

## Brain Smarts

Goal: Discover the special ways the brain makes us unique in our individual strengths and abilities.



### Materials

Worksheets

Coloring Tools

Did you know that smarts aren't just for school? You use your smarts in sports, with friends & family, when you're creating, and with so many other things in your life. Today we will explore your different smarts. Think about what you enjoy doing and what you're good at. Knowing our smarts can help us make decisions with how we use our time and the strengths we share with others. Our smarts also help us decide what we want to be when we grow up!

**FUN FACT:** Our brain is made up of four lobes: frontal, occipital, temporal, and parietal (feel free to use your hand to indicate where each lobe is located on the head). Each lobe has different functions, and they work together with other lobes to impact our abilities or smarts. For example, the frontal lobe helps with our executive functions such as planning and organizing. What is a Brain Smart you might have that requires those skills? Let's research the lobes of the brain (see resources), and then map out our smarts based on what each lobe helps us do!

### Instructions

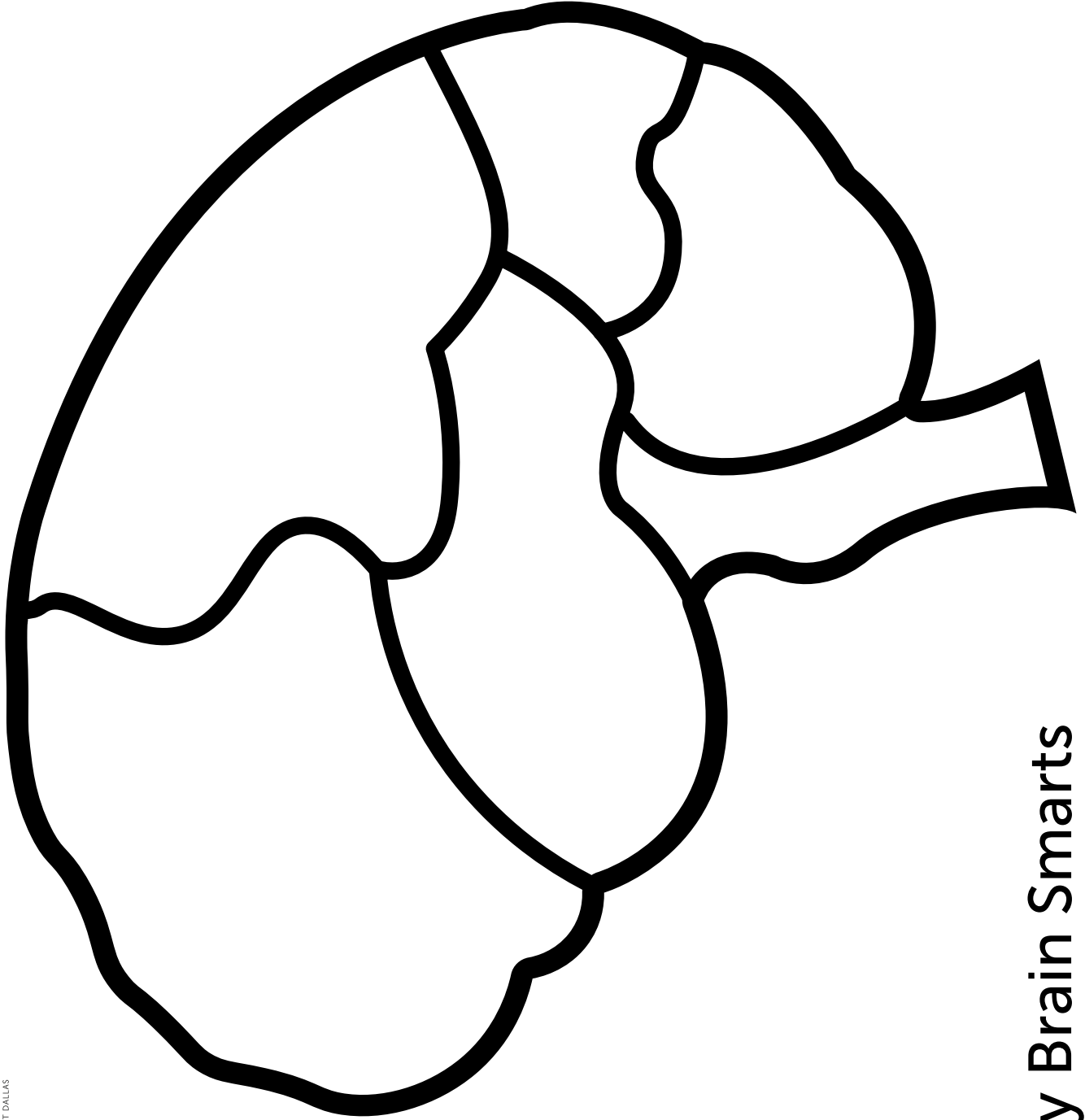
1. Use the coloring tools to decorate the brain. Draw pictures, write out your strengths, and display your smarts!
2. **Optional** :Create a legend that includes the four lobes of the brain, using the example provided in the following pages. Then, indicate which smarts the different lobes help you to do.
3. **BONUS**: research and explore different jobs that work closely with the brain - such as a neuroscientist, a psychiatrist, a cognitive researcher, or any others. Brainstorm the different smarts a person might need to succeed at the job.

### Reflect







- What part of this Creative Brain activity do you want to bring into your daily life?
- How can you share this with your friends and use what you learned to build relationships?

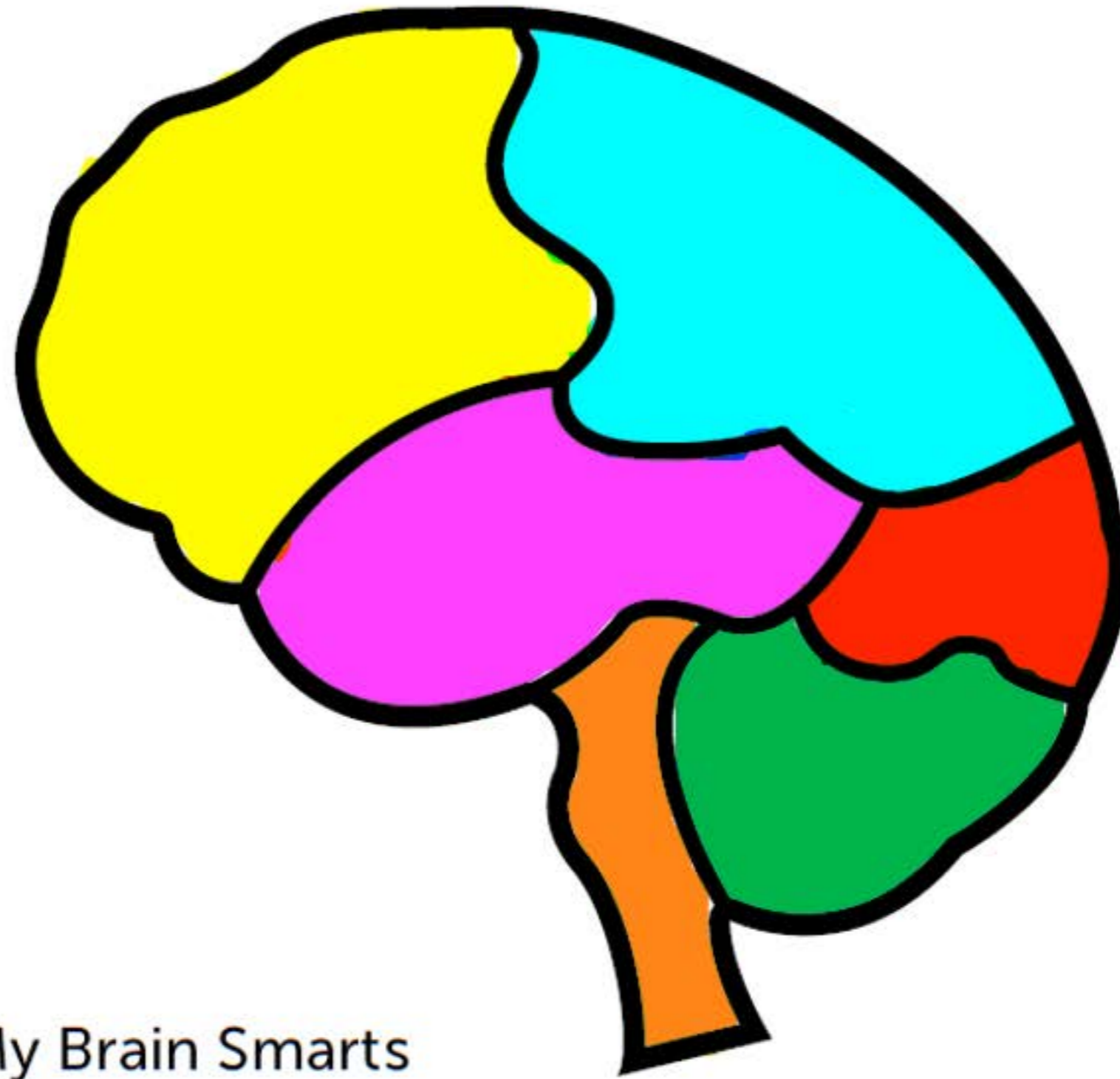
### Resources

- The Lobes of the Brain: <https://qbi.uq.edu.au/brain/brain-anatomy/lobes-brain>



## My Brain Smarts

-  Frontal Lobe Smarts - math, dancing
-  Parietal Lobe Smarts - sculpting, reading
-  Temporal Lobe Smarts - playing the flute, learning French
-  Occipital Lobe Smarts: painting, photography
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## My Brain Smarts

*Example*

Optional Activity: Learn about the lobes of the brain and map your Brain Smarts to each lobe!