

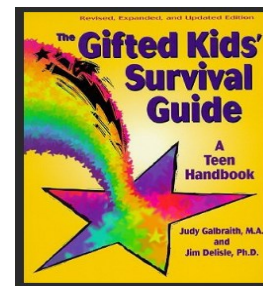
# A GIFTED MINUTE



Surround yourself with the dreamers and the doers, the believers and thinkers, but most of all, surround yourself with those who see greatness within you, even when you don't see it yourself.



## BOOK OF THE MONTH



## Gifted Games for Home



### -The Chameleon-

A social deduction board game where players must race to catch the chameleon before it's too late!

Fun for the whole Family. Multi-award winning: "best game" At UK games expo. "Seal of excellence" From dice tower games. A perfect board game for

## POSITIVE Thought of the Month

**One small**

Positive thought in the **Morning** can change

YOUR **WHOLE day.**



**TED TALKS**

Check **THIS OUT!**

<https://binged.it/2SWnDg4>

Positivity: The Power of Choice | Samantha Rea



## 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.

### Mindfulness in the New Year

We've jumped back into the swing of things, focusing on the topic of "Mindfulness." Mindfulness is a term that has become a bit of a buzz word in recent years. You may have heard it referenced on its own or coupled with the word "meditation." If these concepts are new to you or are not a part of your normal routine, the terms might even make you a bit uncomfortable because of their unfamiliarity. People of my parents' generation might hear them and think of "that hippy nonsense" from decades gone by. However, mindfulness is simply this: **awareness**. Therefore, mindfulness activities are those that help us to become more aware of *something* that we are encountering or experiencing, such as sensations (touch, sounds, sights, smells, tastes) or emotions (happiness, sadness, anger, gratitude, joy).

**Gifted individuals often have a heightened level of intensity when it comes to their experience of stress and emotions!** Unfortunately, unless we learn some stress management strategies ourselves, we aren't going to be well equipped to offer any help to our kids. **Mindfulness activities have been shown to increase joy and kindness, decrease stress and negativity, develop life skills to de-stress and calm down, navigate difficult emotions, control impulses, focus on what matters, and nurture empathy, kindness, and positivity.**

Thanks for joining me on this journey to help develop our kids into more mindful individuals who are well equipped to manage stress and navigate strong emotions in their lives!

I'd like to share with you an easy-to-use document that is filled with simple mindfulness activities that you can learn about and then share with your child. Please take a few moments to read over these activities and think about ways in which you might be able to incorporate a few of them into your family's routine. This would be a great reference page to print out and hang on your fridge, bathroom mirror, or other "reminder place" in your house. If you try out any of these activities, I'd love to hear how it went!

Click here for the Mindfulness Activity document: [12BiteSizedMindfulnessActivities2019](#)