

PRAEDITUS

Latin praeditus adj. 1 cl. meaning gifted

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Calm Yourself

Meditation is a shift in focus and awareness. Relaxation techniques are the first step toward meditation. Good relaxation habits: taking a walk or just sitting alone for five minutes.

In a meditative breathing practice, there is an immediate "relaxation" that you feel in the first 15 minutes.

However, meditation techniques can help you shift your energy and achieve higher awareness.

Meditation uses attention on breath and the heartbeat. Breathing rhythm affects the physical heart, and the heart reflects our emotions and our internal physiological and unconscious states. With a focus on the breath, you can calm these internal states.

Meditation can help you change a situation by changing your own attitude and energy.

A drop in the ocean—a daily practice anchors and centers the heart.

Remember to breathe—developing a familiarity with the breath gives us a tool—just breathe in the situation.

Be yourself, be in your heart—don't underestimate the effect you have when you are calm and centered in the heart. Your change in behavior changes the behavior of others.



Gifted Children and Friendships

Linda Silverman wrote in *Counseling the Gifted and Talented* that when gifted children are asked what they most desire, the answer is often 'a friend'. A child's experience of school is completely colored by the presence or absence of friends. Gifted children may become aware at an early age that they are "different" from their age-peers and they often worry about this.

Parents wonder how they can help their gifted child make friends. With their complex vocabulary, love of elaborate games, focus on rules and fairness, esoteric interests, advanced sense of humor, and emotional sensitivities, some gifted children find it difficult to make social connections. Experts believe that a gifted child's friendship pattern and social concept is more related to mental age rather than chronological age. As a result, gifted children tend to look to other gifted children, older children, or even adults to make social connections.

Another characteristic of gifted children is that they seem to prefer the company of a few close friends rather than large groups of kids. It's okay if your gifted child prefers to link with one special friend rather than hang out with lots of kids.

Many parents wonder whether they should intervene to assist their children in making friends. One expert explains that, "Kids who are more extroverted have a deep desire to connect with many people, and when they can't it causes a lot of pain. There is more of an immediate need for intervention when there are repeated experiences of pain and frustration." The parent should consider intervening if the situation is causing difficulty for *the child* (not the parent), and the purpose should be to teach the skills of friendship.



No Two Brains are Alike

Isn't it great? Neuroscience studies show that no two brains are alike and each brain has a distinctive signature, like a fingerprint. Drs. David Van Essen and Matthew Glasser led a group of scientists at Washington University School of Medicine in St. Louis who have mapped and discovered 180 distinct brain areas in the human cortex, which is twice what Brodmann, the father of the human brain atlas, identified.

Distinguishing 97 new cortical regions, in addition to the 83 previously-known regions, allows neuroscientists to identify with greater accuracy the function and output of each brain area, shedding light on brain individuality. This group developed software that accurately generates an automated map of an individual brain like a distinct fingerprint, and we know no two fingerprints are alike. Neither are brains. We are each unique individuals. Science proves it originates with our brains.

More than ever now, we need to embrace human diversity, from gender to personality to ethnicity to creative genius. Our outside package is just a glimpse of what is going on in our mind and body. There is no box or geometric shape that can encompass the wide range of the human experience. The study of neurodiversity is rapidly accelerating and we can expect a near future when advances in knowledge will help us gain greater insight as to how the mind works and how it affects our day to day lives.

The Fire Chasers- Intensity to the Extreme

Reprinted from SENG Directors Corner By L. Kathleen Casper, JD.

We've been covering overexcitabilities for several issues but Kathleen Casper proposes another type of overexcitability- the intensity of being overexcited about everything. The kind of driving force that pushes a person to experience everything to the highest degree possible. The thrill seekers, the boundary testers, the ones who chase passions and ideas until they drop with exhaustion. They are the fire chasers. Nothing is enough for this type of gifted person.

Fire chasers are flames themselves, often attracting other fire chasers- but also creating so much intensity that others may get burned. As a fire chaser, the world seems both amazingly big and wonderful, and yet extremely small and confining. There is never enough of anything- enough time, enough to do, enough to learn, enough ways to love, enough emotions to experience, enough ways to dream, enough life to experience, enough places to go, enough challenge to overcome...

Take for example the fire chasers in history-

Helen Keller was unable to hear or see. But she didn't give up, instead she not only learned to communicate but she became a leader in feminist causes. "Life is either a daring adventure or nothing at all," she wrote. And she lived it.

Martin Luther King, Jr. marched all over the south and spoke passionately in front of thousands. He refused to back down and he knew he risked death but he kept going because he believed deeply in his cause and cared deeply about his community of disenfranchised Americans. He chased a fire and it burned for millions even after his death.

Of course not all fire chasers are famous- the vast majority are living normal lives among us. They may be making advances- finding cures and medications and planning/building the architecture of tomorrow. But they never succeed really- even when they do. They continue to strive for something... challenging their own mental and physical abilities- raising children to question and explore the world- leading others to desire more and/or exploring and changing things on their own. They are still chasing until they physically cannot continue.

The strain of the chase sometimes is overwhelming and they give up or give in to the doubts or voices in their minds. There are certainly examples of that like Vincent Van Gogh and Ernest Hemingway. But many also become even more successful after huge challenges, way beyond what others would reasonably expect (Oprah Winfrey... Stephen King... Claude Monet... Albert Einstein...)

We can recognize fellow fire chasers by their passion. And we are drawn to them. Their flames are elusive beacons that we can see but cannot get close enough to. Their fire dances like light and yet we never can really catch it. A herd of lightning... Always racing, trying, failing, chasing... And then when we finally think it's in our grasp, we open our hands and find it is still just beyond reach. Like a cat chasing a laser beam. And then we are off again.

We love suggestions for articles! Is there a question you have about gifted kids? Please send requests for articles to [Praeditus Feedback](#)