

TUESDAY, November 9, 2021  
STEAM @ TOPE LEARNERS CARE! – COLLABORATION AND CONTRIBUTION

GOOD MORNING TOPE FAMILY! Take a moment to breathe in, breathe out and settle in for a few minutes. TOMORROW is Tope's 80th Birthday! We invite you to wear your Tope Gear to celebrate, unless of course you are 2nd grade and in that case- you will be dressing professionally for panel~

STEAM @ TOPE LEARNERS CAN 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.

You are learning how to be self-aware in order to contribute and collaborate in a team. People who have good Self-Awareness know how they feel and can respond appropriately. How are you feeling today? Today you are going to look at a poster to see where you are with your feelings. If you came in today feeling negative, then it is time to take a moment, breathe and think about how to respond to that feeling. Today's video talks about how to respond when we are struggling with tough emotions.....—IT CAN BE really difficult TO COLLABORATE WITH TEAMMATES and sometimes you will get frustrated. You have to recognize when you are feeling BIG EMOTIONS so that you can respond appropriately.

As you walk down your path to awesome, practice good self-awareness. Recognize how you feel at any given moment and know how to respond to take control of your emotions. JUST BREATHE!

### **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

Emotions

VIDEO- \* We will revisit this video at a later date.

<https://safeshare.tv/x/ss5be4edhttps://www.youtube.com/watch?v=ptxtu7lx470&feature=youtu.be9c83d2f#> Just Breathe ( 3:41)

### **ACTIVITY-**

Within the "Self-Awareness" Quadrant write

"I know how I am feeling and I am learning how to control my emotions"

Ask- When do you feel most frustrated or angry? (collaborating with teams)

How do you recognize the emotion and then respond?

# I'm feeling...

 Calm	 Happy	 Silly	 Relaxed
 Nervous	 Annoyed	 Sad	 Shy
 Surprised	 Hungry	 Angry	 Confused
 Sleepy	 Sick	 Hurt	 Hot