



Physical Activity Promotion Morning Announcements

Purpose: To provide suggested school-wide announcements that encourage physical activity, outdoor play, and movement throughout the school day. These messages aim to promote student wellness, support healthy habits, and create opportunities for students to be active, engaged, and ready to learn.

Directions: Use these announcements to encourage student movement and physical activity. Share them via intercom, classroom, or digital signage, and adapt as needed for your schedule or special events.

Example Announcements:

- Bundle up, it's cold outside. Wear your coat to school everyday - recess is an important part of the day, and we go outside even in cold weather. (suggested for afternoon announcements)
- Recess is an important part of the day! Make the most of your down time by being active. Play games with your friends, climb on the playground, or just walk and talk with your bestie. You'll be refreshed and ready to learn.
- Got plans when school is out? Ask your family to come back and play at the playground, fields and ball courts at school. The outdoor grounds are open to all until it gets dark.
- Have you noticed our new movement hallway? The decals help students stretch and reach as they move through the school. Ask your teacher when your class can use the hallway to work some movement into your day.
- Our school now has activities in our hallways to help our students get the wiggles out! Need a brain break? Students can ask their teacher to take a walk along our movement hallway to get a bit of activity and help to re-focus to be able to be more ready to learn.
- Walkers, did you know you could also be a biker? Ride your bike to school and lock up on the bike racks located [insert rack location]
- Which classes will achieve perfect attendance this month? Winning classes will receive double recess on two days!

Additional Announcements- [General School Wellness Morning Announcements](#)

