

MORNING ANNOUNCEMENT- GROWTH MINDSET

Friday, October 5th, 2018

Bollinger Responsibility

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

We have been learning about growth mindset and neuroplasticity! Today, I think we need to just breathe and take a break and ENJOY the day...

A good, hearty **laugh** relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after. **Laughter** boosts the immune system. **Laughter** decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to illness. WOW—all that from laughing.

Today as you continue to be a good citizen of STEAM @ Tope by being safe, respectful and responsible. Use your super human power of neuroplasticity and the growth mindset... ANE FIND SOME TIME TO LAUGH WITH YOUR FRIENDS AND ENJOY THIS THING WE CALL LIFE!

As you walk down your path of awesomeness, FIND SOME FUNNY! LAUGHTER IS A SUPER HUMAN POWER THAT WE DON'T USE ENOUGH!

Teacher Responsibility

<https://safeshare.tv/x/ss583d8aa9b6e20#v> (1:00) Our Song

<https://safeshare.tv/x/ss583d8cfa220a9#v> (1:44) Baby Laughing at Paper Shredding

Enjoy some laughter with your students. Ask them how they feel after a good laugh. Have them write some jokes for each other—BE CREATIVE AND HAVE SOME FUN!

REVIEW SCHOOLWIDE EXPECTATIONS FOR BEING SAFE, RESPECTFUL AND RESPONSIBLE.