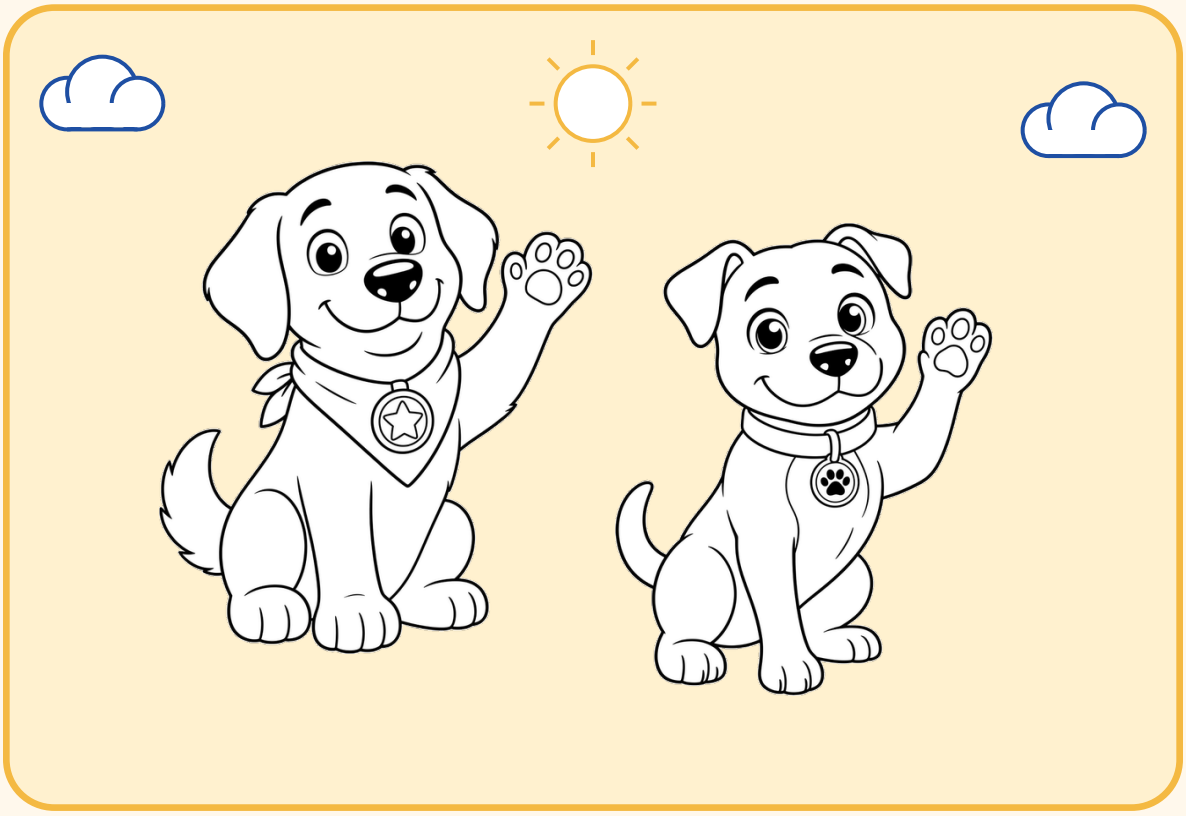
# Command & Cuddles

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 4-6 · PreK-1**



**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.

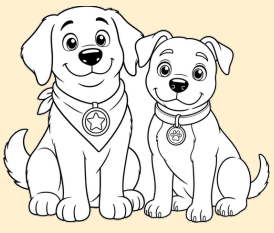
**4. Morning message**
**2-3 min**
Read the message together and fill in the blank.

## 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

- Keep sharing short: 2 or 3 sharers a day, so everyone gets a turn by Friday.
- Children can always pass. Say: "You can share next time."
- Read the message aloud first, then invite children to say the blank out loud before anyone writes it.



**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.

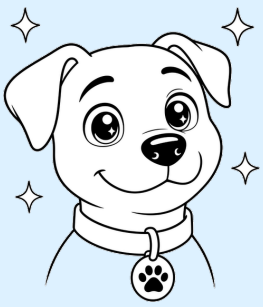
**Try:** Add a fun voice: happy, whisper, or slow-motion.



### Arwen's Gentle Paw-Five

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

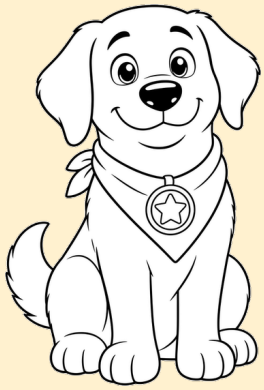
**Try:** No-touch option: an air paw-five or a thumbs-up.



### 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



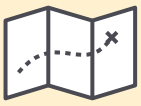
**My favorite way to play with a friend...**

SHARING CARD 4



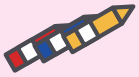
**Something I am good at...**

SHARING CARD 5



**Something I am still learning...**

SHARING CARD 6



**A time I took turns...**

SHARING CARD 7




**A new friend I met...**

SHARING CARD 8




**Something that makes me happy...**

SHARING CARD 9



**A way I can help at school...**

SHARING CARD 10



**If I went on an adventure with Sarge & Arwen, I would go...**

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

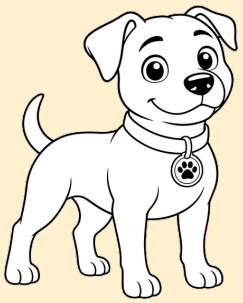
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# Group Activity Cards



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?"**

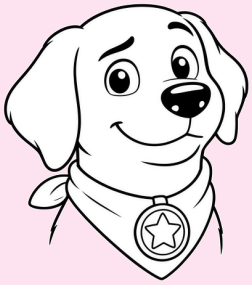
## Sarge Says



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?"**

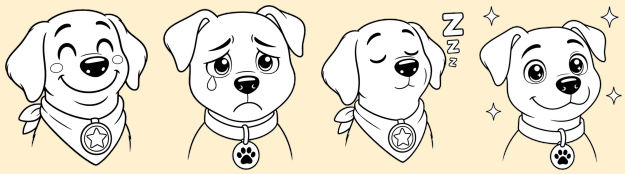
## Team Count to 20



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 chart paper. Read it together, then children fill in the blank out loud or with a picture.**

## Week 1 · Welcome to the team

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

| | |
|---|---|
| **Mon** | Good morning, friends! This week we choose to say hello. I can say hello to _____. |
| **Tue** | Hello, team! Sarge wags his tail to say hi. I can wave to _____. |
| **Wed** | Good morning! A friend's name I know is _____. |
| **Thu** | Hi, friends! I smile when _____. |
| **Fri** | Happy Friday! This week I said hello to _____ new friends. |

## Week 2 · Kindness

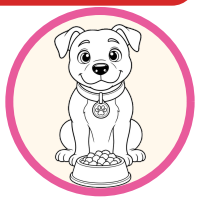
**Today's Choice: Choose kindness. Be a good friend.**

| | |
|---|---|
| **Mon** | Good morning, friends! This week we choose kindness. A kind word is _____. |
| **Tue** | Hello, team! Sarge and Arwen help each other. I can help a friend by _____. |
| **Wed** | Good morning! Kind friends share. Today I can share _____. |
| **Thu** | Hi, friends! Kind friends include everyone. I can ask, "Do you want to _____ with me?" |
| **Fri** | Happy Friday! The kindest thing I saw this week was _____. |

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

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# Morning Messages: Weeks 3–4



**Copy each message onto chart paper. Read it together, then children fill in the blank out loud or with a picture.**

## Week 3 · Teamwork

**Today's Choice: Choose to take turns.**

| | |
|---|---|
| **Mon** | Good morning, team! This week we choose to take turns. I can take turns with _____. |
| **Tue** | Hello, friends! You go, then I go! A game I like to take turns in is _____. |
| **Wed** | Good morning! Arwen waits her turn. I can wait my turn when _____. |
| **Thu** | Hi, team! When a friend talks, I _____. |
| **Fri** | Happy Friday! One turn I took this week was _____. |

## Week 4 · You are good enough

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

| | |
|---|---|
| **Mon** | Good morning, friends! This week we choose to be proud of who we are. I am good at _____. |
| **Tue** | Hello, team! Sarge is brave. I was brave when _____. |
| **Wed** | Good morning! Everyone is still learning. I am still learning to _____. |
| **Thu** | Hi, friends! Everyone is special. I am special because _____. |
| **Fri** | Happy Friday! You are good enough just as you are. I feel proud when _____. |

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

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