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## GT and Mindfulness

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## Sue Boyce-Cormier

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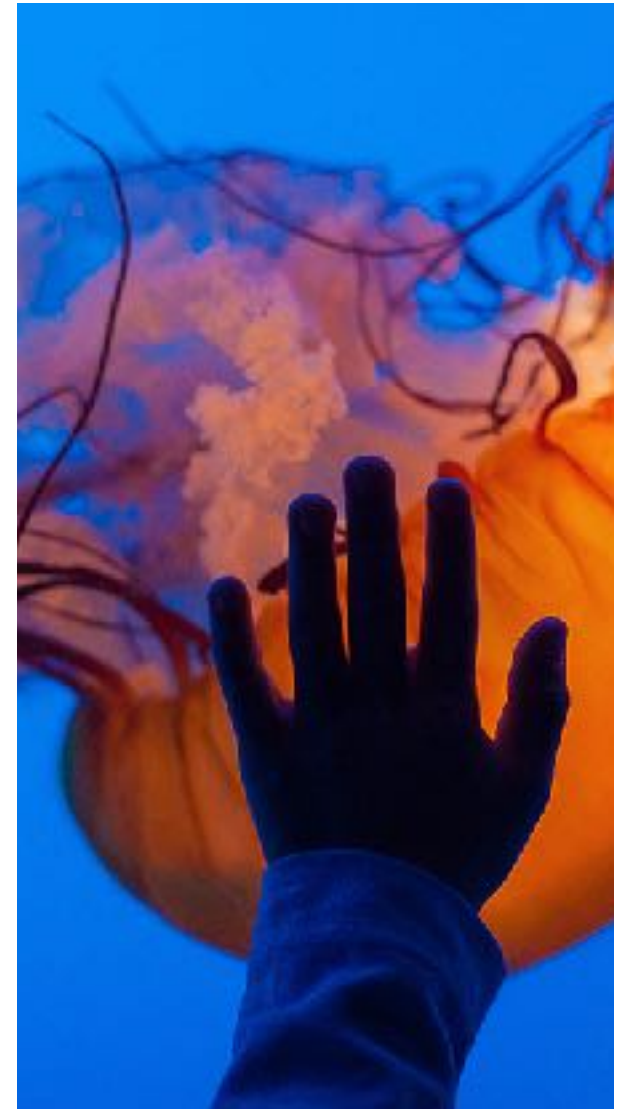
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## Mindfulness And the Gifted

*Sue Boyce-Cormier*



Community Service

Save the Honeybees

Random Acts of Kindness



Using Technology  
allows GT  
students to tap  
into their  
strengths

Reinforce the  
Growth  
Mindset

**3-2-1**

3. breaths  
2 things to be  
thankful for  
1 act of kindness



**S.T.O.P.**

S- Stop  
T- Take a breath  
O- Observe your surroundings  
P- Proceed



**G.L.A.D.**

GRATITUDE- One thing that you are grateful for  
LEARNED- One thing that you learned  
ACCOMPLISHED- One thing that you completed  
DELIGHT- one thing that gives you joy