

Pegasus/GT

Thursday Thoughts 11-16-2023:

Success to Significance:
*Significantly and
Thankfully Count*

*Count your joys...not the fears.
Count your smiles...not the tears.
Count your health...not the ills.
Count your plenty...not the frills.
Count your full years...not the lean;
Count your kind deeds...not the mean.
Count your courage...not the fright.
Count the kindness...not the fight.
Count your friends...not the foes.
Count your blessings...not the woes;
Thankfully count!*

~RS

LINKS and INFORMATION:

- For those looking for some great gift ideas for gifted of all ages:
 - **The Gifted Guide:** [Here are some of The Gifted Guides favorite games for gifts.](#)
 - **Bright and Quirky:** [The Ultimate Gift List for Bright and Quirky Kids](#) And, [here is the Ultimate Gift List compiled last year!](#)
 - **We Are Teachers:** Best [gifts for artsy kiddos](#) in your life.
- From Bright and Quirky:
 - When Losing Games is Hard for Kids, with Linda Murphy, MS, CCC-SLP, author of Declarative Language Handbook [has some great ideas to help](#) your child learn to manage loss well and build resilience. (4 min. video)
 - Kids may know some coping skills to help with anxiety, but may not want to use them (especially in school because it may feel stigmatizing). That's why Janine Halloran, LMHC, author of The Coping Skills for Kids Workbook and The Coping Skills for Teens Workbook, [suggests using invisible strategies. She even shares a script to teach them to your kids.](#) (10 min. video)
- From We Are Teachers:
 - November 14th was World Diabetes Day, an annual commemoration dedicated to raising awareness of this illness. Here are [13 things classroom teachers should know about diabetes.](#)
 - [100 Corny Thanksgiving Jokes for Kids and Adults](#)
- Byrdseed Puzzlements for 11-16-2023

- How six [different animals \(a snail, a katydid, a betta fish, a hamster, an axolotl, and a duckling\)](#) eat.
- Related: Watch this camel [gobble down prickly pear cactus with six-inch-needles](#). Yes, eating those spikes is incredible, but notice how agile the camel's lips are! In fact, [they are prehensile!!](#)
- How few strokes of a brush does it take to give the impression of a human portrait? Love [these thick, impressionist paintings](#) from Joseph Lee.
- Wow. [A robot draws swirly portraits](#), building up using the CMYK process — that's cyan, magenta, yellow and black.
- Watch Space X's [Falcon 9 tumble back to earth](#) set to Strauss' *The Blue Danube* (which people of a certain age will associate with *2001*).

Mindful Minute:

"Choose to be optimistic, it feels better."

– Dali Lama

["Total Thankfulness" meditation](#)

[Cultivate Compassion Meditation](#)

ALWAYS...Be inclusive...ALWAYS...Be kind!

[Kindness Meditation](#)

This sounds like fun: [Holiday Lights Hunger Run/Walk \(runsignup.com\)](#)

- **Get some air and exercise** in our parks, on our trails, or in some upcoming Walks/Runs/Races:
 - [Enjoy our many State Parks, Forests, and Trails!](#)
 - [Enjoy our many National Parks, Forests, and Trails!](#)
- **Mental Health America resource links:**
 - [School Resources and Toolkit](#)
 - [Community Mental Health Resource Card](#)
 - [MHA Lakeshore Mindfulness Resources](#)
 - [Youth Mental Health Crisis Card](#)
- **From ByrdseedTV: [Videos about anxiety, the brain, and calming down.](#)**

SLÁN AGUS BEANNACHT (Salutations and blessings in Gaelic) pronounced: slawn og-us bann-ockt

Share Positivity!

:-)

Roy

Roy Schwab, MEd rschwab@plymouth.k12.wi.us

Plymouth School District Elementary and High School G.T./Pegasus Coordinator

Plymouth School District Health and Wellness Coordinator

Jessica

Jessica Barrington, Med jbarrington@plymouth.k12.wi.us

Plymouth School District Middle School GT/Pegasus Coordinator

Plymouth School District German Teacher

"It is the supreme art of the teacher to awaken joy in creative expression and knowledge." ~Albert Einstein

