

Welcome to GPAC!

December 1, 2020
SJCSD Gifted Program



We Present to You:

- The SJCSD Gifted Team and Services
- The Present of Being Present
- Teaching our Gifted Kids to be Present
- Presents (actual presents) that are Great for Gifted Kids



Our Gifted Team!



Helen DiMare

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Great Gifted Resources



Click each ornament for links 😊

The Present of Being Present

Ideas for taking time to be present with
your child...



Ways to be present:

- Game nights
- Movie nights
- Enjoy a book together
- Cooking together
- Diving in deep to your child's interests
- Take a local day excursion (Alligator Farm or parks)



We caution you...



- To create this space to be present with your child- avoid talking about grades, tests, chores, or anything that may seem like "work"
- Ditch technology (even your phone) while being present together
- During this time, try to take the time to cultivate conversations with your child about their lives (topic suggestions coming up!)

Keep it real...

Ask open ended questions:

- "What is something you would attempt if you knew you couldn't fail?"
- "What was the funniest/weirdest thing you saw happen recently?"
- "What would you do with a million dollars?"

Talk about your failures (and how you grew from them):

- Something you tried that didn't work out
- A friend that you hurt with your words/actions
- How you have learned from certain choices in your past



Teaching our Gifted Kids to
be Present

Ideas for being mindful...



Why Mindfulness Matters...

- When you stay in the present, you are not dwelling on the past or worrying about the future
- Mindfulness creates JOY - it reduces worry and cultivates gratitude
- Mindfulness builds confidence and patience
- You become a better listener and therefore, friend



Mindfulness Activities

Belly Breathing

1. Place your hand on your belly
2. Inhale through your nose and expand your belly.
3. Exhale through your nose, deflating your belly.

Repeat - 4 sec in, 4 sec out for 10 slow breaths

Number Sequence

1. Read a long string of numbers aloud slowly to your child
2. Your child will write them down
Work to stay focused the whole time!

Ex. 1775-6987-0324-6787-9011-
1112-3455-555

More Mindfulness



Quiet Body

1. Sit in silence with eyes closed for 3-5 minutes
2. Notice the parts of you that are touching the chair

*You may notice discomfort or a pesky itch - try to breath into the discomfort - the sensation will not last long

Morning Visualization

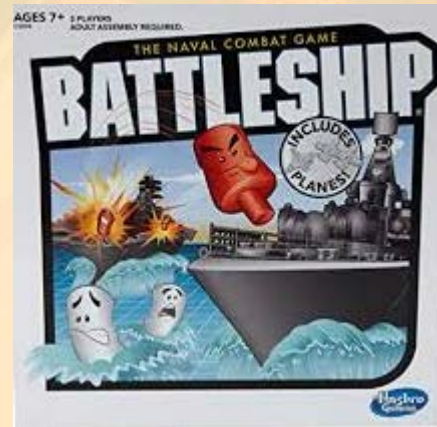
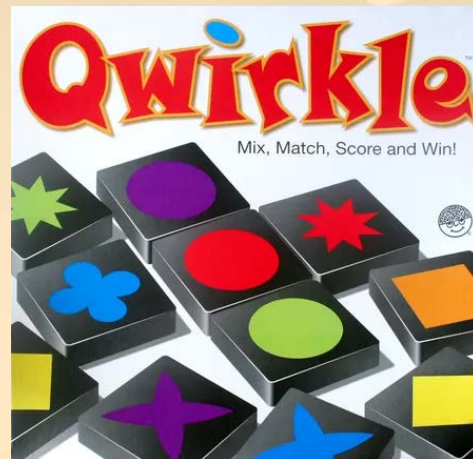
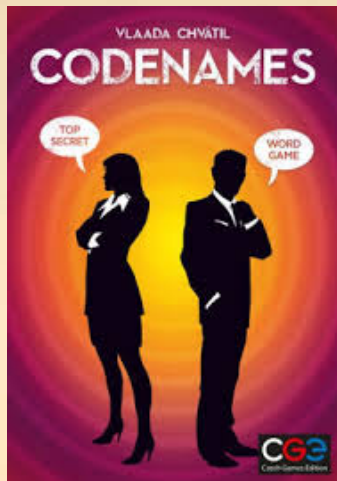
1. Take a long breath in and let it all the way out.
2. Think about how you want your day to go - finish the sentence: "Today I'm going to be..."
3. Picture yourself doing it from beginning to end
4. Tell someone about it
5. Remember your word, and make it happen

Presents (Actual Presents) That are
Great for Gifted Kids

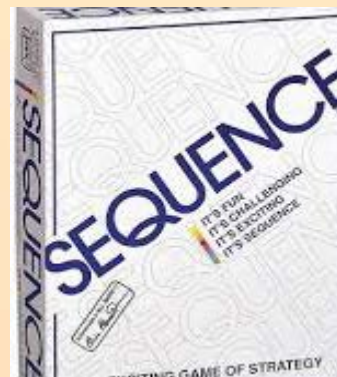
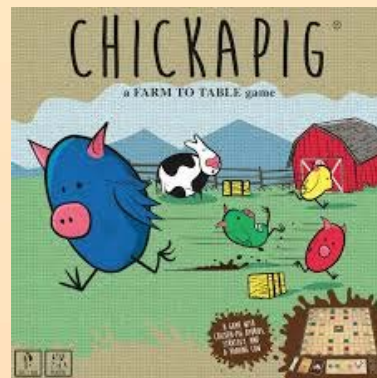
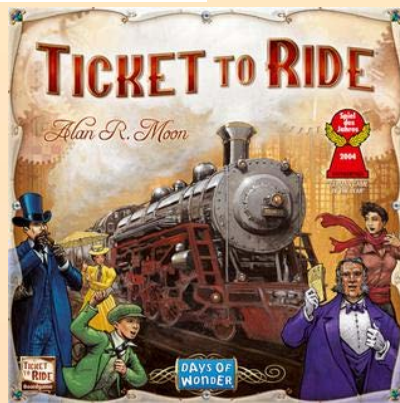
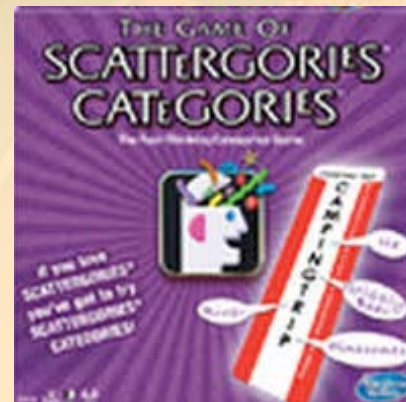
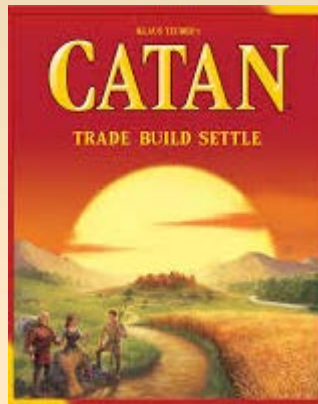
Holiday Gift Ideas!



Some of Our Favorite Gift Ideas



Some of Our Favorite Gift Ideas



Now a Gift For Parents...



Click a present for great gift(ed) ideas!

Thank you for joining
our COVID-friendly GPAC!

Happy Holidays!

