

MORNING ANNOUNCEMENTS

Good morning, (Your School Name Here),
I'm your name here with insert club name.

Do you know what mental health is?

Mental health is all about how we feel on the inside. Just like how we take care of our bodies by eating healthy food and getting enough exercise, we also need to take care of our minds and emotions. Sometimes, we might feel really happy and excited, and other times we might feel sad, angry, or worried.

If you want to be a mental health leader at our school and help people understand practices for good mental health join the club name.

