

Morning Announcements

March 18

National Awkward Moments Day



We all have awkward moments from time to time! Good morning Eagles Family (insert school name or mascot here)! So today, we recognize National Awkward Moments Day. This is an annual day that everyone can relate to!

Have you ever called someone by the wrong name, tripped over nothing, walked into a door, had the completely wrong words come out of your mouth or just forgot what you were doing? Sometimes, things do not go right, and something happens that makes you feel like running and hiding. We all have them! How you handle them may help build resiliency and improve your overall mental health! Share your awkward moment story today! You will have the opportunity to learn more _____ (insert text from checked boxes below).

- ☐ From your counselor, teacher, or nurse
- ☐ During the homeroom or advisory class activity
- ☐ At the information table in the library, lunchroom, or (other public area)
- ☐ In this week's health classes
- ☐ In the KnowYourNeuro.org website
- ☐ Other _____