

GOOD MORNING TOPE ELEMENTARY STAFF AND STUDENTS! Take a moment to breathe in and breathe out and settle in for a few minutes. (PAUSE)

How is that yet thing going for you? Are you catching yourself with your I can'ts and your I don'ts and your I won'ts? Are you turning them into YET STATEMENTS? I can't do that yet, I won't do that yet and I don't know how yet.

As you continue down your path to awesome... REMEMBER, you will make mistakes and you will fail. IT WILL BE TOUGH AT TIMES, but you will reach AWESOME IF YOU PERSEVERE.

Here is a little secret that can be difficult for Mrs. B to admit. Shhhhhh... don't tell anyone. Don't tell your teachers or friends. She makes mistakes every day. Some of her mistakes are easy to overcome. But some take her breath away. Some are embarrassing, frustrating and make her feel like she is a failure and that she's no good. Even though it's been tough at times, mistakes have helped her grow and have created the unique person that she is today. She will continue to make mistakes and will continue to learn every day. But thank goodness she has learned a little trick.

She has a personal mantra. A **personal mantra** is a positive phrase that you say to yourself for the purpose of motivation or encouragement. The personal mantra that she uses when she has made a mistake and feels frustrated is **KEEP MOVING FORWARD**. NOBODY likes making mistakes. But when she falls in life it is essential that she picks herself up, dusts off her knees and **KEEPS MOVING FORWARD**.

As you walk down your path of awesome.... REMEMBER, IT IS OK TO MAKE MISTAKES AS LONG AS YOU KEEP MOVING FORWARD!

TOPE VOCAB-

MANTRA

Video from Meet the Robinsons is 1:20

<http://safeshare.tv/w/AmGCfRMW/hx>

TEACHER OPTIONS-

Write a classroom/individual mantra. Hang them outside in the hallways. (Ideas could be- Keep Moving Forward, Use the power of yet, I can, etc.) Keep it simple. 😊

AND

Think Pair Share- Talk with a friend about a BIG mistake you have made. How did you move forward and what did you learn from it? How will your new mantra help you to overcome obstacles?

MORNING ANNOUNCEMENT- GROWTH MINDSET
TUESDAY, OCTOBER 9, 2018