

# **HELPING KIDS THRIVE IN TODAY'S WORLD**

## Webinar Facilitator's Guide



TEXAS ASSOCIATION FOR THE  
**GIFTED & TALENTED**

# *Discussion Questions:*

- Paint a vision for the future for your children. What does it look like?
- What does it mean to “thrive”?
- Consider the following quote by Kelly McGonigal “Stress and meaning are inextricably linked. You don’t stress out about things you don’t care about, and you can’t create a meaningful life without experiencing some stress.” What are the main stressors impacting you and/or your children today?
- What is the difference between healthy stress and toxic stress?
- Relationships and psychological safety are key aspects of helping children thrive. How can both things be fostered in today’s uncertain world?

- Let's talk a little about "meaning" – what creates meaning for our gifted children?
- With so much happening in our world right now, many gifted children are compelled to take action, and overwhelmed at the thought of doing so. How can we help support our children in being "response-able" and being able to take action in healthy ways?
- How could you use the ROAR protocol with your children?
- What is one action you will take tomorrow to help your child thrive?

### **ADDITIONAL RESOURCES:**

- Headspace Meditation App: <https://www.headspace.com/headspace-meditation-app>
- Tapping Solution App: <https://www.thetappingsolutionapp.com/>
- New Edition: *101 Success Secrets for Gifted Kids: Advice, Quizzes, and Activities for Dealing With Stress, Expectations, Friendships, and More* by Christine Fonseca
- *Healing the Heart: Helping Your Child Thrive After Trauma* by Christine Fonseca
- Free ebook: *Healing the Heart: Tips to help children and adults to mitigate trauma and toxic stress during the global health crisis. A special publication* - <https://christinefonseca.com/wp-content/uploads/2020/04/COVID19-Pandemic-ebook-1.pdf>

# About Christine Fonseca

Christine Fonseca is a licensed educational psychologist, critically acclaimed author, and a nationally recognized speaker on topics related to educational psychology, mental health, and giftedness. Using her experience consulting and coaching, Christine brings her expertise to Psychology Today, authoring the parenting blog Parenting for A New Generation. She has written articles for Parents.com, Johnson & Johnson, and Justine Magazine. Her appearance on the popular podcast, “Mind Matters”, was one of its most downloaded episodes.



**LEARN MORE ABOUT TAGT!**



[www.txgifted.org](http://www.txgifted.org)