

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

STEAM @ Tope learners care by actively engaging with emotion and compassion for someone or something. How do you show care for yourself and others?

One way to demonstrate care is to learn to manage both internal and external conflict. We have looked at how critical listening with empathy and understanding is so that you can better understand where the other person is coming from. We also talked about how important it is to self-manage by calming down. REMEMBER to STOP, then NAME THE FEELING, then FIND A STRATEGY to CALM DOWN. We have also discussed the STEP problem solving process. These strategies can be found in your classroom toolbox.

Today, you are going to watch a character struggle with some BIG FEELINGS. If this was you, how should you respond? If this was a friend of yours, how might you coach them?

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 AND taking charge of solving the problem!

### **TOPE VOCAB-**

Empathy

Understanding

Care

Respond

Resolution/ resolve

<https://safeshare.tv/my/safeviews/rnLg-1vE94k/play> Inside Out- Anger Memorable Moments

\*\*\* This is 3 and a half minutes of watching anger explode, which is a bit much! PLEASE STOP THE VIDEO AFTER EACH INCIDENT AND TALK ABOUT HOW TO COACH ANGER THROUGH STOP, NAME THE FEELING, USE A STRATEGY TO CALM DOWN and/or the STEPS. Or select one section that is most relevant for your age group.

### **ACTIVITY-**

Review the video and discuss ways Anger could help himself calm down. Discuss if he was a friend, how would they coach Anger.

Think of some common scenarios and repeat the above activity. Here are previous examples-- 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 WILL YOU RESPOND? Reference either their personal tool box or a class tool box for strategies to calm down.