

# December: Parenting Your GT Child

ECBOCES Gifted & Talented Newsletter, December 2021

## Anxiety and Gifted Students

Anxiety is more than just worry. It is intense, excessive, and persistent fear about everyday situations. It is often accompanied by a quickened heart rate, rapid breathing, and sweating. Slight anxiety can be normal and even healthy in certain stressful situations where it "keeps us on our toes". But, when it becomes excessive and interferes with normal daily situations, it can lead to problems. The research is somewhat mixed with some finding that gifted people are more likely to experience anxiety than the typical population and other studies reporting the opposite. Either way, if your gifted child is struggling with anxiety there are ways to help.

Some signs to watch for in children include

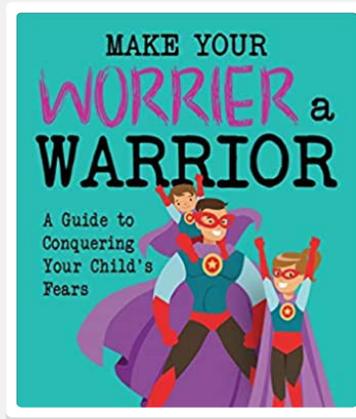
- overthinking situations,
- perfectionistic tendencies,
- avoiding stressful situations,
- isolating oneself, and
- unhealthy or self-destructive behaviors.

How can you help? Encourage your child to communicate their fears so you can offer guidance. What specific situations cause them anxiety? Reach out to a professional like a pediatrician, guidance counselor, spiritual advisor, or licensed mental health professional.

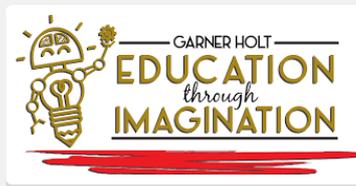
Find more information about anxiety and gifted children by reading and listening to Dr. Dan Peters. Here is a [podcast](#) from the blog, Raising Lifelong Learners. Dr. Peters is also the author of the book, *Make Your Worrier a Warrior*, which most of our school districts have. Note: the term, 2e or Twice Exceptional, is mentioned in this podcast. 2e refers to a student who has a disability and is also identified as gifted.

[Raising Lifelong Learners](#) has additional posts and podcasts about anxiety, so check it out if you want to learn more.

Here are [10 Ways to Help Students Who Struggle with Anxiety](#) from We Are Teachers. These were written for teachers but can be helpful for parents, as well.



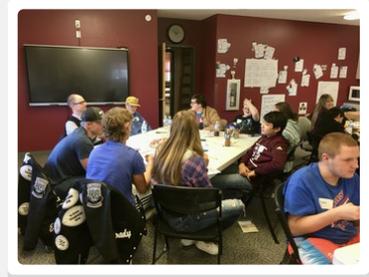
## Student Regional Events



## Ultimate Summit

Seventy gifted and talent pool students in grades 7-12 attended The Ultimate Summit in November. The topic of the event was Values in the Workplace. The workshop consisted of several different lessons/activities that helped students explore their own values and how those relate to their future career choices. In keeping with the Summit focus on careers, [Garner Holt Productions](#), the world's largest animatronics company, presented a virtual tour of their production facility. Students were shown what it takes to design and create the animatronic figures seen at Disneyland and other theme parks around the world. We saw several artists and engineers at work. After the tour, the students split into two hands-on workshops. In *Cranks & Crams*, students learned how to create the movement in animatronic figures and in *Sculpting the Human Head*, students used fractions, ratios, and proportions to create human heads. One interesting aspect of this company is that Garner Holt started it when he was 15 years old.

As always, the goal of this event was to provide new learning opportunities for our students and to allow them a time and place to meet others similar to themselves.



## Coming up:

### **CU Science Discovery STEM Workshop**

ECBOCES will host a STEM workshop for 4th-8th grade gifted and talent pool students in January. The focus will be on Bio-Inspired Design and the students will be guided through three separate workshops. Watch for information from your school gifted coordinator.

## Parent Resources

### Conversations with CAGT

Colorado Association for Gifted and Talented (CAGT) hosts a gifted topic presentation every Tuesday at 5:00 p.m. on Facebook Live. Local and national experts share information and advice on a variety of relevant topics. Some presentations are focused on educators but many are either relevant to parents or are specific to parents. Most of these sessions have been recorded and are available to watch. Be sure to check out the Season 1 Archives for more topics relevant to families of gifted students.

[Schedule and links to \*Conversations with CAGT\* recorded presentations](#)

### Random, Weird, and Interesting Links for Gifted Students

Check out this [Youtube Channel](#) by Tom Scott. He offers educational videos ranging in topics from geography, history, science, technology, and linguistics.

For all kinds of interesting lessons, try [Ted-Ed. Videos](#).

For the younger crowd, take a look at this channel [Art for Kids Hub](#)

Parents, as always, be sure to preview all videos before setting your kids loose!



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