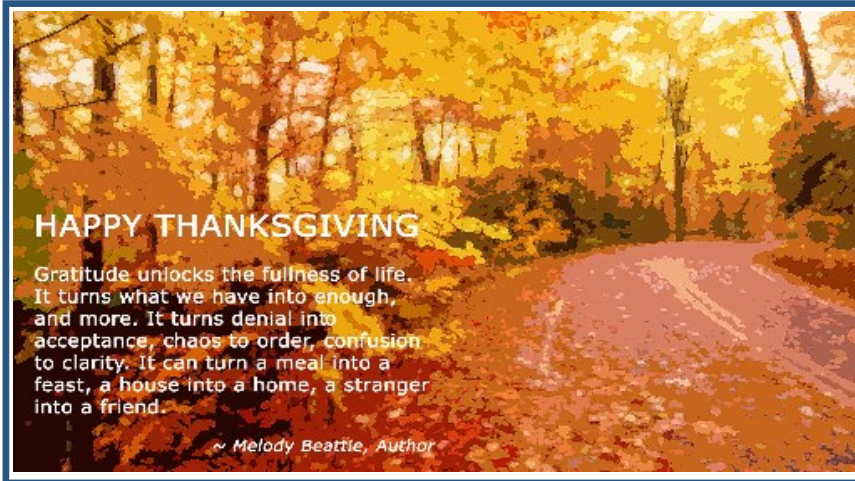


A GIFTED MINUTE



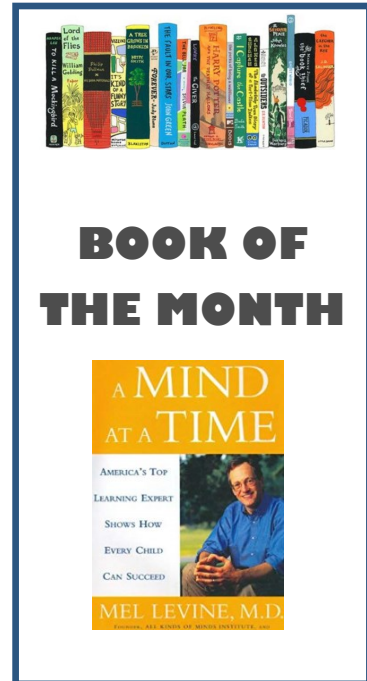
NOVEMBER 2019



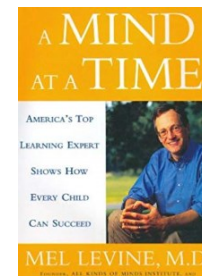
HAPPY THANKSGIVING

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



We all want to make good use of our time. Time is limited, with only 24 hours in a day. Often times, one may feel that there is so much to accomplish and not enough time to do it all. Managing time, helps students to be more confident, better organized, and learn more effectively. When students prioritize, tasks may feel as though they are a bit more manageable. When implementing time management strategies, one will find an improved decision-making ability. Through effective time management, the everyday pressures may seem a bit more...manageable.

Please check out the link below on Time Management with Gifted Kids:

<http://teachers.stjohns.k12.fl.us/arnold-e/blog/>

Mindfulness



Learning to be more mindful, really does help foster a healthy self and social behaviors. Breathing techniques and learning social/coping skills can help one with anxiety and stress. Just like any sport or activity, there will be some type of training involved. Training the brain to focus does not always come easy.

Often times, it is believed that being mindful means being quiet or not moving. You can be mindful while moving amongst peers, interacting with others, and taking on a new challenge. When being mindful, people often find their sense of calm and will feel more grounded. This results in improved focus and the ability to relax. Consider talking with your student about what being "mindful" means to them. Explore mindfulness together and come up with some fun family challenges. Start training your brain!

