

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

Are you a caring STEAM @ Tope learner? Do you actively engage with emotion and compassion for someone or in something?

Yesterday, we discussed how listening with empathy and understanding can help when dealing with conflict. We also learned that some psychologists believe it to be one of the highest forms of intelligence...

Soooo, let's talk about some scenarios for when you might experience conflict. Are you frustrated with a writing assignment? What if someone cuts in front of you in line? What if you are not first in line? What if someone steals the ball from you outside at recess? What if someone doesn't let you play with them? HOW MIGHT YOU RESPOND?

If you are stressed out, angry or upset that is normal. I get stressed out, but I don't scream, march off and refuse to speak to anyone. I STOP, then NAME THE FEELING, then FIND A STRATEGY to CALM DOWN. This helps me get control of myself so that I can move forward... Your teachers and Mrs. Ousley have supported many of you through ways to calm down. There are even posters in the hallway.

As you walk down your path of awesomeness, when you are experiencing conflict, care enough to take the first step in resolving it by getting yourself calm!

### **TOPE VOCAB-**

Empathy

Understanding

Care

Respond

Resolution/ resolve

[https://safeshare.tv/my/safeviews/DGNigQkfE\\_0/play](https://safeshare.tv/my/safeviews/DGNigQkfE_0/play) Taking a Break When Needed (4:07) This is a new video and it is really good for stopping and sharing throughout it is definitely more K-3.

<https://safeshare.tv/my/safeviews/ss61a8ce925ecb9/play> Taking a Break - Resolving Disagreements (2:18)

### **ACTIVITY-** PLEASE REVIEW SOPs FOR PLAYGROUND!

If you have a CALM down poster, use it. If not, they are located throughout the building, see below

Using the above scenarios—ROLE PLAY WITH THE CALM DOWN STEPS. Make connections to the PEACE PLACE.

Use the TOOLBOX to refer to for accessing different strategies!

Be preventative in the classroom and coach students to access and use the technique—STOP, NAME YOUR FEELING, CALM DOWN

Thursday, DECEMBER 2, 2021  
STEAM @ TOPE LEARNERS- CARE

# How to Calm Down



**Stop—**  
use your  
signal

**Name**  
your  
**feeling**

**Calm**  
**down:**  
breathe  
count  
use positive self-talk