

GMA Wednesday, November 17, 2021

Collaborate and contribute

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

Are you a STEAM @ TOPE LEARNER who COLLABORATES AND CONTRIBUTES? Are you working as a teammate in your class to learn and grow together? We are working within the Social management quadrant and specifically on Managing Impulsivity. Managing Impulsivity means that you take time to consider options; YOU think before speaking or acting; you Remain calm when stressed or challenged and you are Thoughtful and considerate of others before you act.

Did Manage **your Impulsivity yesterday?** We have learned several possible strategies that you should be using to help manage your impulsivity. Remember your toolbox? USE YOUR TOOLS-- This is how you create new pathways in your brain – through practice and persistence.

I have a BIG CHALLENGE for you this week. I want you to **SPY** on the people around you. NOTICE your friends who are managing their impulsivity... Notice who is reading and working on their stamina, notice who is not fighting to be first in line, notice who is staying calm within a conflict. THEN COMPLIMENT THEM... tell them—"I like how you managed your impulsivity—way to go!"

As you walk down your path of awesome—build your toolbox for managing your impulsivity AND you are well on your way to being a STEAM @ Tope Learner who collaborates and contributes every day!

TOPE VOCAB-

Stamina

Conflict

VIDEO-

<https://www.youtube.com/watch?v=tE5Vmgh3XF&list=PL9F2NUu2-q5lgYDB1mBEMTqleMhDg0b-w&index=4>

<https://safeshare.tv/my/safeviews/ss5bfd4e6d8821b/play> Breathe Rap 3:30

POSSIBLE DISCUSSION-

How does this video relate to Managing your Impulsivity?

Notice opportunities through the day where you could use this strategy - BREATHE –

What are other strategies have we talked about or you've thought about that would help you manage your impulsivity. (review toolbox)

ALL STAFF: Compliment our learners using these words, I love how _____ is managing his/her impulsivity. I can see how this helps him/her.....

Bollinger reads

Teacher Responsibility