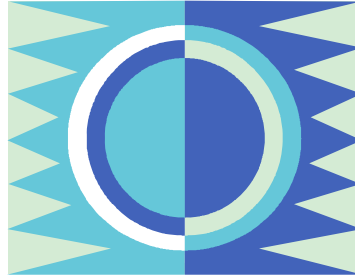




# Understanding and Affirming the Whole Person

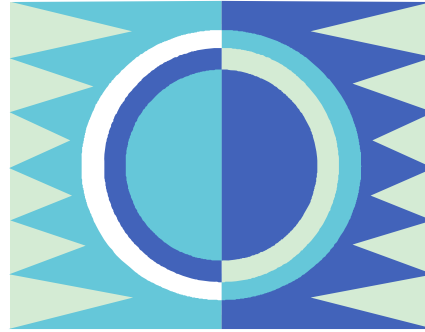
**Colleen Anthony**  
**Gifted and Talented Resource Consultant**  
**303-982-2923**

**Jenny Fredrickson**  
**Gifted and Talented Resource Consultant**  
**303-982-0315**



## *Circle Map Activity*

- 1. Draw a circle on a piece of paper. Put your name in the center of the circle.*
- 2. Draw a second circle around the first. In this circle describe qualities of your personality.*
- 3. Draw a square box around the circles. This box will become your frame of reference. For example, if this is your fifth grade classroom, please describe yourself in this environment.*
- 4. Use the information from your circle map to tell me your story.*



## *Circle Map Discussion Questions*

*With a neighbor consider the following questions:*

- 1. How does the frame of reference impact what a child writes in the outer layer of the circle?**
- 2. Why is it important for teachers and parents to pay attention to what a student reveals during this exercise?**

# Why Worry About Affective Needs?

- Psychological well being of an individual can be viewed as a relationship between:
  - \* Type of giftedness
  - \* Educational Fit
  - \* Children's Personal Characteristics including self-perceptions, temperament, and life circumstances.
- What do we know?
  - \* Literature does not show a correlation between high IQ and depression among children and adolescents. (Mash and Barkley, 1996)
  - \* Anxiety appears to be more prevalent among gifted kids (Tong and Yewchuck, 1996). Literature shows that this anxiety can often increase as students enter high school.

# Brain Research

## Reticular Activating System

RAS = “Toggle Switch”

Only one of these three states is activated (aroused) at a time:

High	Middle	Low
Hot	Mild	Cold (Sleeplike)
Emotions Aroused	Brain Aroused	Sleep (Depression)
Flight/Fight	Problem Solving	Relaxation
Out of Control	In Control	Off Duty
Burnout	Achievement	Depression
Extreme Challenge	Moderate Challenge	No Challenge

Learning only happens when the toggle switch in the middle position.

# The Line Exercise

# The Intensities

“The truly creative mind in any field is no more than this: A human creature born abnormally, inhumanly sensitive. To him...a touch is a blow. A sound is a noise. Misfortune is tragedy. A joy is an ecstasy. A friend is a lover. A lover a god. And failure is death.”

Pearl Buck

# Supersensitivities/ Overexcitabilities/ Intensities

(Based on Dabrowski's Theory)

*A consistent powerful reaction to external  
and internal stimuli in a variety of domains.*



# Translation!

Some individuals tend to react *more strongly* than average to things that happen to them.

Some individuals tend to react to these things *for a longer time* than average.



# Remember...

These reactions are a part of the physical and mental make-up of the individual.

Such individuals do not react this way *on purpose*.

This is simply a part of *who they are*.



# PSYCHOMOTOR OVEREXCITABILITY

Heightened excitability of the neuromuscular system

Capacity for being active and energetic

Love of movement for its own sake

Organic surplus of energy

Psychomotor expression of emotional tension



# Translation! You may...

Like a lot of movement and activity

Sleep less than others

Talk quickly and use lots of gestures

Be impulsive



# SENSUAL OVEREXCITABILITY (The Five Senses)

Heightened experience of sensual pleasure or  
displeasure

Sensual expression and outlets for emotional  
tension

Appreciation for aesthetic pleasures



# Translation! You may...

Dislike labels in your clothing

Love “good” smells, textures, tastes...

Abhor “bad” smells, textures, tastes

Be sensitive to bright lights and harsh sounds

Love to be the center of attention



# INTELLECTUAL OVEREXCITABILITY

Heightened need to seek understanding and truth

Intensified activity of the mind

Penchant for probing questions; Problem solving

Preoccupation with logic, theoretical thinking and  
development of new concepts



# Translation! You may...

Love to be logical

Enjoy brain teasers and puzzles

Like to figure things out, especially if it's complicated

Seek out truth and knowledge

Be very observant

Have trouble falling asleep at night because your mind is racing





# IMAGINATIONAL OVEREXCITABILITY

Heightened play of the imagination

Rich association of images and impressions

Spontaneous imagery as an expression of emotional  
tension

Capacity for living in a world of fantasy



# Translation! You may...

Be called a dreamer

Be creative

Love metaphors

Think in pictures

“Believe” in magic

Remember your vivid dreams



# EMOTIONAL OVEREXCITABILITY

Heightened, intense positive and negative feelings

Physical response to an emotional issue

Strong affective expressions

Capacity for deep relationships

Well differentiated feelings toward self



# Translation! You may...

Have extreme emotions

Have a broad range of emotions

Understand and be sensitive to others' feelings

Be compassionate and caring

Form strong attachments to others

Experience difficulty adjusting to new environments

Be “in tune” with yourself



*“The intricate thought processes that mark these individuals as gifted are mirrored in the intricacy of their emotional development. Idealism, self-doubt, perceptiveness, excruciating sensitivity, moral imperatives, desperate needs for understanding, acceptance, love – all impinge simultaneously...*

*...Their vast emotional range make them appear contradictory: mature and immature, arrogant and compassionate, aggressive and timid. Semblances of composure and self-assurance often mask deep feelings of insecurity. The inner experience of the young gifted person is rich, complex and turbulent.”*

- Linda Silverman

# Overexcitabilities are...

- Great!
- Exciting!
- Fulfilling!



- Challenging!
- Troublesome!
- Painful!

## **Intensities/Over Excitabilities**

**100% IQ 160 and above have  
multiple OE**

**93% Highly Gifted (IQ 145-160)  
have Multiple OE**

**88% Moderately Gifted (IQ 130-  
145) have multiple OE**

**83% with Superior intelligence have  
OE**

**75% Of average and above average  
have OE**

**Most Common = Emotional (76%)**

**Rarest = Intellectual (must have  
superior IQ)**

**Artistic and creatively gifted don't  
show a correlation with IQ but have  
Imaginational and Sensual  
Intensities**



# **SPISE:**

## **The Five Domains of Personhood**

**Social:** A need to connect with others

**Physical:** A need for movement

**Intellectual:** A need for mental stimulation

**Spiritual:** A need for moral and ethical  
understanding

**Emotional:** A need for an emotional bridge

A safe, trusting, and nurturing environment is  
critical for understanding and  
affirming the whole person.



## *Recipe for a Whole Person*

1. Split into groups of 3-5.
2. Read the brief articles.
3. Discuss characteristics and domains of your assigned subject.
4. Using the SPISE chart, rate your subject in each of the 5 domains.
5. Sharing out by one representative from each group.

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By Nancy Polette

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# **Asynchrony**

Asynchrony means being “out of sync” and feeling out of step with society. It can be observed by uneven development within the five domains.