# SEL LESSON #2

WEEK OF MAY 11-15

## **HOW ARE YOU SMART?**

IT IS NOT HOW SMART YOU ARE THAT MATTERS; WHAT MATTERS IS HOW ARE YOU SMART. SOME PEOPLE ARE LANGUAGE SMART OR HANDS-ON SMART, WHILE OTHERS MAY BE MATHEMATICAL SMART OR PEOPLE SMART. WHAT IS ESSENTIAL IS FOR YOU TO UNDERSTAND THAT EVERYONE IS SMART AND FIGURE OUT WHAT KIND O SMART YOU ARE AND USE IT TO YOUR ADVANTAGE BY APPLYING IT TO YOUR WORLD.

#### **PARENTS**

FACILITATE A
CONVERSATION WITH YOUR
CHILDREN ABOUT YOUR OWN
"SMARTS" AND WHICH
CAREERS FAVOUR THOSE
TYPES OF SMARTS.

### **STUDENTS**

CLICK THE LINK BELOW AND TAKE THE INTELLIGENCES QUIZ. BRAINSTORM CAREERS/PROFESSIONS THAT ALIGN WITH YOUR TOP STRENGTHS.

### **HOW ARE YOU SMART SURVEY**

TYPE IN GOOGLE: MULTIPLE INTELLIGENCES
ASSESSMENT LITERACY NET

