

# Pegasus/GT

## Thursday Thoughts 11-9-2023:

**Success to Significance:  
Think of the significance**

***"The most important thing is to try and inspire people  
so that they can be great in whatever they want to do."***

*~Kobe Bryant*

This was especially evident watching two of our seniors sign their college national letters of intent yesterday... as well as all of the other school, sports team, FFA, theater, music, club and personal successes at PJSD!  
We are proud of all of you!

### LINKS and INFORMATION:

Elementary students did a great job creating Character Trait Puzzles using Google Forms and Google Slides. Here are PDFs of the k-4 Pegasus students They are listed by school, grade, and with student initials:

- [Fairview Pegasus Character Trait Puzzles](#)
- [Horizon Pegasus Character Trait Puzzles](#)
- [Parkview Pegasus Character Trait Puzzles](#)
- From Bright and Quirky:
  - [The Ultimate Gift List for Bright and Quirky Kids](#)
  - 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:
  - With Thanksgiving coming up, [teachers share kind things done by their students.](#)
  - [Stem Challenges for every grade and topic](#)
  - [100 Corny Thanksgiving Jokes for Kids and Adults](#)
- From Badger Precollege: [Badger Precollege Ready combines online and overnight opportunities for a great college prep experience](#) for high school students.
- Byrdseed Puzzlements for 11-9-2023
  - Tom Kaufmann [created a glockenspiel from items in a toolshed](#) – and then played Beethoven's Ninth on it!
  - Watch this [expert treat his Slinky like a yo-yo](#), performing all sorts of tricks.
  - [These tiles are designed to look like a curve](#), yet the floor is perfectly flat.
  - Conor Nickerson [photoshops adult him into his own childhood photos - a project he titles](#) "Myself Hanging Out With Myself." A clever idea executed beautifully!
  - The NBA season has started, so let's [enjoy some of Nikola Jokić's most unbelievable assists.](#) (Don't miss the triple-teamed, backwards-over-the-head pass at 3:52 or the never-touches-the-other-hand throw at 11:18.)

## Mindful Minute:

*“Your diet is not only what you eat...  
It is what you watch,  
What you listen to,  
What you read,  
and the people you hang around.  
Pay attention to what you feed your soul...  
Not just your stomach!”*

*~Matt McMillen*

[“Total Thankfulness” meditation](#)

[Cultivate Compassion Meditation](#)

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

[Kindness Meditation](#)

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

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