

MONDAY, NOV 15, 2021

STEAM @ TOPE LEARNERS CAN PRACTICE – COLLABORATION AND CONTRIBUTION

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

STEAM @ TOPE LEARNERS CAN COLLABORATE AND CONTRIBUTE! I AM HAPPY TO ANNOUNCE THAT OUR TOPE WEATHER BOTS EXHIBITED THESE SKILLS THIS PAST WEEKEND IN THEIR LEGO LEAGUE CHALLENGE! You want to know how to collaborate and contribute? Ask Delanie, Alexander, Liam, Caroline, Iziah, Sean or Olive! They represented us well and brought home a first place trophy for Innovation with creativity and perseverance when solving problems----- I AM SO PROUD and I know that your coaches- Mrs. Harris and Ms. Swanson are both ecstatic! WELL DONE-- WAY TO REPRESENT!

Sometimes when we have to collaborate or contribute or COMPETE, like our lego league team-- we can get VERY stressed..... When we get stressed, angry or nervous our brain feels like there is a jumpy monkey taking over. It is our job to find ways to help it calm down.

Are you working on self-management? Are you managing your emotions in a way that is constructive and appropriate? Today, we are going to add one more strategy to help with managing our emotions. For many of you this will be a review, but for some the 4-7-8 breathing strategy is new! Take a moment to refine your 4-7-8 strategy and add this strategy to your toolbox today! I have heard from a couple of you that you don't think it works. 4-7-8 is a medically proven strategy to help your brain calm down. The trick is to use it OVER AND OVER until you feel calm. In the heat of the moment, once is not enough!

As you walk down your path of awesome, continue to use your toolbox of strategies to manage your emotions in a way that is constructive and appropriate.

### **TOPE VOCAB-**

Collaboration

Contribution

Self-Management

strategy

Constructive

Appropriate

[4-7-8 Breathing Exercise to alleviate Anxiety and Stress for Teens and Adults](#) 4-7-8 BREATHING (4:56)

<https://www.youtube.com/watch?v=wGdMYD8FBIY> WEATHERBOT PARADE (:10)

ACTIVITY BELOW!

Bollinger  
reads

Teacher  
Responsibility

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ACTIVITY-

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Within the “Self-Management” Quadrant write-

Create an anchor chart- draw a toolbox on it and begin to list the strategies (4-7-8, meditation, etc.)

**Schedule some self-management WHOLE CLASS breaks for the rest of the week—you won’t regret them.**

Do 30 seconds of nothing after math class. Do 4-7-8 right after recess, etc.....