

GOOD MORNING TOPE FAMILY! Take a moment to breathe in, breathe out and settle in for a few minutes. Our 4th grade friends will be celebrating their Halloween today since they missed out. So, if you see some costumes running around- that is why!

This month we are learning how STEAM @ TOPE LEARNERS COLLABORATE AND CONTRIBUTE! Collaboration is a process where two or more people work together to achieve something and contribute means to be part of something and/or to give back.

It has taken me a long time to develop my own self-awareness and learn about who I am. Plus, as you grow up-- things keep changing so I have to respond and adapt. About 18 years ago, I found out that I had Celiac disease, which means I am allergic to gluten. This disease prevents me from enjoying some of your favorite things- bread, noodles, cakes and even DONUTS!!!! It was definitely hard to adjust at first, but now... it is part of who I am. Maybe you don't have a food allergy, but know someone who does. My husband is allergic to bees and we have to carry an epi-pen around because of this. Do you have something that you are allergic to? Do you know someone with allergies? These are struggles that we have to face and work through. How can we collaborate as a community to support each other with our struggles?

As you walk down your path of awesomeness, think about some of the struggles that you have OR that your friends might have. How can you build your self-awareness to support yourself OR to learn how to support others?

TOPE VOCAB-

Collaboration

Contribution

Self-Awareness- Awareness of supports I have around me, my traits, my strengths and areas I can work on, aware of how I feel, ownership

External supports

Collaboration is a process where two or more people work together to achieve something and contribute means to be part of something and/or give back.

Self-Awareness-	Self-Management-
Social-Awareness-	Social-Management-

VIDEO-

<https://www.youtube.com/watch?v=nkCodeEE-TU> OR <https://safeshare.tv/my/safeviews/nkCodeEE-TU/play>

FOOD ALLERGIES (5 MIN)

Bollinger reads

Teacher Responsibility

FRIday, November 5, 2021

STEAM @ TOPE LEARNERS– COLLABORATION AND CONTRIBUTION

<https://www.youtube.com/watch?v=hudS-Q7HeCE> 5th grade Thriller performance (for fun)

ACTIVITY-

What makes you unique and or different? How is this related to self-awareness?

How do we learn to accept our differences? How do we accept other people's differences?