

GOOD MORNING STEAM @ TOPE FAMILY! STOP WHERE YOU ARE AT AND LET'S TAKE A QUICK 4-7-8 BREATH. BREATHE IN FOR 4, HOLD FOR 7 AND EXHALE FOR 8. We are learning about what it means to be a hero.

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

Here is a little secret that can be difficult for ME to admit. Shhhhhh... don't tell anyone. Don't tell your teachers or friends. I make mistakes every day. Some of my mistakes are easy to overcome. But some take my breath away. Some are embarrassing, frustrating and make me feel like I am a failure and that I am no good. Even though it's been tough at times, mistakes have helped me grow and have created the unique person that I am today. I know that I will continue to make mistakes, but over the years I have developed a little trick to help me through those...

I have a personal mantra. A **personal mantra** is a positive phrase that I say to myself for the purpose of motivation or encouragement. The personal mantra that I use when I make a mistake and feel frustrated is **KEEP MOVING FORWARD!** . NOBODY likes making mistakes. But when I fall in life it is essential that I pick myself up, dust off my knees and **KEEP 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/AmGCfRMWhx>

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?