

READ ALL ABOUT IT: Using Bibliotherapy with Gifted Students

Sheila Mulbry, Gifted Resource Specialist
Pond Springs Elementary
Sheila_mulbry@roundrockisd.org

Intellectual

Intense curiosity; impatience with working at slower pace; passion for problem-solving and probing questions; love of theory and analysis; capable of sustained intellectual effort; independence of thought

Tension: Obsession with figuring out a problem; inflexibility with changing focus or study; challenge authority or others ideas and thinking

Strategies: Allow outlet for answering questions, pursuing passions; teach group work skills

Psychomotor

Heightened excitability of the nervous system; surplus of energy; rapid speech, marked excitation; marked competitiveness

Tension: Nervous habits (tics, nail-biting), workaholism, acting out, sleeplessness, pressure for action (organizing)

Strategies: Build in time for movement, physical and verbal; provide time to free-wheeling and spontaneous activities; help learn “powering down” techniques

Emotional

Exceptional emotional sensitivity and reactivity; extremes of emotion; awareness of a range of feelings; strong somatic and affective expressions; “drama queens”, capacity for strong personal attachments to things, places, animals

Tension: Physical reactions – stomachaches, flushing, pounding heart, blushing. Affective – inhibition, timidity, enthusiasm, ecstasy, fears and anxieties, depression and suicide

Strategies: Accept all feelings, regardless of intensity; help OEs recognize warning signs of impending “melt downs”

Sensual

Heightened awareness of senses; potential discomfort/pain from stimulation; pleasure in seeing, smelling, tasting, touching, hearing; pleasure in art, music, language

Tension: overeating, sexual overindulgences, buying sprees, wanting to be in limelight

Strategies: Create soothing environments if possible; provide time to dwell in pleasure of sensual; recognize and validate concerns or complaints

Imaginational

Passion for fantasy; magical thinking; frequent use of metaphor and imagery; imaginary companions; dramatization; facility for detailed visualization; low tolerance for boredom

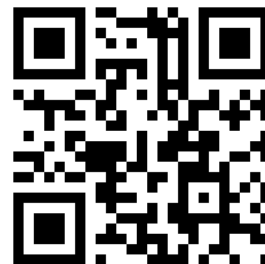
Tension: mixing truth and fiction; see worst case scenario; avoid risks and new situations; fear of unknown; vivid dreams/nightmares

Strategies: Allow outlets for drama and creativity; journaling to verbalize fears; weighing pros and cons of situations

Bibliotherapy

The use of quality literature as a base for discussing social and emotional experiences and issues and to help in healing problems associated with these issues.

- Identification
- Catharsis
- Insight
- Discussion



Possible Books for Bibliotherapy

- Krauss, Ruth. *The Carrot Seed*
Burningham, John. *Hey! Get Off Our Train*
Demi. *The Empty Pot*
Lionni, Leo. *Frederick*
Carrick, Carol. *What Happened to Patrick's Dinosaurs?*
Dragonwagon, Crescent. *Home Place*
Bulla, Clyde Robert. *Daniel's Duck*
Aiki. *Feelings*
Blackwood, Gary. *The Shakespeare Stealer*
Choldenko, Gennifer. *Notes from a Liar and her Dog*
Clements, Andrew. *The Report Card*
Clements, Andrew. *Things Not Seen*
Fitzhugh, Louise. *Harriet the Spy*
Koller, Jackie French. *A Dragon in the Family*
Paterson, Katherine. *Bridge to Terabithia*
Sobol, Donald. *Encyclopedia Brown*
Viorst, Judith. *Alexander and the Terrible, Horrible, No Good, Very Bad Day*
Winthrop, Elizabeth. *Luke's Bully*
Fenner, Carol. *Yolonda's Genius*
Gantos, Jack. *Joey Pigza Swallowed the Key*
Gray, Luli. *Falcon's Egg*
Greene, Bette. *Philip Hall Likes Me. I Reckon Maybe*
Avi. *True Confessions of Charlotte Doyle*
Balliett, Blue. *Chasing Vermeer*
Balliett, Blue. *The Wright 3*
Cushman, Karen. *Catherine, Called Birdy*
Draper, Sharon. *Out of My Mind*
Evangelista, Beth. *Gifted*
Greene, Constance. *A Girl Called Al*
Hesse, Karen. *Letters from Rifka*
Korman, Gordon. *The Twinkie Squad*
Kurzweil, Allen. *Leon and the Spitting Image*
Halsted, Judith Wynn. *Some of My Best Friends are Books*
Nugent, Stephanie. *Social & Emotional Teaching Strategies*
Konigsburg, EL. *Jennifer, Hecate, Macbeth, William McKinley, and Me, Elizabeth*
Konigsburg, EL. *View From Saturday*
Levine, Gail Carson. *The Two Princesses of Bamarre*
Levine, Gail Carson. *Ella Enchanted*
Lowry, Lois. *Anastasia Krupnik*
Lowry, Lois. *Gathering Blue*
Konigsburg, EL. *Father's Arcane Daughter*
Mass, Wendy. *Jeremy Fink and the Meaning of Life*
Mass, Wendy. *Mango-Shaped Space*
O'Dell, Scott. *Streams to the River, River to the Sea*
Olsson, Soren and Anders Jacobsson. *In Ned's Head*
Rorby, Ginny. *Hurt Go Happy*
Rodda, Emily. *Rowan of Rin*
Ryan, Pam Munoz. *Esperanza Rising*
Spinelli, Jerry. *Maniac Magee*
Strasser, Todd. *The Wave*
Tolan, Stephanie. *Surviving the Applewhites*
Tolan, Stephanie. *Welcome to the Ark*
Forester, Victoria. *The Girl Who Could Fly*
Williams, Jay. *The Magic Grandfather*
Wolff, Virginia Euwer. *The Mozart Season*
Wolff, Virginia Euwer. *Bat 6*
Yee, Lisa. *Millicent Min: Girl Genius*
Miller, Sarah. *Miss Spitfire: Reaching Helen Keller*
Dahl, Roald. *Boy*
Freedman, Russell. *Out of Darkness: The Story of Louis Braille*
Delisle, PhD, Jim and Judy Galbraith. *When Gifted Kids Don't Have all the Answers*
Schultz, Robert and James Delisle. *Smart Talk: What Kids Say About Growing Up Gifted*

Some Generic Questions

- What is the central character's biggest issue?
- How do you think he/she feels when...
- What strengths does he/she have to help them cope with...?
- How has someone you know handled that situation?
- What would you have done?
- What advice would you give...?
- What effect do the people in the book have on one another?

Possible Questions for: The View from Saturday

- Identification
 - Which character are you most like? Why?
 - In what way do the characters on the team have trouble because they are gifted? How are things easier for them?



Possible Questions for: The Report Card

- Catharsis
 - Why do you think Nora hides her intelligence?
 - Have you ever acted this way around others?
 - How does Nora's relationship with Stephen change when he realizes how smart she is?
 - How does Nora feel when she is "backed into a corner?"



Possible Questions for: The Twinkie Squad

- Insight
 - When do you hide your real feelings?
 - What are the advantages of doing this?
 - When do you turn away from showing your true gifts and interests?
 - Does this make you feel more accepted by others?



Possible Movie Titles

- [The Incredibles](#)
- Ferris Beuller's Day Off
- A Bug's Life
- Good Will Hunting
- [Akeelah and the Bee](#)
- The Sandlot
- Fly Away Home
- Meet the Robinsons
- Hoot
- Wide Awake
- * [Real Genius](#)
- * The Breakfast Club
- * Billy Elliott
- * Cloudy with a Chance
- * Dead Poet's Society
- * Spellbound (docu.)
- * Little Man Tate
- * Brave
- * October Sky
- * [Matilda](#)

Resources

- Carnegie Library
<http://www.carnegielibrary.org/kids/books/>
- Hoagies Gifted
<http://www.hoagiesgifted.org>
- Supporting Emotional Needs of the Gifted (SENG)
<http://www.sengifted.org>
- Cinematherapy slideshow
<http://www.slideshare.net/jdanielian/cinematherapy>

RESOURCES

- Delisle, PhD, Jim and Judy Galbraith. When Gifted Kids Don't Have All the Answers. Minneapolis: Free Spirit Publishing, 2002.
- Galbraith, Judy. The Gifted Kids Survival Guide. Minneapolis: Free Spirit Publishing Co., 1984.
- Halsted, Judith Wynn. Some of My Best Friends are Books. Scottsdale: Gifted Psychology Press, 1994.
- Nugent, Stephanie. Social & Emotional Teaching Strategies. Waco: Prufrock Press, 2005.

OTHER RESOURCES

- Adderholt-Elliöt, M. & Eller, S. Counseling students who are gifted through bibliotherapy. *Teaching Exceptional Children*. 22, 26 - 31.
- Frazier, M. & McCannon, C. Using bibliotherapy with gifted children. *Gifted Children Quarterly*. 25, 81-85.
- Heller, Sherri Z. *What Makes You So Special?* Phoenix: Thinking Caps, 1979