



**Gifted & Distractible**

NEWSLETTER FOR THE TWICE-EXCEPTIONAL COMMUNITY

with Julie Stelnick

This issue of "Gifted & Distractible" is sponsored by:



"The O'Kelley Lab" is a grassroots effort by the O'Kelley family to develop new ideas and innovative therapies to empower parents and children who are neurodiverse, 2e, gifted, or on the autistic spectrum. Projects include "Mime as Therapy," supporting non-verbal social communication, and "MAT Mime Breaks," ten short videos which are sensory and imagination breaks, using mime. An introductory MAT Mime Break, "The Butterfly," is available without charge at [www.theokeleylab.com](http://www.theokeleylab.com).

Email [theokeleylab@gmail.com](mailto:theokeleylab@gmail.com) for a "Gifted & Distractible" discount code for the "MAT Mime Break" series.

**Want to sponsor an issue of "Gifted & Distractible?" Fill out [this form](#).**

*[With Understanding Comes Calm](#) serves ALL parents and teachers seeking guidance and support for their gifted and twice exceptional children and students.*



# What you'll find in this issue of Gifted & Distractible

## Julie's Blog

### **Seeing 2021 Through 2020 Vision: Focusing on 2e Learners**

2020 was particularly hard on our twice-exceptional learners, their parents, and their teachers. Julie explores how to use 2020 vision to plan and change our behaviors in 2021 to better engage and address twice exceptional kids.

### Let's Talk 2e Educator Conference - **EARLY BIRD**

**REGISTRATION ENDS JAN. 17TH!** This can't-miss conference experience releases January 25 and remains on-demand. 2e experts, 25 sessions all about -- and only about -- 2e learners!

**Articles** - This month enjoy article to help support mental health:

- [A Science-Based Technique for Coping With Stress](#)
- [Dehydration and Anxiety](#)

[2eResources.com](#) - Check out the amazing resources listing on our site!

### Let's Talk 2e Community Update:

COMING SOON -- A newly organized and awesome community opportunity for parents and educators of 2e students.

**With Understanding Comes Calm Out and About** - check out where Julie is speaking next...

## Events

Scroll down to see our listing of events for the gifted and 2e community.



### [Seeing 2021 Through 2020 Vision to Focus on our 2e Learners](#)

2020 was particularly hard on our twice-exceptional learners, their parents, and their teachers. With respect to those who suffered in **2020**; the parents the teachers and especially the **2e student**, we've got to change our ways.

Let's Talk 2e Virtual Conference for  
EDUCATORS:  
EARLY BIRD [REGISTRATION](#) IS NOW OPEN!



## Let's Talk 2e!

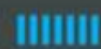
Virtual Conference for  
Educators of Gifted students with







Learning Differences



HD



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- ENTRY TO OUR VIRTUAL EXHIBITOR HALL
- CERTIFICATE OF ATTENDANCE
- OPPORTUNITY TO EARN CREDITS
- CONTACT HOURS
- OPPORTUNITY TO WIN PRIZES

**REGISTER AT LETSTALK2E.COM**

### **Conference Sessions are Organized by Strand:**

#### Understanding 2e

- **"Combating Imposter Syndrome in 2e Students"** with Matt Zakreski, Psy. D.
- **"How Spiritual Giftedness Impacts Life Experiences"** with Dianne Allen, M.A., CAP, CET
- **"Organization & Learning Styles"** with Susan Baum, Ph.D
- **"Understanding & Managing Transitions"** with Julie Skolnick, M.A., J.D.

- **"Social-Emotional Needs"** with Matthew Fugate, Ph.D
- **"Trauma, Empowerment, & Giftedness"** with Marc Smolowitz

### Classroom Strategies

- **"Parent-Teacher Communication"** with Robin Schader, Ph.D
- **"Concrete Strategies to Unlock Excellence in All Students"** with Colin Seale
- **"Assistive Technology"** with Joan Green, M.A. CCC-SLP
- **"Engaging 21st Century Learners"** with Joseph Olan, Ed.D.
- **"Conceptual Math Strategies"** with Joan Green
- **"Developing College- and Career-Readiness Through Interest-Based, Student-Driven Education"** with Chris Wiebe, Ed.D., M.A.
- **"From Social to Sociopolitical Development for Achievement & Mental Health"** with Kate Bachtel, Ed.D.
- **"Differentiating for the Head and the Heart"** with Brian Housand, Ph.D.
- **"Supporting Struggling 2e Students with Executive Function"** with Seth Perler, M.Ed
- **"Differentiation & Flexible Strategies for Virtual & In-Person Classrooms"** with Jilly Darefsky
- **"Student Equity & Distance Learning"** with Austina De Bonte & Amity Butler

### Cultural Diversity

- **"Combating Victimization of Gifted Students"** with Kristina Collins, Ph.D., Ed.S.
- **"Nurturing the Invisible 3E Learner: Black, Gifted, and Twice Exceptional"** with Joy Lawson Davis, Ed. D
- **"Who Are the Gifted English Language Learners and How Do We Find Them?"** with Wendy Behrens, M.A., Ed.D.

### Clinical Considerations

- **"Neurodiversity - In & Out of the Classroom"** with Nicole Tetreault, Ph.D
- **"A Revolutionary Technique for Stress-Free & Pain-Free Living"** with Bev Nerenberg
- **"Developmental & Behavioral Approaches"** with Roby Marcou, M.D.

- **"The Intersection of Autism & Giftedness"** with Megan Foley Nicpon, Ph.D., Katherine Schabillon, Ph.D., and Alissa Doobay, Ph.D.
- **"The Impact of Stress & Anxiety on 2e Kids"** with Jerome Schultz, Ph.D.

Early Bird Registration flies away on January 18th - get your conference for 40% off today at [LetsTalk2e.com](http://LetsTalk2e.com)!

## Articles

### [A Science-Based Technique for Coping with Stress](#)

Does your 2e child or student struggle with regulating emotions? Here's how a technique called "distanced self-talk" can help.

[Read More.](#)

### [Dehydration and Anxiety](#)

Forgetting to drink water can take a bigger toll on you and your child than you'd expect. This article explores the surprising link between anxiety and dehydration.

[Read More.](#)

## 2eResources.com



Davidson  
Institute

Gifted  
UNLIMITED



THINK  
LAW



SQUARE  
PEGS

## 2eResources.com

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Join these resources and more in **THE** listing directory for the gifted and twice exceptional community



 FLEX SCHOOL ADDdiva SUMMIT CENTER  
Reach New Heights ATHENA ACADEMY  
Exceptional Education for Dyslexic Children THE G WORD parenting  
ADHD & AUTISM

Though it launched only five months ago, [2eResources.com](http://2eResources.com) is quickly becoming THE place to find the schools, tools, and services to support you and the twice-exceptional individuals in your life!

Visit [2eResources.com](http://2eResources.com) to learn about and connect with these essential resources for the 2e Community:

### **2e Resources -- GOLD**

ADDiva - Athena Academy - Davidson Institute - Fitness for Health - GHF Learners - Gifted Unlimited, LLC - With Understanding Comes Calm, LLC

### **2e Resources -- Silver**

Autum Romano - Awesome Neuroscience - Belin-Blank Center - Bridges 2e Center for Research and Professional Development - Bridges Grad School - Dianne A. Allen - Dr. Jerome Schultz - Dr. Matt Zakreski - Dr. Roby Marcou - Free Spirit Publishing - Innovative Speech Therapy - 21st Century World-Readiness - Joy Lawson Davis - Rachel McAnallen - rethink reframe, LLC - Seed Starter Educational Counseling - Square Pegs Support - Summit Center - The Amend Group - The G Word Film - thinkLaw - Wellness At Your Fingertips

### **2e Resources -- Bronze**

Bridges Education Group - Parenting ADHD & Autism

*Want YOUR service or school to become a 2e Resource?*

### WELCOME TO OUR NEW 2E RESOURCE PARTNERS:



[Athena Academy](#) is a non-profit educational institution established in 2010, devoted to educating bright dyslexic children, grades 1 - 8. Athena uses a blend of teaching methods, based on the latest neuroscience and educational research, which builds on the dyslexic student's natural, picture-oriented learning style.



[The ADDiva Network](#) is a vibrant, growing community of ADHD women 40+ (no worries: 30-somethings also welcome!) for private or small group coaching, ADHD women's retreats, programs for decluttering and organizing, and semi-annual ADHD Paloozas for women and parents.



[Free Spirit Publishing](#) is a leading publisher of learning tools that support young people's social-emotional health and educational needs. No matter the choices, changes, and opportunities young people encounter, Free Spirit has had the same mission for nearly 40 years: to provide children and teens—and the adults who care for and about them—with the tools they need to think for themselves, overcome challenges, and make a difference in the world.



# Let's Talk 2e Parent Community Update



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**AAGT** 47th Virtual Annual Conference

**EMPOWERING**  
*Equity* in Gifted Education  
**FEBRUARY 2021**

Diversity. Technology. Twice Exceptional. Social & Emotional.  
Enrichment. Equity in Testing. Gifted Teens.

**February 5th, 2021 at 1:15 pm MST**

Join us at the Arizona Association for Gifted and Talented Virtual Annual Conference to hear my session "Top 10 Strategies for Successful Communication Between Parents and Educators of 2e Students!" I'll be answering questions LIVE on Friday, February 5th.

Learn more and sign up at  
<https://arizonagifted.org/annual-conference/>

# TEFOS

## THE EXECUTIVE FUNCTION ONLINE SUMMIT

**August 20 - 22, 2021**

Julie is delighted to be invited to speak at this popular free online summit for parents.

Learn more and sign up at  
<https://executivefunctionsummit.com/>

### Events

**Jan. 12, 2021:** Free webinar presented by Stephanie Filio "[How Educators Can Respond to Students Experiencing Trauma.](#)"

**Jan. 14, 2021:** [The Siena School: Information Session About New North Virginia Campus](#)

**Jan. 25, 2021:** [Let's Talk 2e Educator Conference](#)

**Jan. 27-29, 2021:** [ACSD Conference on Educational Leadership](#)

**Feb. 1-5, 2021:** [TCEA Convention & Exposition](#)

**Feb. 4-5, 2021:** [Arizona Association for Gifted & Talented Annual Conference](#)

**Feb. 5-6, 2021:** [Illinois Association for Gifted Children Virtual Summit](#)

**Feb. 6-13, 2021:** [CW Austin Learning Disability Conference](#)

**Feb. 23-24, 2021:** [Kentucky Association for Gifted Education Annual Conference](#)

**Feb. 24-26, 2021:** [National Association of Independent Schools Conference](#)

**Feb. 26-28, 2021:** [California Association for the Gifted Annual Conference](#)

**Mar. 1-2, 2021:** [Georgia Association for Gifted Children Convention](#)

**Mar. 4-5, 2021:** [NCAGT Annual Conference](#)

**Mar. 8-13, 2021:** [Council for Exceptional Children Convention](#)

**Mar. 10-12, 2021:** [Breakthroughs in 2e Education](#)

**Mar. 11-12, 2021:** [National Curriculum Network Conference](#)

**Mar. 19, 2021:** [NJAGC](#)

**Mar. 25-27, 2021:** [Second Thematic ECHA Conference](#)

### **Ongoing Events**

Parent Empowerment Group for parents of Twice Exceptional Children, Thursdays 2:00-2:45 EST, part of the FREE #LetsTalk2e Community. [Learn more and Register.](#)

***POST YOUR EVENT OR CLASS IN "GIFTED & DISTRACTIBLE!"  
EMAIL [JULIE](#) BY THE 15TH OF THE MONTH AND INCLUDE YOUR  
EVENT'S DATE, TITLE, LOCATION, COST AND LINK TO REGISTER.***

**Find us on your favorite social platforms!**





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