a time.
2. Anyone can say the next number, but if two people talk at once, start again at 1.
3. No pointing or signals!

Talk: "What helped our team?"

Pup Charades



1. A child picks a feeling and acts it out with face and body.
2. The group guesses the feeling.
3. Ask: "When might Sarge or Arwen feel this way?"

Talk: "What could you do to help a friend who feels this way?"

Today's Choice: Choose to take turns.

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Morning Messages: Weeks 1-2



Copy each message onto the board. Read it together, then students complete the task when they arrive.

Week 1 · Welcome to the team

Today's Choice: Choose to say hello to someone new.

Mon	Good morning, team! Our choice this week: say hello to someone new. **Task:** Circle the action word: Sarge waves to a new friend.
Tue	Hello, leaders! Learning a name shows respect. **Task:** Write a greeting you know in any language.
Wed	Good morning! Arwen notices the little things. **Task:** Write one thing you noticed on the way to school today.
Thu	Hi, team! A greeting can be a wave, a smile, or a kind word. **Task:** Add a tally mark next to your favorite: wave / smile / high-five.
Fri	Happy Friday! **Task:** Finish the sentence: Saying hello matters because _____.

Week 2 · Kindness

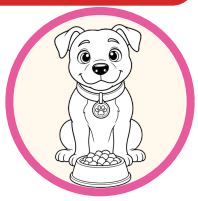
Today's Choice: Choose kindness. Be a good friend.

Mon	Good morning, team! Our choice this week: Choose kindness. Be a good friend. **Task:** Write a kind word. How many syllables does it have?
Tue	Hello, friends! Sarge and Arwen help each other on every adventure. **Task:** Underline the two nouns: The friends share a ball and a snack.
Wed	Good morning! A kind choice can be big or small. **Task:** Which is smallest: holding the door, sharing a snack, or saying thank you? Does it still count?
Thu	Hi, team! **Would you rather** help a friend clean up or teach a friend a game? Explain with "because."
Fri	Happy Friday! **Task:** Write one kind choice you saw this week. No names needed!

Today's Choice: Choose kindness. Be a good friend.

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Morning Messages: Weeks 3–4



Copy each message onto the board. Read it together, then students complete the task when they arrive.

Week 3 · Teamwork

Today's Choice: Choose to take turns.

Mon	Good morning, team! Our choice this week: take turns. **Task:** Number the steps: ___ say "your turn!" ___ wait ___ take my turn.
Tue	Hello, team! Taking turns is fair. **Task:** Write a word that rhymes with turn.
Wed	Good morning! In a conversation we take turns talking and listening. **Task:** Add one way to show you are listening.
Thu	Hi, team! **Choice dilemma:** Two friends want the same book. What would Arwen suggest? Write one fair idea.
Fri	Happy Friday! **Task:** Finish the sentence: Taking turns helps our team because _____.

Week 4 · You are good enough

Today's Choice: Be proud of who you are.

Mon	Good morning, team! Our choice this week: Be proud of who you are. **Task:** Write an adjective that describes you at your best.
Tue	Hello, leaders! Sarge is brave. Arwen notices how others feel. **Task:** Which strength do you want to grow? Write one sentence.
Wed	Good morning! Everyone is still learning. **Task:** Finish this: I can't _____ yet, but I'm working on it.
Thu	Hi, team! **Would you rather** lead the line like Sarge or plan the game like Arwen? Explain with "because."
Fri	Happy Friday! You are good enough just as you are. **Task:** Write a compliment for our class as a team.

Today's Choice: Be proud of who you are.

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