

Friday, August 13, 2021

Beginning of the Year! Family- We take care of ourselves and each other!

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

In order to have a successful year, we are all learning our school-wide expectations and applying them on a daily basis. Today, I want you to really think about Being SAFE, RESPECTFUL and RESPONSIBLE and applying those SOPs throughout your day. Remember, we are the STEAM @ Tope Family-- we take care of ourselves and each other!

Hey, Did you meet Wednesday's wave challenge? Did you wave to others at least 5 times? How did it make you feel? How did it make others feel? Today, you are going to receive a SMILE challenge from Kid President! You can smile when you are walking to lunch, while in the cafeteria AND outside during recess.

BTW-- Each time **you smile, you** throw a little feel-good party in your brain. The act of **smiling** activates parts of your brain that benefits your health and happiness. ... The feel-good neurotransmitters — also known as brain chemicals — are all released when a **smile** flashes across your face as well! A 2015 study published in Psychological Science found that smiling can result in a **lower heart** rate during stressful tasks. Stress generally causes increases in **heart** rate and **blood pressure**. So, maintaining a smile when stressed provides you with multiple **health benefits**. SO KEEP ON SMILING EVEN WITH THE MASK!!!!

As you walk down your path of awesome, go out there and throw a little feel-good party in your brain and #makesomeonesmile!

VOCABULARY--

SAFE, RESPECTFUL AND RESPONSIBLE

EXPECTATIONS and SOP

COMMUNITY

LEARNER

VIDEO-

<https://safeshare.tv/x/ss5b7c07e0c408a#> KP #SMILE (1:40)

ACTIVITY/IES-

- 1) Continue to reinforce EXPLICIT SOP routines for your classroom. (students should know a how to operating procedure for just about everything)
- 2) Have students begin to develop awareness of who they are and who their classmates are.
- 3) Review bathroom expectations with class.

Bollinger
reads

Teacher Responsibility