

GOOD MORNING, TEAM TOPE! Take a moment to breathe in and breathe out and settle in for a few minutes. (PAUSE)

I have received some GREAT sentences from you all about neuroplasticity! Miss Broderon is creating a neuroplasticity poster to help show off all of your thinking! Be watching for this on the hallway next to the gym!

Today, we are continuing to learn about your brain and neuroplasticity. THE NEXT important step is to MAKE SURE THAT YOU think about this power all the time! Think about your brain, its neuroplasticity and your ability to learn and grow. Each one of you will feel challenged at some point today. Maybe it is during math, science, or music... maybe it will be in PE while you are trying to learn a new drill. Challenges will make you feel frustrated and sometimes they will make you doubt your abilities. SO MUCH, THAT YOU JUST DO NOT FEEL SMART. If you are facing a challenge and you start to feel frustrated, angry or sad ... Think to yourself, I feel this way because MY BRAIN IS FACING A CHALLENGE.

Watch as Mojo starts to feel frustrated. Watch how he handles himself. Does he do the right thing?

As you walk down your path of awesome, ACCEPT the day-to-day challenges of life. When you do, you will be shaping and growing your brain!

TOPE VOCAB-

Challenge

Frustration

VIDEO-

<http://safeshare.tv/x/ss57bccf3626072> Growth Mindset for students (2:35)

ACTIVITIES-

Write or discuss with students Mojo's reaction. Did he handle himself? Did he do the right thing?

Discuss areas where students feel challenged and frustrated. Create a "GO TO" reaction for your class.

When we feel challenged and frustrated, we will.....

Use this sentence starter to support them throughout the week as challenges show up...