

Gifted Parent Night

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Chester County
Intermediate Unit



Hello!

I am Dr. Tricia Binkley

I serve as the gifted liaison for the Chester County IU.

You can contact me at
PatriciaB@cciu.org

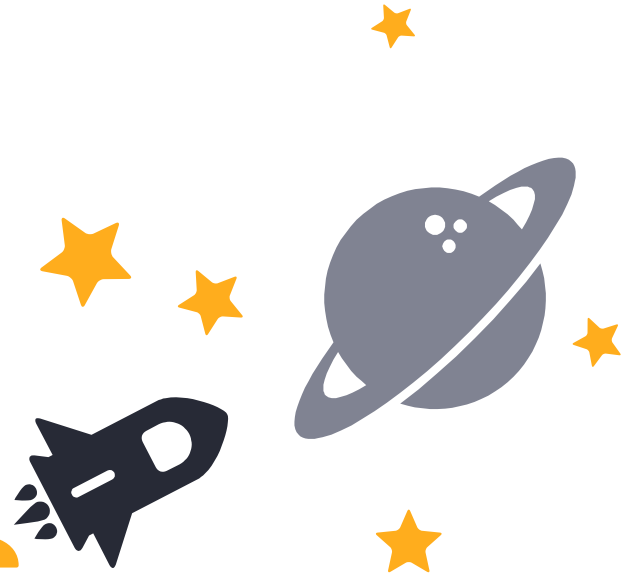


Who is in the room?

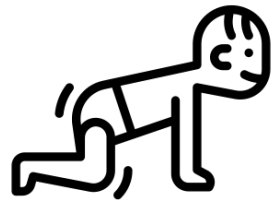
Please drop in the chat box your name and the school your student attends



Your Inner Differences



Listen to this statement



For you to do:

1: Think about and list three things you are really good at.

2: Think about and list three things that are difficult for you.

3: In what ways do your strengths and difficulties clash?

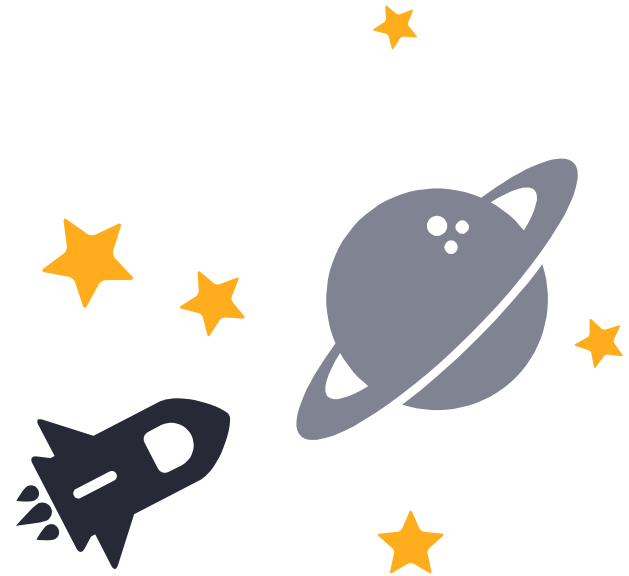
4: Think of a time when you felt out of sync and your strengths and difficulties clashed.

5: How did you feel?

6: What could you have told yourself to help you feel better in that moment?
(Positive self-talk)

What happened?

The Difference Between Knowing and learning



Listen to this statement



For you to do:

1: What is one your more difficult subjects?

Or activities?

2: Think about that subject or activity.

Imagine getting ready to do that thing- what does your body feel as you imagine ready to try that difficult thing?

3: What emotions do you feel?

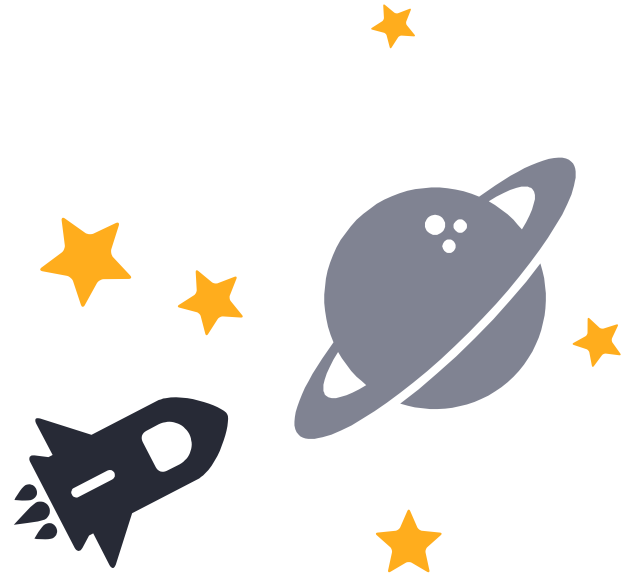
4: What does your brain tell you about this thing?

5: Learning is supposed to be hard work.

6: What are one or two things to tell yourself the next time you have to do something hrd?



Coping with Frustration



Listen to this statement



For you to do:

1: What often gets you frustrated?

2: What are unhelpful stories that frustration tells you when you're frustrated?

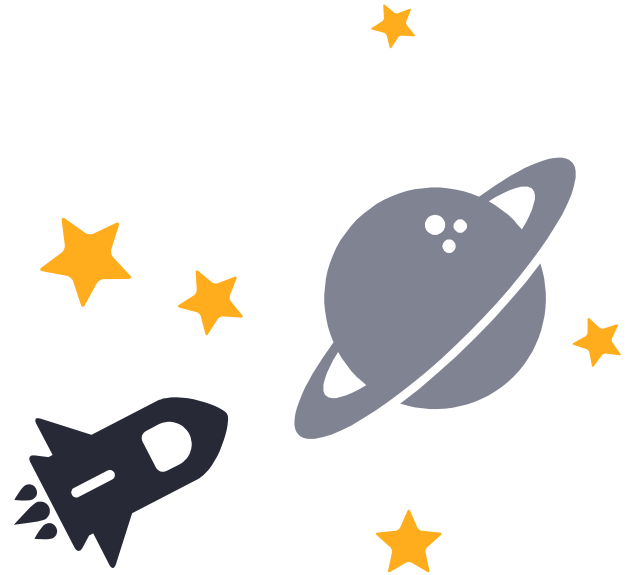
3: What can we call our frustration story?

4: Think of an example that proves your story is wrong.

5: Next time you feel frustrated, think of the counterexample to the negative thought.



You Can't
Be Perfect



Listen to this statement



For you to do:

1: Complete checklists identifying thoughts and mistakes that are helpful vs. hurtful.

2: Worst Case/ Best Scenario thinking

Download a worksheet at <http://www.newharbinger.com/40880>



An Instant Help Book for Parents & Kids

The Gifted Kids Workbook

Mindfulness Skills to Help
Children Reduce Stress, Balance Emotions
& Build Confidence



27 fun activities
to help kids:

- Stay grounded
- Reduce overwhelm
- Embrace their uniqueness

HEATHER BOORMAN, MSW, LCSW
FOREWORD BY CAROLYN K.


These strategies are
from The Gifted
Kids Workbook



Thank you!

Any questions?

You can find me at:

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Credits

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