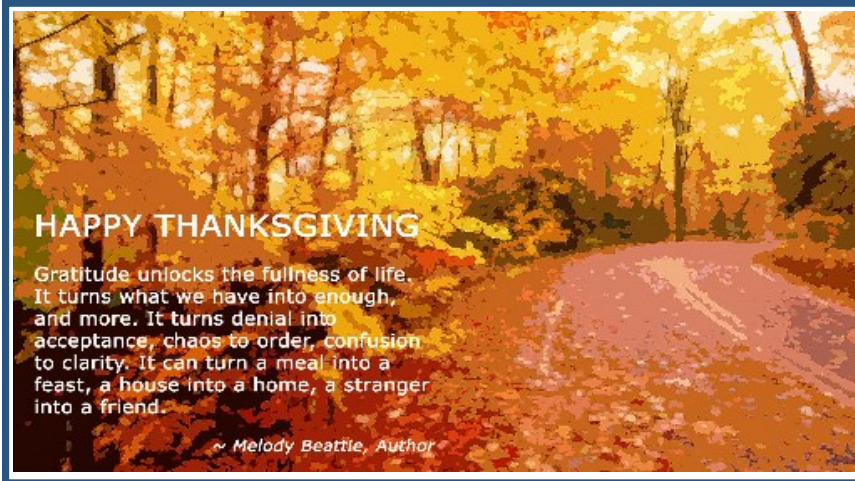


# A GIFTED MINUTE



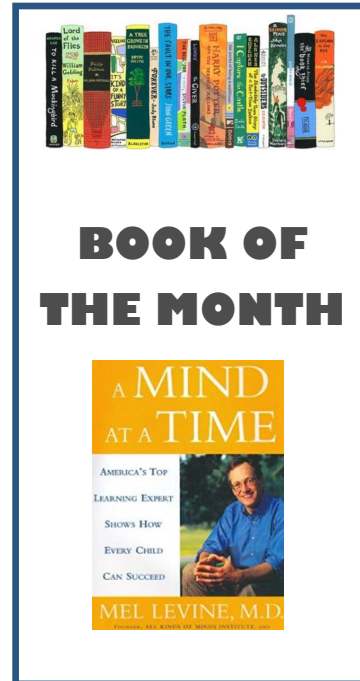
NOVEMBER 2019



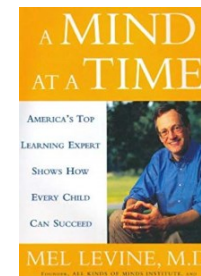
## HAPPY THANKSGIVING

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

~ Melody Beattie, Author



## BOOK OF THE MONTH



## GIFTED GAMES FOR HOME

### MINDFULNEES: Therapy for Kids Card Game



Engage in fun, to learn healthy self Educational and therapy and teachers, but also fun for the whole family.

therapeutic activities regulation habits. game for counselors

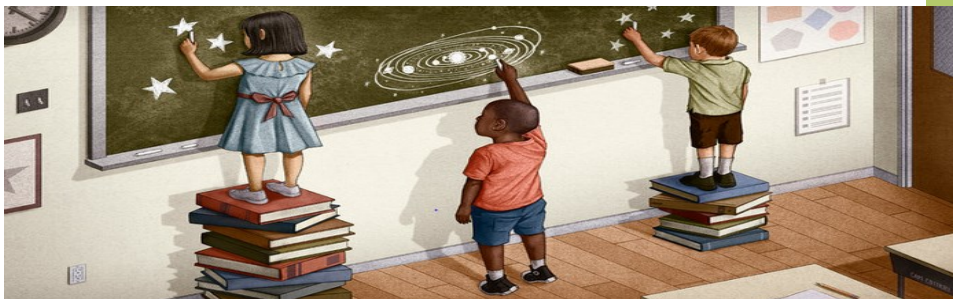
*Spend quality time with children practicing mindfulness activities through series of experiments, yoga and meditations exercises, fun competitions, questions and rituals. Great collection of concentration games to improve children's focus.*

## POSITIVE Thought of the Month

*"It's not happiness that brings us gratitude."*

*It's gratitude that brings us happiness."*

— Anonymous



**TED TALKS**

**Check THIS OUT!** The Art of Practicing Gratitude and Life's Simplest Pleasures

<https://binged.it/32knW5n>



## Gifted Parent Advisory Council and Parent Trainings

2019-2020

|                              |                                  |                       |                |
|------------------------------|----------------------------------|-----------------------|----------------|
| Thursday, September 12, 2019 | <b>Landrum Middle School</b>     | Multi-Purpose Room    | 6:30-8:00 p.m. |
| Thursday, November 21, 2019  | <b>Pacetti Bay Middle School</b> | PE Multi-Purpose Room | 6:30-8:00 p.m. |
| Tuesday, February 25, 2020   | <b>Fruit Cove Middle School</b>  | Multi-Purpose Room    | 6:30-8:00 p.m. |
| Tuesday, April 21, 2020      | <b>Murray Middle School</b>      | Auditorium            | 6:30-8:00 p.m. |

Hello Parents! These last few weeks we have been focusing on self-esteem. We know today more than ever how important one's mental health and mental image are for success in our crazy world. Sometimes in our personal lives, it is hard to persevere through a difficult time or challenge if we do not feel ourselves worthy. Self Esteem by definition is a realistic respect for or favorable impression of oneself. It is very important for children to feel good about themselves. Statistics show that children with low self-esteem tend to perform below their potential in school and make poor decisions in social situations.

*There are many things that we can do to help improve a child's self-esteem:*

Be Attentive-When your child speaks to you give them eye contact and listen make them feel what they are saying is important to you.

Make a child feel special-Praise children when they do a good job and for trying hard. Tell children you are proud of them when they put a lot of effort into something. Give compliments and tell them that they are special.

See the learning in mistakes- When a child makes a mistake turn the negative into a positive. Focus on what he/she learned from the mistake.

Be a positive role model- If you are constantly hard on yourself, putting yourself down or pessimistic your children will see that and may eventually copy those same feelings. This may lead them to feel that way about themselves.

Tune in to their feelings- Sometimes this can be hard especially when a child has done something wrong and you yourself get angry and when to yell and scream. Sometimes a child does not understand what they have done.

*I am so appreciative of my time with your kids and I am looking forward to seeing them! Please do not hesitate to reach out to me if you have any concerns.*

[High School parents please encourage your child to use the SIGN UP on their Schoology Page to make an appointment to come see me for November if they have not already done so!](#)

Thank you- Jaci Racano 904-547-8687

Amazon Wish List: [https://www.amazon.com/hz/wishlist/ls/1DGHNS9X8TKEA?ref\\_=wl\\_share](https://www.amazon.com/hz/wishlist/ls/1DGHNS9X8TKEA?ref_=wl_share)

