# Pegasus/GT Thursday Thoughts 12-7-2023:

# **Success to Significance:**

"We cannot direct the wind, but we can adjust the sails."

~Dolly Parton

#### **LINKS and INFORMATION:**

- Please join us for our next Pegasus/GT Family Meet and Greet...Family Game Night...on Monday, January 22, 2024!
   ALL K-12 Pegasus/GT families are welcome! We will meet in the Riverview Library from 6-7pm.
- **HOUR of CODE** We continued more "Hour of Code" activities this week. They are free and fun... https://hourofcode.com/us/learn
- From 2E Guru, Seth Perler: 3 Ways ADHD & Executive Function Make Holidays Difficult for Kids & Families, AND HOW to help (12 min. video)
- From We Are Teachers:
  - o **It's the 82nd anniversary of the attack on Pearl Harbor**, and we've got <u>facts</u> and <u>videos</u> to share with students if you're talking about the events of today.
  - o 34 Fun-Friday Activities!
  - o 125 Wonderful Winter Activities for Kids
  - Who knew...National Dice Day was on Monday? Here are Fun Dice Games You Will Love!
- From Bright and Quirky: What Truly Works for Challenging Behaviors, with Mona Delahooke.
- For those looking for some great gift ideas for gifted of all ages:
  - o The Gifted Guide: Here are some of The Gifted Guides favorite games for gifts.
  - Bright and Quirky: <u>The Ultimate Gift List for Bright and Quirky Kids</u> And, <u>here is the Ultimate Gift List compiled last year!</u>
  - We Are Teachers: Best gifts for artsy kiddos in your life.
- From UW-Madison Badger Precollege: Applications for Badger Precollege summer programs are officially open!

  Badger Precollege offers a suite of residential and commuter programs designed to inspire learners in grades 2-12.

  In addition to an engaging academic challenge, our summer programs invite students to develop their growth mindset, prepare for college success and meet new friends all at the top-ranked UW–Madison.

Badger Precollege Senior, grades 9-12

**Badger Precollege Junior, grades 2-8** 

- Byrdseed Puzzlements for 12-7-2023
  - o *I'm Dreaming of a Blue Sunset!* The Mars Rover, Opportunity, captures a Martian sunset. So... why is the sunset blue?
  - Can you name these <u>classic works of art recreated with very few Lego Bricks</u>. How few "pixels" can we use while keeping the original work recognizable? And how many of the original works can you recognize?
  - Still Lego, but not simple at all, <u>here's a machine that folds and launches paper airplanes</u>. (How many of the speeches can your students recognize?)

- This music video was <u>created using strings connected to pins</u> filmed in stop motion. Check out the growing number of pinholes!
- The <u>first known photo of a human is from 1838</u>, although the man's appearance is accidental! He happened
  to stand still (getting his shoes shined) for the ten minutes it took to expose the film!! What a coincidence.
  You can make the same type of camera Daguerre used with a Pringles can

## **Mindful Minute:**

## Simple gifts that can mean so much...

The Simple Things...

There are simple things, so easy to do... think of all the ways. Just simple lil' things, to show that you care... lifting someone's days. A cup of coffee, a special lil' treat, smile as you walk by, A simple kind thing, it's easy to do, only if you try. Hold open a door, let someone in line, a nice card to send, Take that extra time, visit a neighbor, or check on a friend, Doesn't take that much, a bit of your time.... Don't say that you can't, Easy if you try, a simple gesture... so SIGNIFICANT!

~RS

"Holiday Stress Management" Meditation

**Cultivate Compassion Meditation** 

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

### **Kindness Meditation**

- Get some air and exercise in our parks, on our trails, or in some upcoming Walks/Runs/Races:
  - o Enjoy our many State Parks, Forests, and Trails!
  - o **Enjoy our many National Parks, Forests, and Trails!**
- Mental Health America resource links:
  - School Resources and Toolkit
  - o Community Mental Health Resource Card
  - o MHA Lakeshore Mindfulness Resources
  - o Youth Mental Health Crisis Card

• From ByrdseedTV: Videos about anxiety, the brain, and calming down.

:-)

Roy

Roy Schwab, Med

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

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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

Education is the key to unlocking a world of knowledge, possibilities, and opportunities.

Turn the key!

Just be sure to turn that key with kindness, love, and gratitude to all that you bestow! ~RS