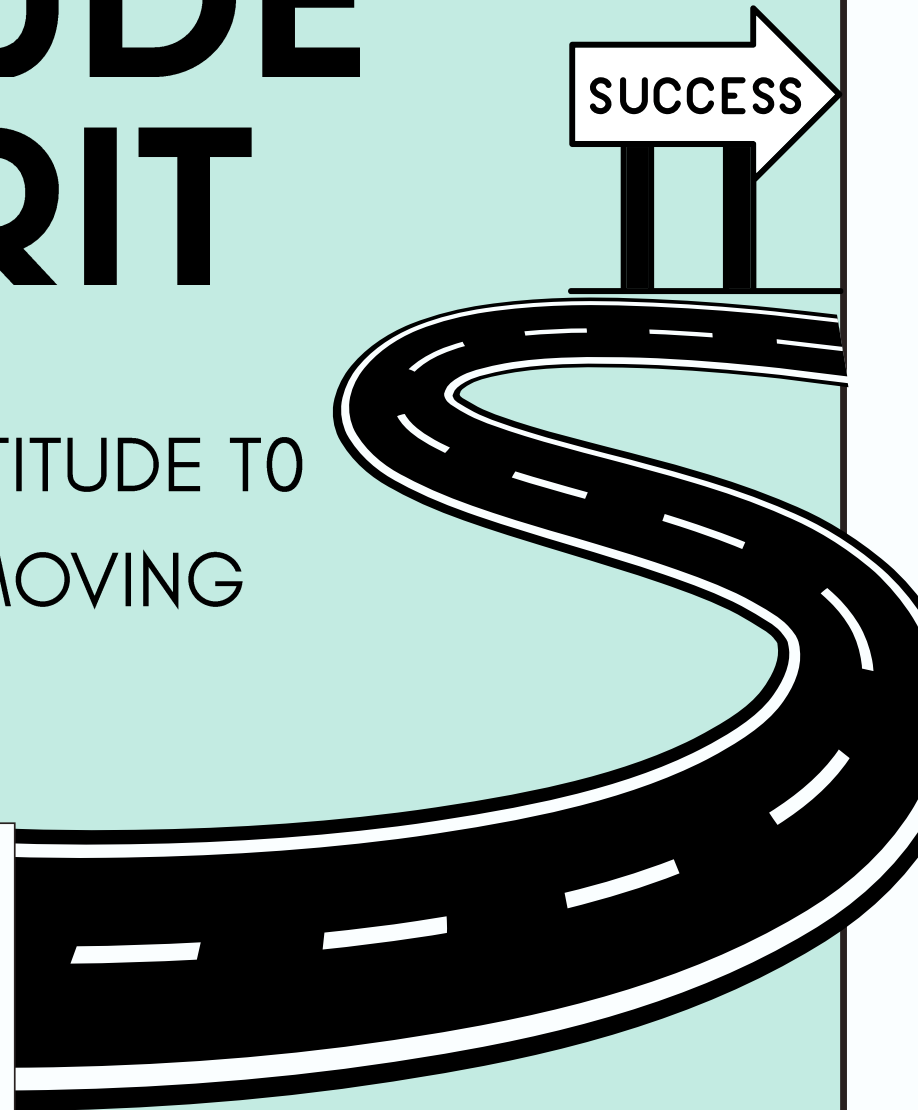


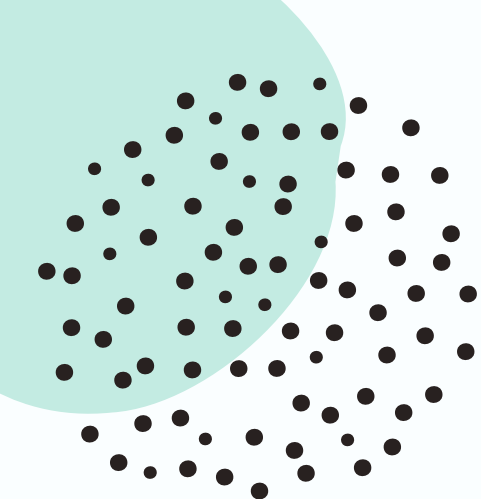
GRATITUDE AND GRIT

SLOWING DOWN WITH GRATITUDE TO
HAVE THE GRIT TO KEEP MOVING



Presentation by:
Erin Arnold, M. Ed.
Gifted Education





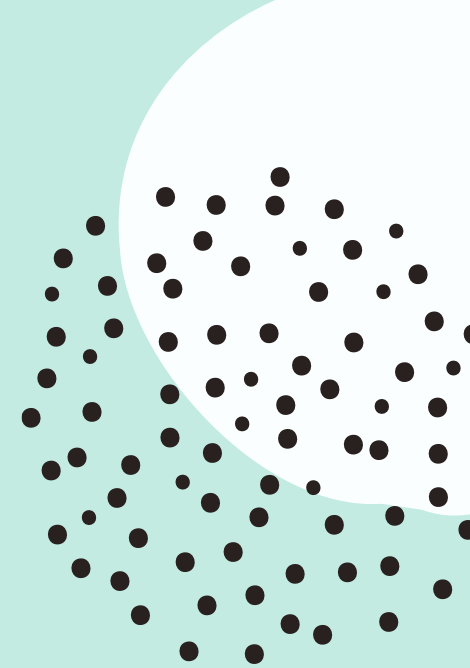
**"What separates
privilege from
entitlement is
gratitude."**

–Brene Brown

Aaenda

- **WHY GRATITUDE AND GRIT?**
- **PROBLEMATIC GIFTED CHARACTERISTICS**
- **GRATITUDE AND GRIT DEFINED**
- **RESEARCHED BENEFITS**
- **TRIED AND TRUE GRATITUDE PRACTICES**
- **OUTSIDE OF THE BOX IDEAS**
- **ACTIVITY!**

Why Gratitude and Grit at GPAC?



GIFTED STUDENTS HAVE COMMON DIFFICULTIES THAT ARE BEST SUPPORTED WITH A GRATITUDE PRACTICE AND STRATEGIES IN RESILIENCY (GRIT)

GRATITUDE AND GRIT BOTH HAVE THEIR OWN RESEARCHED BENEFITS INDEPENDENTLY

WHEN PRACTICED TOGETHER, THEY PROVIDE A PROTECTIVE LAYER THAT SUPPORTS THE ACADEMIC AND AFFECTIVE NEEDS OF GIFTED STUDENTS

Problematic Gifted Characteristics

GIFTED CHARACTERISTICS ARE ON A WIDE SPECTRUM, BUT SOME ARE UNIVERSAL:

- Asynchrony
- Self-Concept
- Perfectionism
- Sensitivities/Overexcitabilities

ASYNCHRONY

(ASYNCHRONOUS DEVELOPMENT)

NAGC defines asynchrony as: “When the social, emotional, physical, intellectual, and creative aspects of a person develop on a trajectory that is outside of norms, and at an uneven rate.”

- Frustration when certain topics don't come as easy as others
- Immature responses to feelings of failure (crying, quitting, sabotage for others involved)
- Unfair expectations by adults to be gifted in all areas
- Feelings of loneliness/social issues

SELF CONCEPT

SENG defines self-concept as: "The collection of ideas one has about one-self, an essential component of what is usually called personality."

- Negative experiences at school or with peers can harm the development of self-concept
- Self-concept can become negative if the student feels unsupported or unaccepted at school
- Negative self concept can lead to underachievement, anxiety, depression, and/or mental health issues

PERFECTIONISM

Davidsongifted.org defines perfectionism as: “ A combination of the desire to be perfect, the fear of imperfection, and the sense that being perfect will bring acceptance as a person.”

- Competitiveness with others
- Achievement at the expense of socializing
- Avoidance of activities they fear they will fail at
- Imposter Syndrome
- Inability to bounce back from perceived failure or rejection

SENSITIVITIES/ OVEREXCITABILITIES

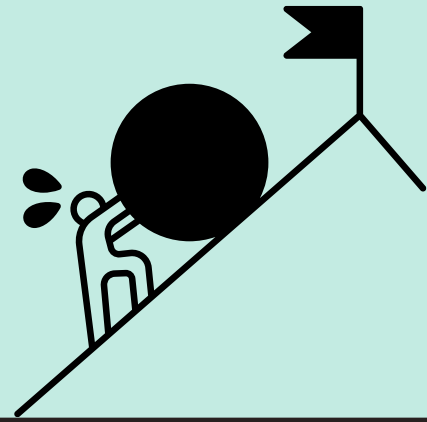
Psychologist, Kazimierz Dabrowski defines overexcitabilities as: "Inborn intensities indicating a heightened ability to respond to stimuli."

One who manifests several forms of overexcitability, sees reality in a different, stronger and more multisided manner" (Dabrowski, 1972)

- Anxiety
- Distractibility
- Feeling easily overwhelmed
- Social withdraw
- Lack of cooperation

Grit

Cambridge Dictionary defines grit as:
"Courage and determination despite difficulty:"



Benefits of "Grit"

- Increased ability to persevere
- Expanded response and ability to adapt to challenges
- Persistence to face our fears
- Growth in self-esteem and confidence
- Increased hopefulness
- Development of a growth mindset
- Increased likelihood of achieving positive change
- Long-term success and satisfaction

<https://www.psychologytoday.com/us/blog/resilience-and-connection/202107/grit-and-gratitude-two-qualities-benefit-well-being>

<https://dictionary.cambridge.org/us/dictionary/english/grit>

Gratitude



Cambridge Dictionary defines gratitude as:

“A strong feeling of appreciation to someone or something for what the person has done to help you.”

Gratitude researcher, Robert Emmons, breaks gratitude in two parts:

- An affirmation of goodness in the world– gifts and benefits we’ve received
- Recognition of where the goodness comes from, as sources from outside of ourselves

<https://www.psychologytoday.com/us/blog/resilience-and-connection/202107/grit-and-gratitude-two-qualities-benefit-well-being>

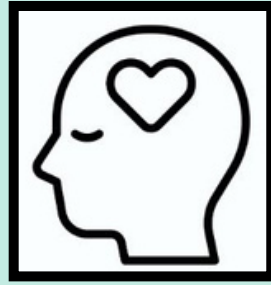
<https://dictionary.cambridge.org/us/dictionary/english/gratitude>

SO MANY BENEFITS TO A GRATITUDE PRACTICE



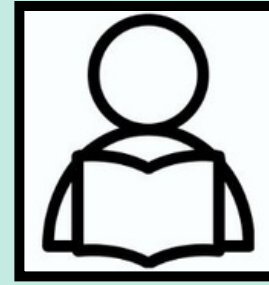
PHYSICAL

- Improves Sleep
- More health conscious
- Stronger immune system
- More Energy



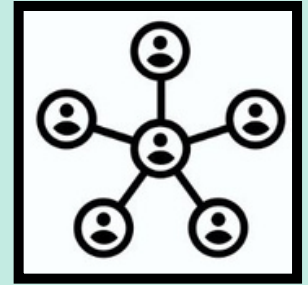
EMOTIONAL

- Boosts self-confidence
- Improves patience
- Increases optimism
- More forgiving
- Overall happier



ACADEMIC

- Builds resiliency
- Enhances productivity
- Improves decision making
- Increases willingness to try new things



SOCIAL

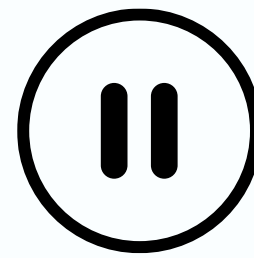
- Improves relationships with peers
- Strengthens friendships
- More outgoing
- Less feelings of isolation
- Stronger family connections

https://greatergood.berkeley.edu/article/item/why_gratitude_is_good

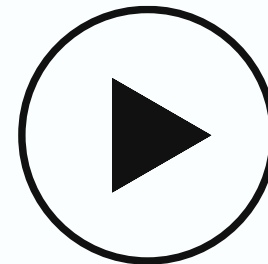
<https://research.com/education/scientific-benefits-of-gratitude>

Sometimes you
have to slow down
in order to speed up

MIKE VANCE



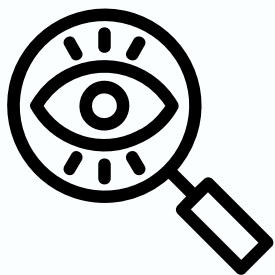
Gratitude is pausing to look for the good and recognizing where it is coming from- even when times are tough.



Grit is being able to move on and persevere though tough times because we are grateful for the opportunity and hopeful about the outcome.

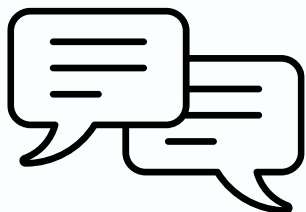
Combining Gratitude and Grit for the Best Results

**According to an article by Psychology Today, to
get the best results of gratitude and grit:**



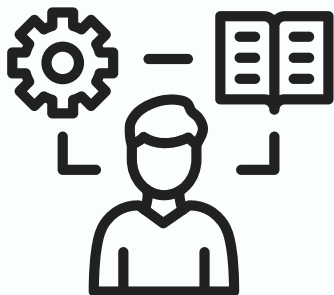
OBSERVE IT

Take a moment to name one thing you are grateful for and one thing that helps you persevere.



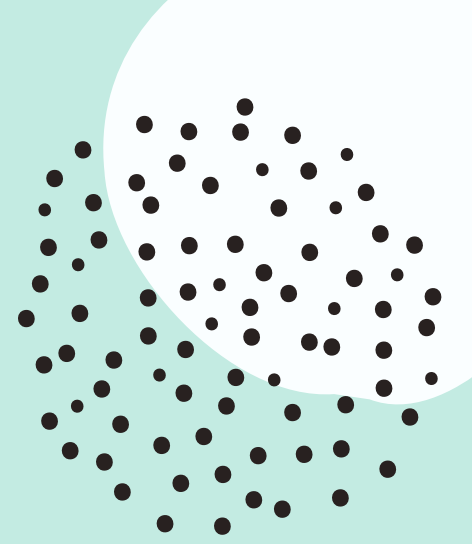
EXPRESS IT

Journal, write it down, or say it out loud to yourself or a friend. Draw it, sing it, or build or sculpt it. Making it a bit more tangible in some ways will deepen its meaning and help you absorb the benefits.



PRACTICE IT

Choose a way to regularly practice the first two steps. The research about both gratitude and grit clearly reveals the importance of developing patterns and habits that bring us to openly and regularly connect with these qualities.

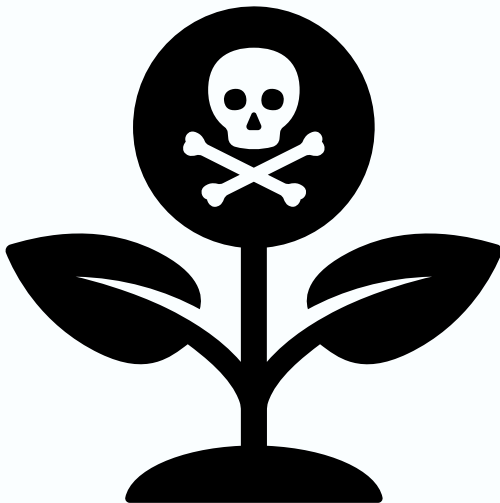


Let's Slow Down

GRATITUDE PRACTICES YOU CAN
IMPLEMENT WITH YOUR FAMILY



**A word of
caution**



Toxic Positivity /Toxic Gratitude

- Practicing gratitude or positivity should not be used to suppress feelings
- Using comparison to instill a sense of gratitude is not effective
- Gratitude should not be fuel for a guilt trip
- Gratitude does not negate pain- you can be grateful AND hurting at the same time, it is not “either or”

Gratitude Journaling



A Tried and True Strategy

- Good for humans of all ages
- Make it daily practice in the morning or in the evening- tie it to coffee or bedtime
- Use a blank journal, planner, notebook, or pre-made gratitude journals (they have them for all ages)
- It can be words, a list, a paragraph, or even a picture
- Try to be specific- not just “food”, instead “tonight’s lasagna!”
- Be grateful in advance to manifest and create abundance
- Flip the perspective- try to find the good in challenging times

More Traditional Gratitude Practices...



- Giving thanks around the table at mealtimes
- Going for gratitude walks and noticing the things in nature we are grateful for
- Writing thank you cards for gifts or acts of service
- Volunteering together as a family
- Participating in teacher appreciation, food drives, and other school events
- Reading books about gratitude or with gratitude themes
- Reflecting on tough times together and recognizing what got you through them



Outside of the Box Gratitude Ideas

- Write a positive review together: a restaurant, local musician, a product- something that will bring good to others you appreciate
- Car Gratitude: Instead of teaching road rage, use red lights to list as many things you are grateful for before it turns green, talk about being grateful for safe drivers and empathy for that guy that gets stuck awkwardly in the intersection



Outside of the Box

Gratitude Ideas

- Start a gratitude text group with your tween or teen, only things you are grateful for: Thanks for unloading the dishwasher! (even if it is their job)
- Flip the Script: When you (or a family member) is upset (and they are done venting and WANT to start feeling better)- look for the things you learned from the situation and think of reasons to be grateful for the lesson at this time in your life

OTHER COOL RESOURCES



Write letters to soldiers.

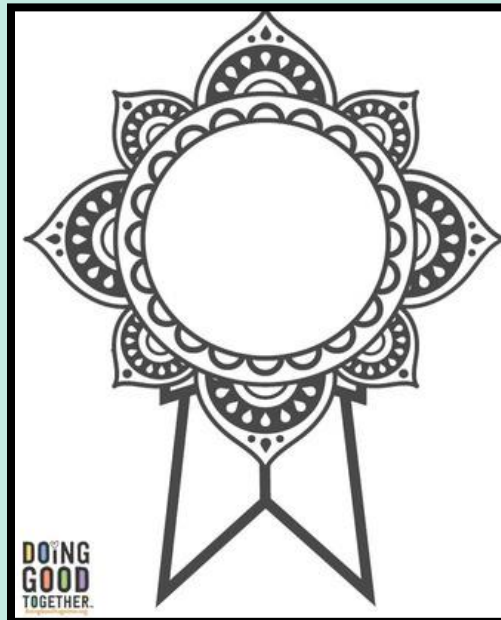
A Million Thanks
17853 Santiago Blvd.
#107-355
Villa Park, CA 92861

Send thanks and encouragement directly to active service members and veterans. amillionthanks.org

Decorate greeting cards for sick kids.

Cards for Hospitalized Kids
7290 W. Devon
Chicago, IL 60631

Consider messages like: I believe in YOU. I hope you have a great day today. Never forget how amazing YOU are. cardsforhospitalizedkids.com



Create drawings for Color-a-Smile.

Color-a-Smile
P O Box 1516,
Morristown, NJ 07962-1516

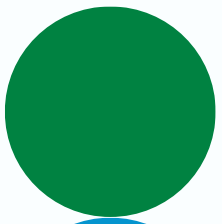
Every month they distribute thousands of drawings to senior citizens, our troops overseas, and anyone in need of a smile. Print templates at colorasmile.org

LET'S PLAY A GAME!

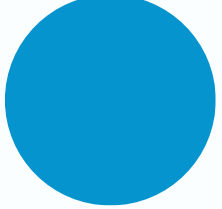
Have you ever received a gift that you were not expecting and not sure how to express gratitude in the right way? Possibly a gift that you would not want in a million years, but you don't want to hurt the giver's feelings?

- **Watch your face!**
- **Make eye contact and smile**
- **Say “thank you”**
- **Thank them for the intention**
- **Ask a question about the gift**
- **Write a thank you card**

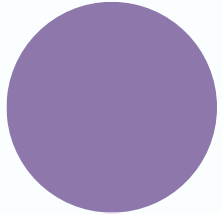




Green: A person you are grateful for



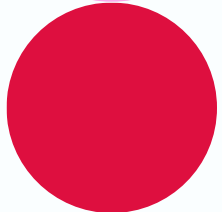
Blue: A place you are grateful for



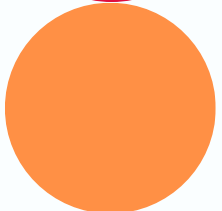
Purple: A color you are grateful for



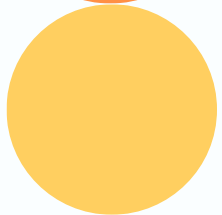
Pink: A smell you are grateful for



Red: A food you are grateful for



Orange: An activity you are grateful for

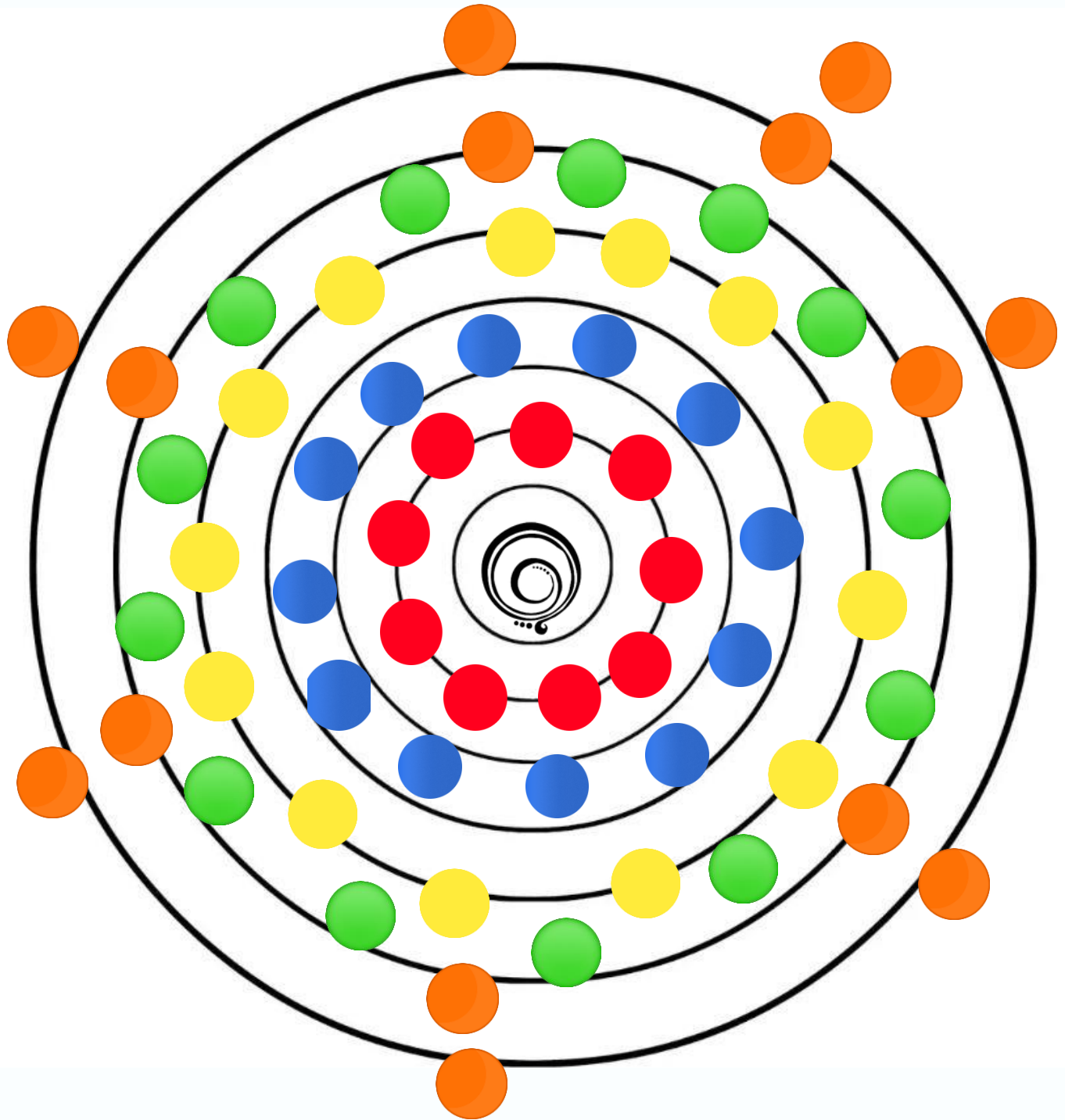


Yellow: Your choice to be grateful for

Create a Gratitude Mandala with your table

Place your stickers in any way you want!

Share your the words of gratitude you used for each color.



Additional Resources

[Great Gratitude Conversation Starters](#)

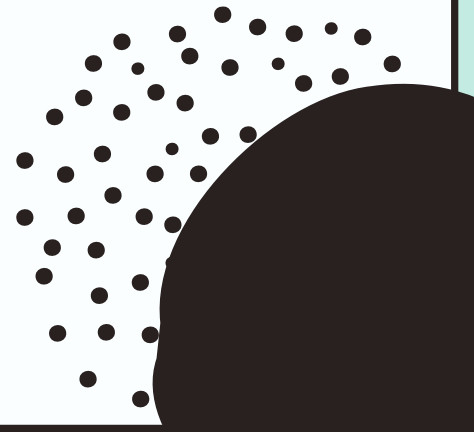
[Gratitude Assessment](#)

[Websites for Gifted Parents](#)

[95 Essential Links for the Parents of Gifted Children: Websites & Online Resources](#)

[Gratitude Cards](#)

[Gratitude Tree Family Activity](#)



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<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/gratitude-mental-health-game-changer>

<https://www.doinggoodtogether.org>