**Keep It in Mind – Morning Announcements Template**

*A Five-Day Promotional Script for School PA Systems or Intercoms*

**Monday**
Good morning, students! We’re excited to share that this **[DAY OF THE WEEK]**, **[DATE]**, our school will be participating in **Keep it in Mind**—a special event focused on mental health, kindness, and connection.

This event is all about creating a supportive environment where it’s okay to talk about how you feel, reach out for help, and support others. Stay tuned all week for meaningful activities, positive messages, and ways to care for your mental well-being.

**Tuesday**
Hey everyone! Just a reminder that our **Keep it in Mind** event is happening **tomorrow**!

This day is all about recognizing that mental health matters. There will be chances to reflect, recharge, and connect with others. Whether you're writing a kind note, taking a mindful moment, or learning about resources that can help—you’re making a difference.

Check in with your homeroom or school newsletter to learn more about what’s planned!

**Wednesday** *(Day of the Event)*
Good morning and welcome to **Keep it in Mind Day**!

Today is a reminder that you are *never alone*, and it’s always okay to ask for help or to support a friend. Take a moment today to participate in the activities available—whether that’s a quiet reflection, a message of kindness, or learning about mental health tools and resources.

Let’s look out for one another, speak kindly, and Keep it in Mind.

**Thursday**
Thank you to everyone who took part in yesterday’s **Keep it in Mind** activities!

Whether you joined a conversation, shared a kind word, or simply paused to take care of yourself—we appreciate you. Remember, caring for your mental health isn’t just a one-day thing. Keep checking in with yourself and with your friends.

Let’s continue to create a school where everyone feels safe, seen, and supported.

**Friday**
Happy Friday, everyone!

As we wrap up this week, let’s carry the spirit of **Keep it in Mind** forward. You never know who might need a smile, a kind word, or just someone to sit with.

Take care of your mind like you would your body—and remember, it’s strong, it’s resilient, and it deserves care. Let’s keep the conversation going, all year long.