

LESSON 2: My Smarts, Your Smarts

We're all wired differently. We each have our own likes and dislikes, strengths, and challenges. We have smarts in many different areas. Some people have smarts in academic areas, like writing, coding, or science. We have smarts around our interests and hobbies, and of course, we have social smarts. Understanding this is the foundation for being aware of what we say and do—we call this self-awareness.



Let's imagine our different smarts as wires in our brains. Start by drawing a picture of your brain. What are your long and short wires? Have someone in your family do the same!

LONG WIRES = MY STRENGTHS

Things I've gained knowledge about over time or have practiced a lot.

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SHORT WIRES = THINGS I'M LEARNING

Things that are not as easy. Things I don't know a lot about or have experience with.

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