

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 compassion for someone or something. How do you show care for yourself and others?

We have learned that one way to demonstrate how to be a caring individual is to learn how to manage conflict in a healthy way. We ALL know that before we STEP in to find a win/win solution... we must CALM down by stopping what we are doing, naming our feelings then finding a strategy to help. Once you have gained control of your emotions you can STEP into finding a solution

Many of the incidents that I visit with students about happen outside during recess. As a former athlete myself, I understand how intense playing sports can be! WE ALL WANT TO WIN and unfortunately, we sometimes stop at nothing to get that win! Today, I want you to think about how our new conflict management strategies will help you to be a better athlete by practicing good sportsmanship. Sportsmanship means to care about others in the game—this means BOTH your teammates and your opponents.

As you walk down your path of awesome, CARE ABOUT YOUR TEAMMATES AND OPPONENTS BY PRACTICING GOOD SPORTSMANSHIP!

TOPE VOCAB-

TEAMMATES AND OPPONENTS

SPORTSMANSHIP

<https://safeshare.tv/x/ss580e2b6995c1d#v> True Sportsmanship (2:53)

ACTIVITY-

REVIEW HOW TO CALM DOWN AND STEP

S- SAY THE PROBLEM, (in a neutral non-blaming way)

T- THINK OF SOLUTIONS, (safe and respectful and WIN-WIN- you may have to give a little to get a little)

E- EXPLORE CONSEQUENCES, (what are the pros and cons for potential action)

P- PICK THE BEST SOLUTION, (Win-Win and move forward)

DISCUSS HOW THIS IMPACTS SPORTSMANSHIP—TRUE SPORTSMANSHIP IS TO CARE ABOUT EVERYONE BOTH ON THE FIELD AND OFF...

*Encourage students to use these strategies as needed throughout the week. Have them write down the strategy in a journal.