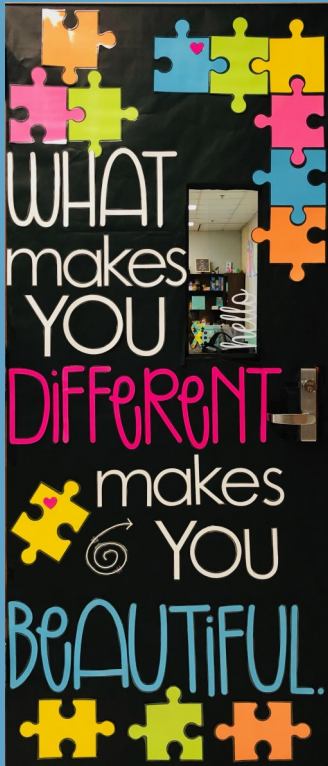


# A GIFTED MINUTE

April 2021

St. Johns School District



## Autism Awareness Month

Although many people place giftedness and autism in two separate categories, 44% of autistic people have IQ scores in the average to above average range (IQ>85).

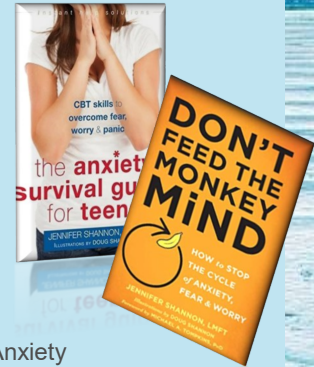
In fact, Albert Einstein, who is considered to be one of the greatest physicists of all time, has been recorded as exhibiting traits on the autism spectrum.

Schools across the district celebrated these differences this month, and many teachers joined in decorating doors and participating in Autism Awareness Activities:

<https://www.youtube.com/watch?v=4ZlXwk7FY80>

## Book of the Month

Author Jennifer Shannon is a popular psycho-therapist with great ideas to overcome anxiety, fear, and worry.



Her books include “The Anxiety Survival Guide for Teens,” which focuses on Cognitive Behavioral Therapy (CBT) to develop personal coping strategies to solve challenges that may seem overwhelming.

Meanwhile, “Don’t Feed the Monkey Mind” offers plans to stop the constant chatter of an anxious mind—often a challenge for gifted students. Shannon has some other worthwhile reads, as well.

## 12 Coping Skills for Anxiety

- Control your breathing.
- Express positive affirmations.
- Eat healthy.
- Keep a journal.
- Get creative. Be productive.
- Limit your social media.
- Get enough sleep.
- Get out into nature. Get moving.
- Take a warm bath or shower.
- Listen to uplifting music or videos.
- Pray or meditate.
- Break projects into smaller tasks.

April and May are our busiest months with preparation and meetings for Progression Educational Plans (EPs) for grades 5 and 8 and annual progress reports for all returning students.

Thank you so much for answering our emails, texts, and calls about your student’s gifted EP. Due to this, our schedules tend to vary off the normal path. Please reach out to us if there is anything that you feel needs to be addressed.

### Contact Information

Email: brandie.seaman@stjohns.k12.fl.us

## Thought of the Month

“Anxiety happens when you think you have to figure out everything all at once. Breathe. You’re strong. You’ve got this. Take it day by day.” Karen Salmansohn