

Gifted Education Month

JAN ✨ 2021

Get out and Explore More

GATE Gifted and Talented Education
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 Smithsonian
National Museum of Natural History



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2021

STEAM

Class code 7j2tqlt

CARNIVAL

AT HOME EDITION

 Colonial Williamsburg

EXPLORE

The British Museum

SAN DIEGO ZOO

 NATIONAL AQUARIUM.

 SCHOLASTIC

The Nature Conservancy 

LOUVRE

Gifted Education Month

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[Supporting Your Gifted Child During COVID-19](#)

This brand new TIP Sheet gives parents, caregivers, and educators strategies for helping gifted children manage their feelings, sadness, and anxiety during the COVID-19 pandemic. Special 4-page version includes strategies for children at each developmental age.

[Helping Your Child Manage Stress Through Mindfulness](#)

This article, written directly to teens and tweens, helps gifted adolescents understand mindfulness and the formal/informal pathways to mindfulness. Includes apps, books, and online resources for kids. (Michele Kane, Ed.D., *Parenting for High Potential*, Dec 2017)

[Special Solocast: Thought on Parenting Differently Wired Kids Through a Pandemic](#)

Special short episode in which Tilt Parenting host Debbie Reber shares thoughts and ideas for contemplation surrounding parenting differently wired children through the coronavirus pandemic.

[Resources for Supporting Children's Emotional Well-being During the COVID-19 Pandemic](#)

Guidance, recommendations, and resources provided by child trauma experts at Child Trends and the Child Trauma Training Center at the University of Massachusetts.

[Management of Anxiety Begins at Home](#)

General article that focuses on the sources of anxiety in gifted children and what parents can do to help reduce anxiety at home. (Sal Mendaglio, Ph.D., *Parenting for High Potential*, Summer 2016)

[Top 3 Strategies for Helping Your Child to Cope With Anxiety During Challenging Times](#)

This interview with Michele Kane, Ed. D., and Patricia Steinmeyer, IAGC Executive Director, packs in many more than three strategies in under 20 minutes.

[COVID-19 and Anxiety in Gifted Children](#)

While gifted individuals are no more anxious than the general population, these uncertain times can cause anxiety and worry, especially when there are fewer intellectual pursuits in a day. With school closures and social distancing, it is important to help children develop a sense of purpose that can guide them as they deal with the unknown. (Kate Boonstra, March 23, 2020)

[Parenting with Resilience in Unsettling Times](#)

Advice for how parents can manage their own worries and fears, assess what we can and cannot control, and how to talk with our children during the COVID-19 pandemic. (Dr. Dan Peters, *Psychology Today*, March 16, 2020)

[Video: Coping with the Stress of COVID-19: Tips for Families with Gifted Children](#)

Edward R. Amend, Psy.D., of The Amend Group in Lexington, KY, shares thoughts and tips for parents and children as they navigate a new world with the coronavirus pandemic.

