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# FOCUSING ON STUDENT WELL-BEING

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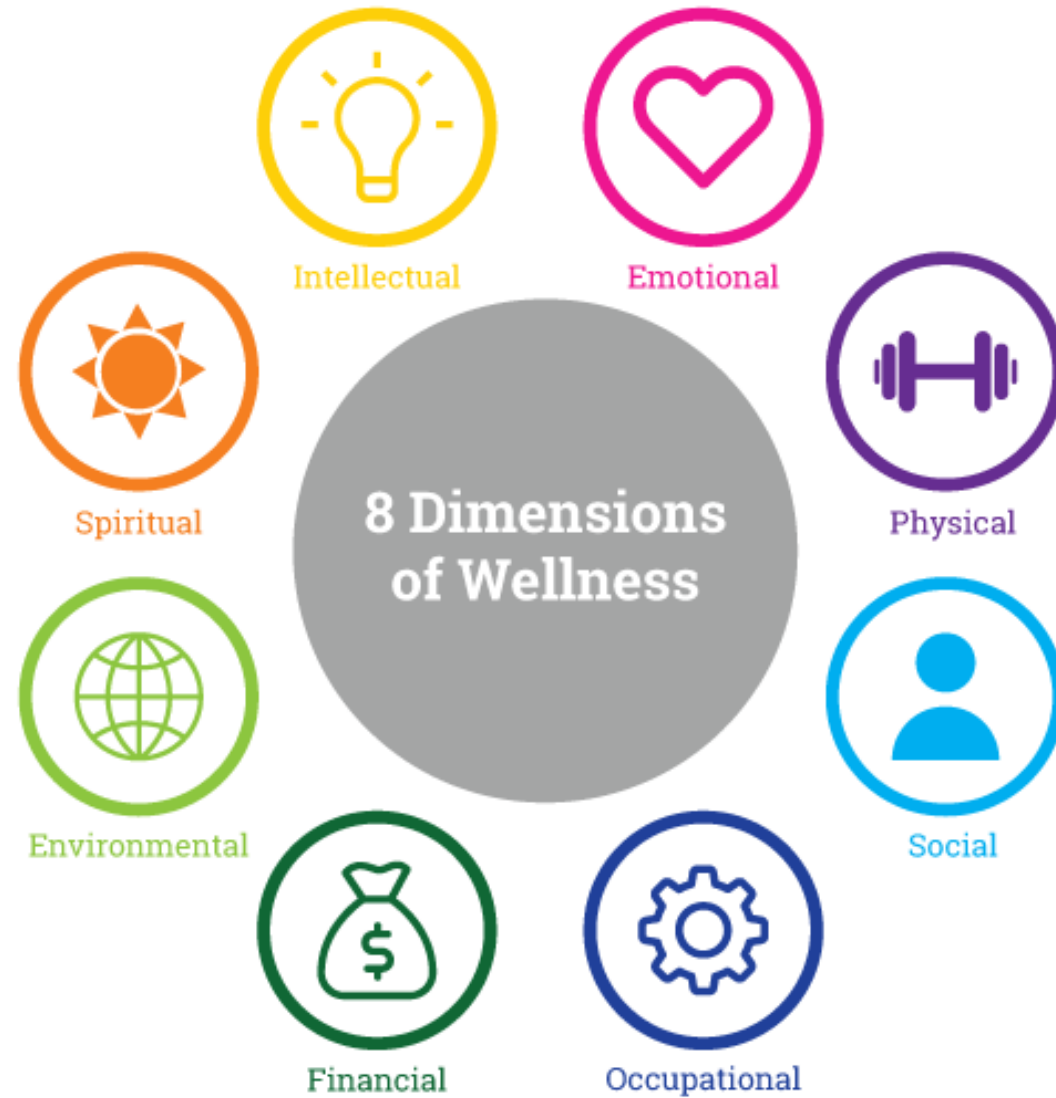
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# INTRODUCTION & OVERVIEW

- Intro's
  - Student Well-being
  - Giftedness and Well-being
  - How to Be (Well)
  - Conclusions & Questions
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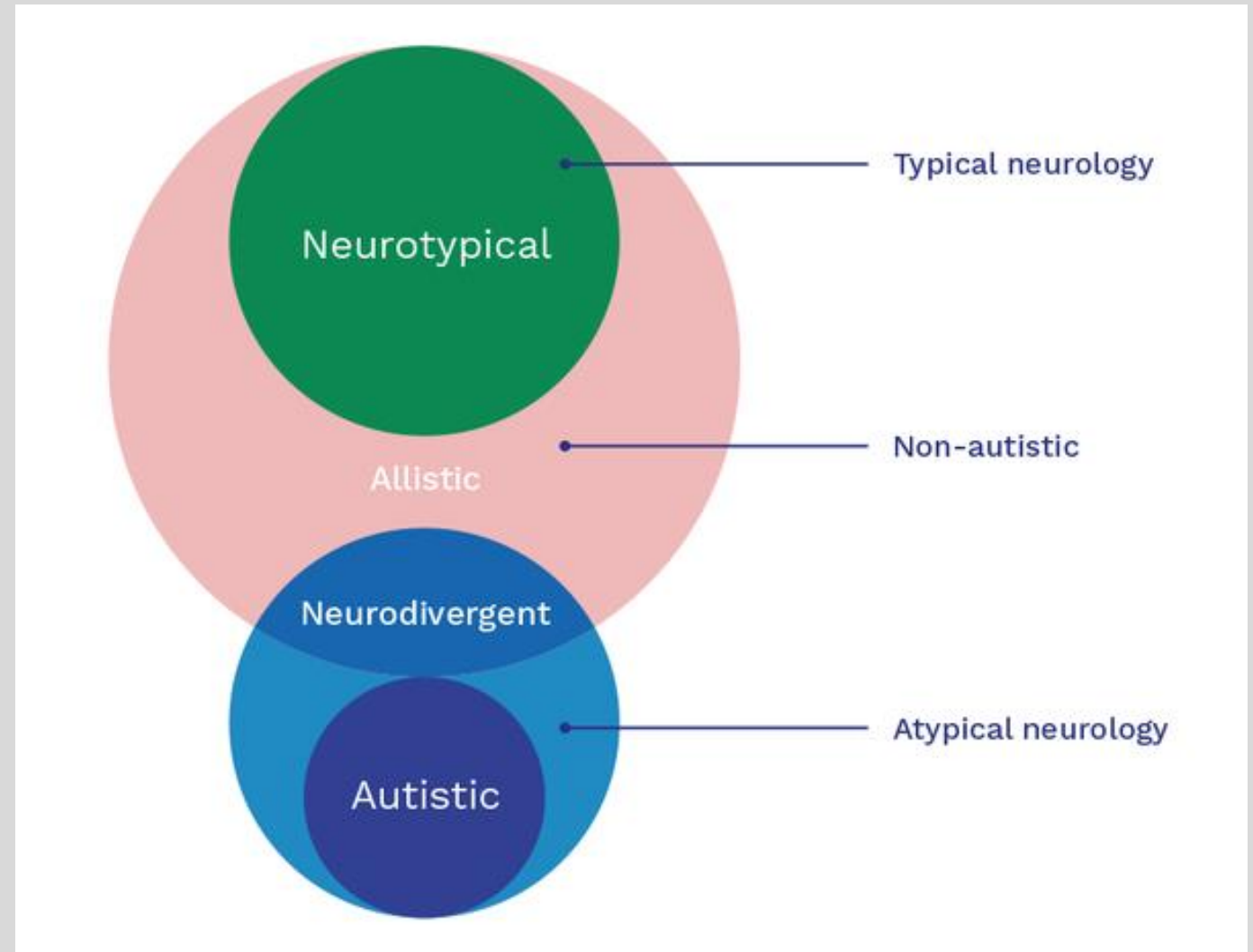
# STUDENT WELL-BEING



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# GIFTEDNESS AND WELL-BEING

- Protective factors
- Potential areas of need



twoemb.medium.com

## Gifted OEs

### ADHD

Psychomotor  
(hyperactivity)

Sensory  
(sensory-seeking)

Curiosity

Justice sensitivity

Creativity,  
divergent thinking

Intellectual

Imagination

Emotional  
(hyper-empathy, intensity,  
depth of feeling)

### Autism

Sensory  
(hypersensitivity)

Psychomotor  
(stimming)

*Neurodiversity*  
  
*Manitoba*

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# HOW TO BE WELL....





Pro Tips: How to Be (Well)

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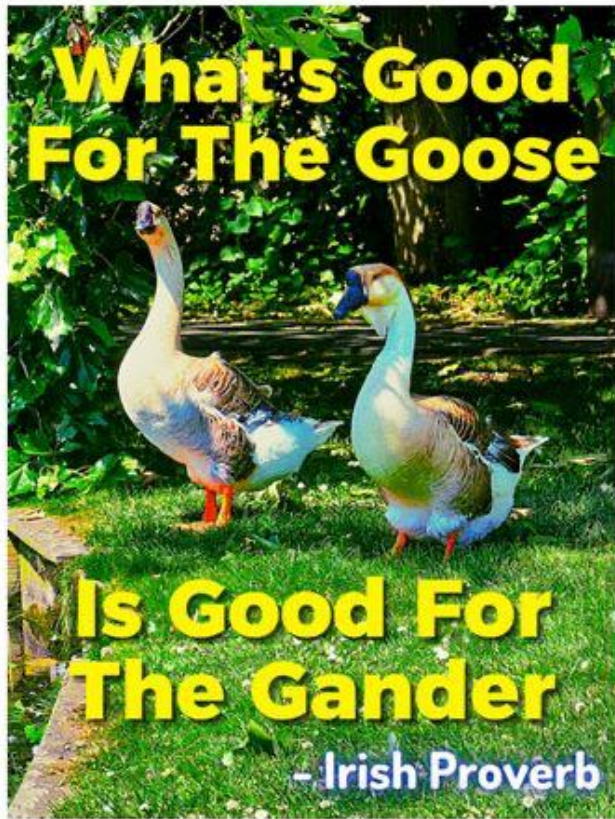


10

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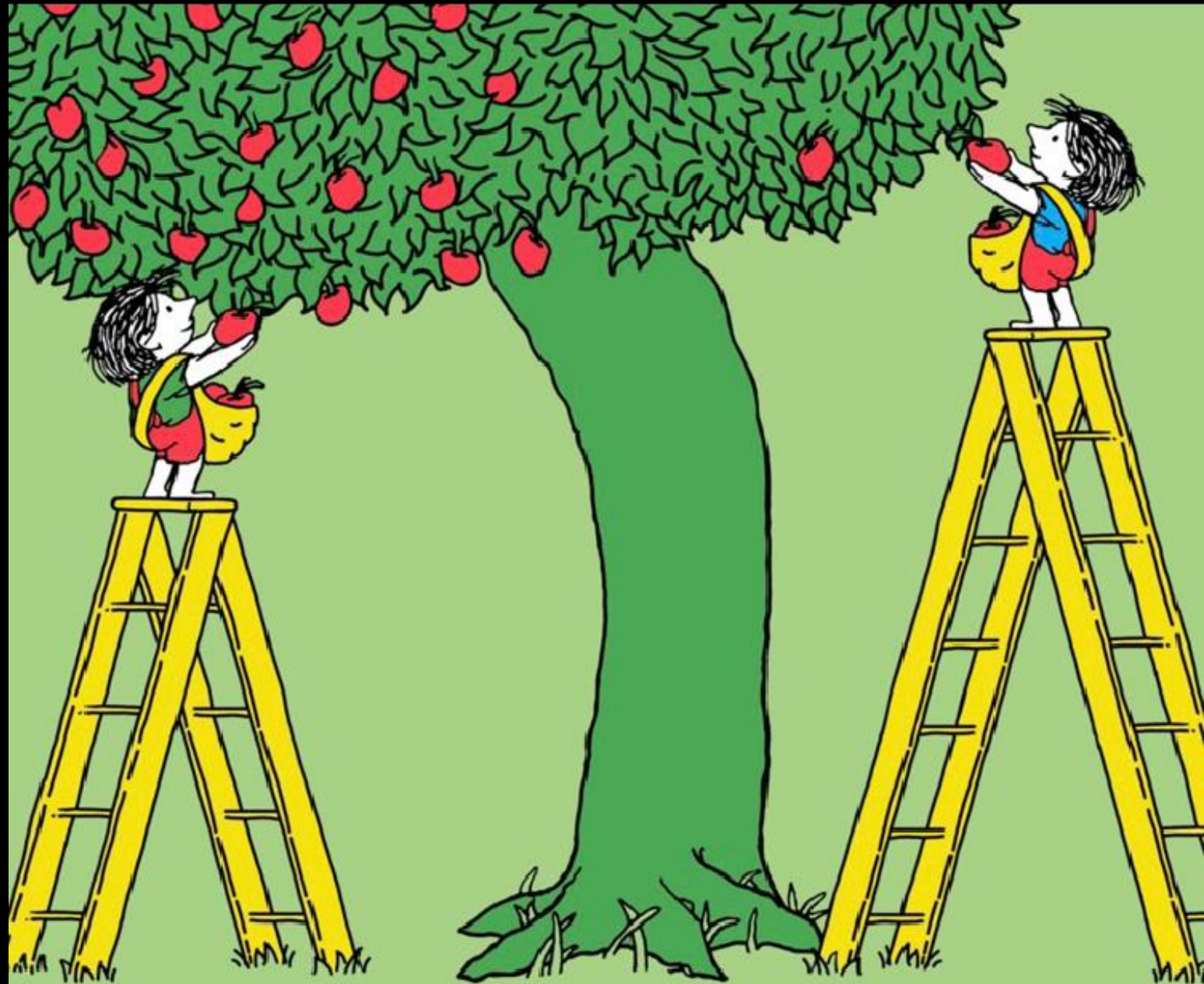
The image shows the number '10' created from a trail of bright orange sparks or fire against a solid black background. The sparks are concentrated along the strokes of the digits, giving the number a dynamic, glowing appearance. The '1' is on the left and the '0' is on the right, both formed by a continuous trail of sparks.





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# EMBRACING EQUITY



2019 Design in Tech Report | Addressing Imbalance

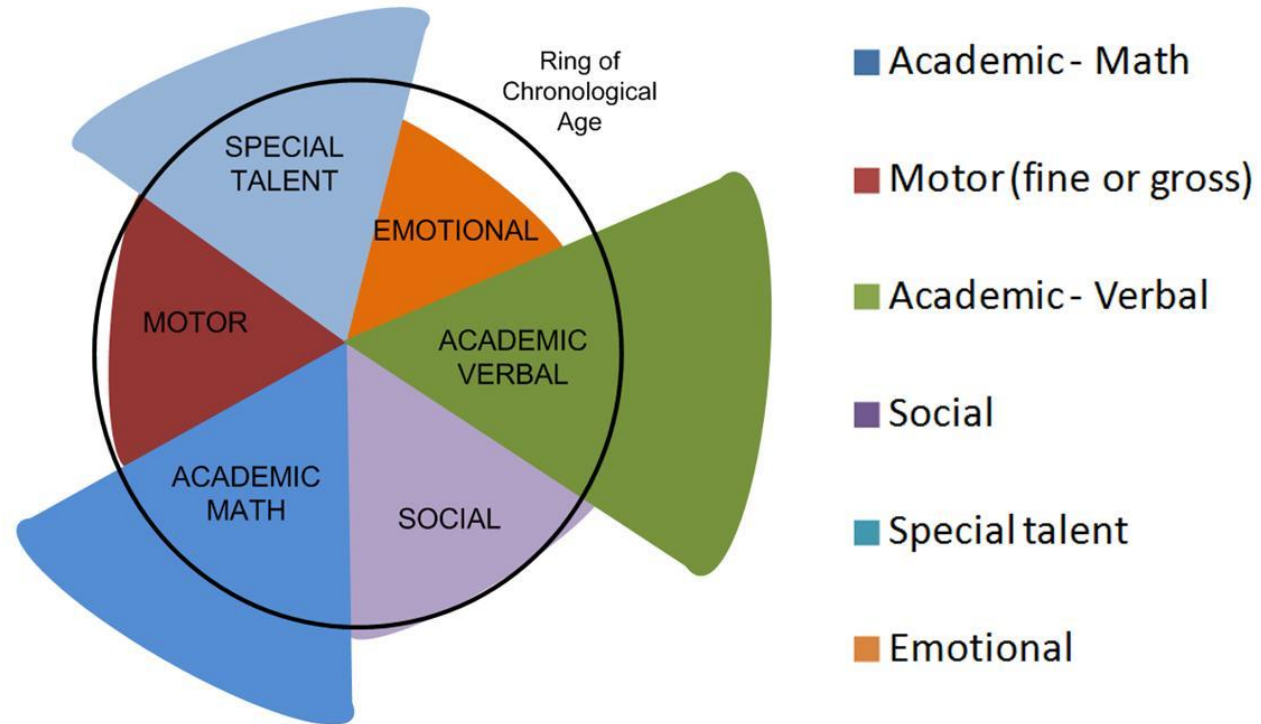






# *Asynchronous* Development

## Areas of Development







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A person is running on a wooden boardwalk path that leads into a dense forest. The path is flanked by tall trees and green foliage. The person is in the middle of the path, slightly off-center, and is captured in a running motion. The overall scene is dimly lit, suggesting a shaded forest environment.

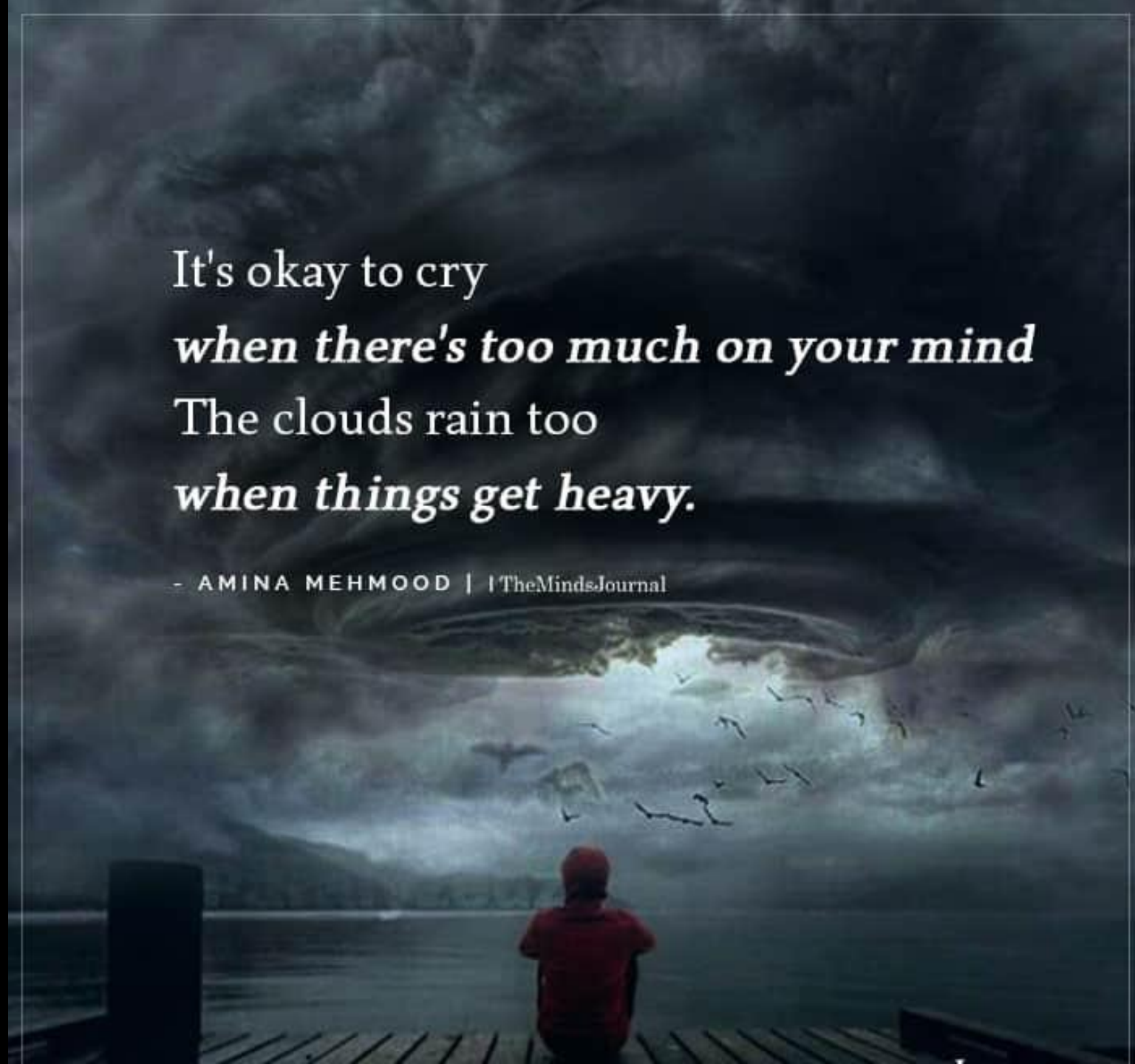
**Trying is  
better  
than  
crying.**

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It's okay to cry  
*when there's too much on your mind*  
The clouds rain too  
*when things get heavy.*

- AMINA MEHMOOD | TheMindsJournal







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too blessed  
TO BE  
stressed



# STRESS

is the body's reaction to any change that it experiences, which requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses.



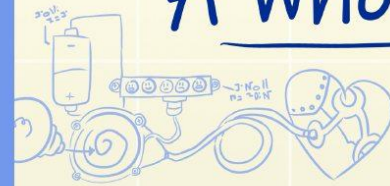


Sit Down  
& Listen





# Meet **BUMPER**: A Whole Body Learner



Mission Control:  
Sensing, Analyzing,  
Processing,  
Communicating

Tactile Manipulators:  
Exploring, Building,  
Operating Tools,  
Communicating



Mobility Units:  
Moving, Dancing,  
Fidgeting, Bouncing

Inner Mechanics:  
Charging, Fueling,  
Feeling, Reacting

What do you look like when  
you are learning?



You can never quit.  
Winners never quit, and  
quitters never win.

Ted Turner

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**THERE IS A  
DIFFERENCE  
BETWEEN  
GIVING UP  
AND KNOWING  
WHEN YOU  
HAVE HAD  
ENOUGH**

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**BIGGER  
FASTER  
STRONGER**

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**THINK  
BIGGER**

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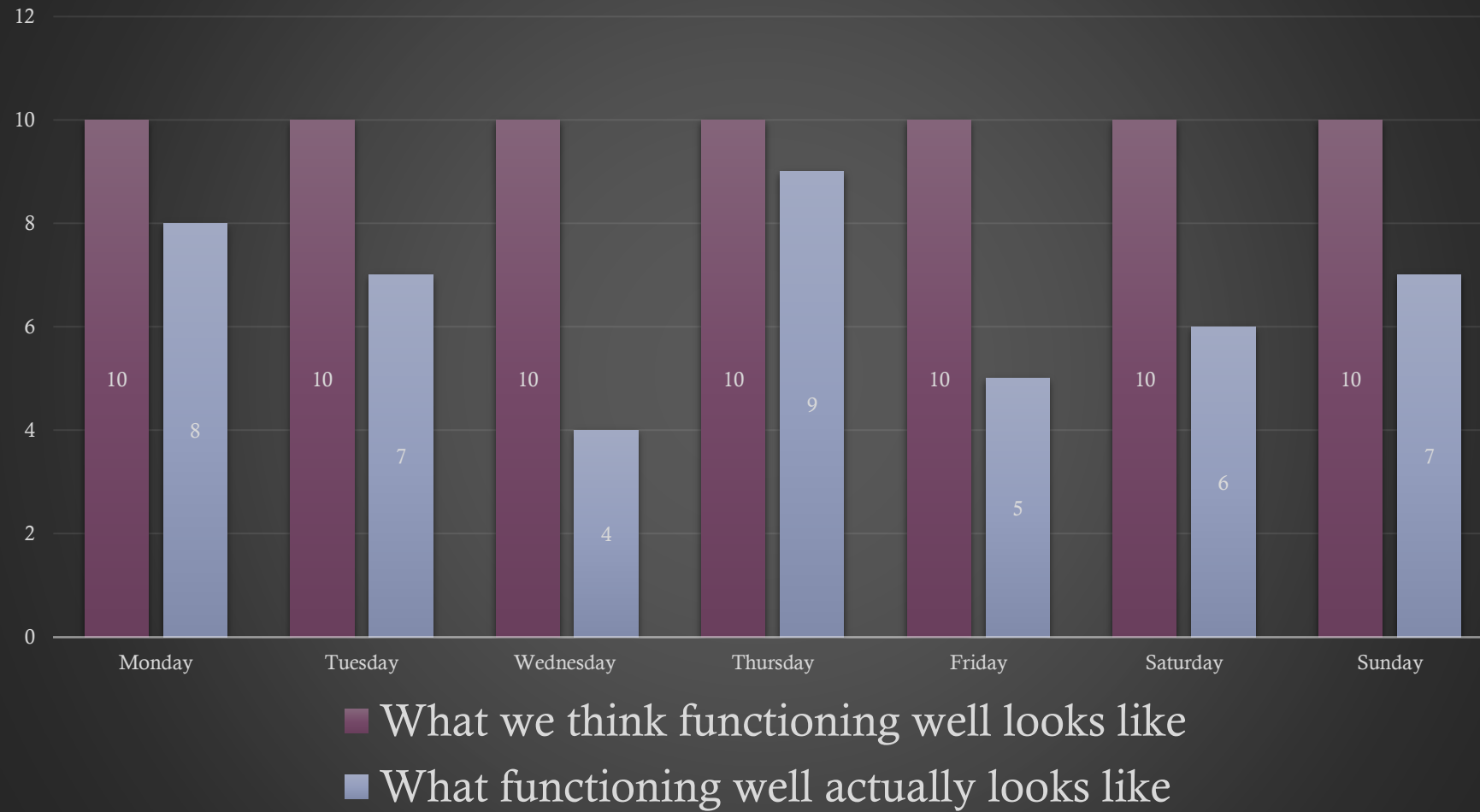
GO at  
YOUR  
OWN  
PACE

The graphic features a white square with a light gray diamond grid. It is decorated with several stylized floral elements: a green flower with a black center and yellow dots in the top left; a green flower with a black center and yellow dots in the top right; a green flower with a black center and yellow dots in the bottom left; a yellow flower with a black center and yellow dots in the bottom right; and a green flower with a black center and yellow dots in the middle right. There are also several green leaves scattered around the text.





## We Are Not Machines



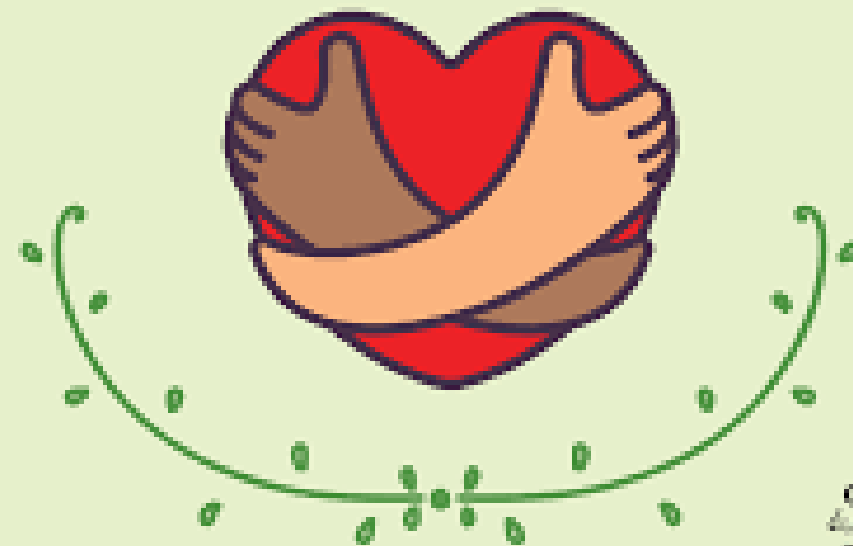






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**All feelings are  
welcome here.**



Onwards  
to Upwards  
Psychiatry







**USE YOUR  
GIFT**





You're  
*more*  
than just your  
*Gift*

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# THE TAKE- AWAYS

A photograph of a brown paper coffee cup with a lid and a straw, with other similar cups in the background. The cup in the foreground is in sharp focus, showing its textured surface. The background is blurred, showing several other similar cups stacked or arranged. The lighting is soft and natural, suggesting an indoor setting with a window in the background.

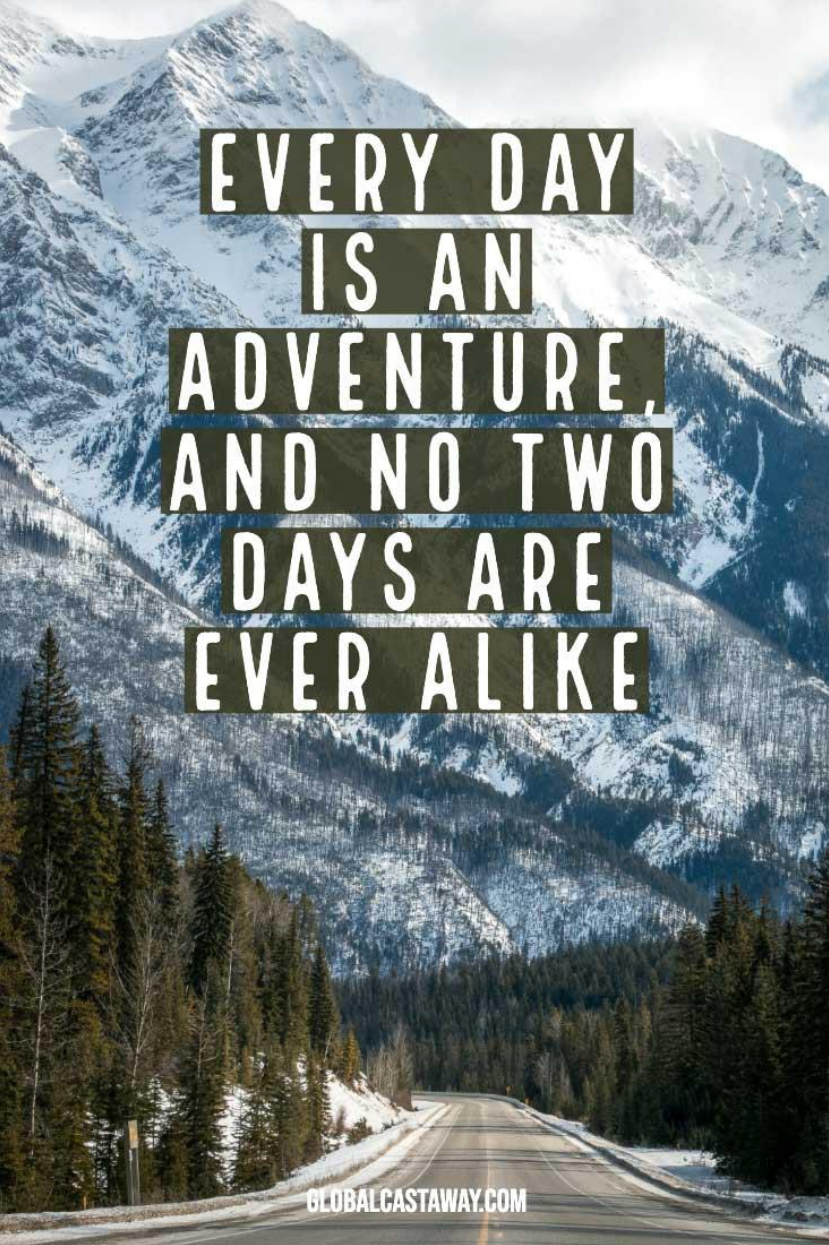
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"Accessibility  
is an everyone  
issue, not just  
a disability issue."

– Caroline Casey, Valuable 500 Founder





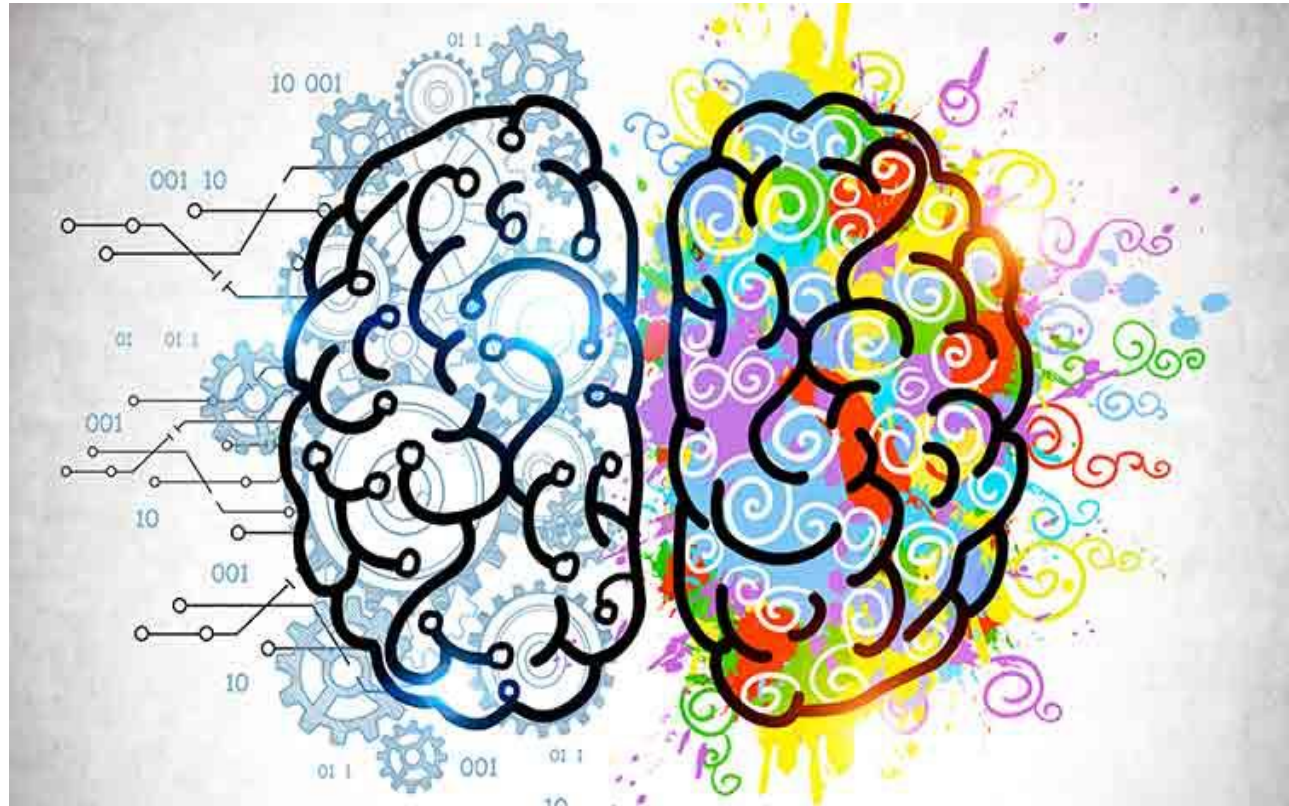


EVERY DAY  
IS AN  
ADVENTURE,  
AND NO TWO  
DAYS ARE  
EVER ALIKE

[GLOBALCASTAWAY.COM](http://GLOBALCASTAWAY.COM)

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# FEELINGS HAPPEN





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# FIND YOUR PATH AND YOUR PACE







WHAT'S YOUR  
TAKE-AWAY?



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# QUESTIONS & DISCUSSION



Thank you for attending!

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