

LESSON

Brain Skills

LESSON ACTIVITY

Use the list below to discuss with students what social skills they will strengthen through training the part of their brain that influences these skills. **Have students identify one social skill that is already a strength and one skill they wish to reinvent or strengthen.**

SELF-AWARENESS SKILLS

- I am aware and can label feelings in myself and others.
- I recognize those situations that trigger my own and others' emotions.
- I know my strengths and challenges.
- I accept others' strengths and challenges.
- I have self-confidence.

SOCIAL-AWARENESS SKILLS

- I get along with others.
- I am kind and empathetic.
- I am caring and compassionate.
- I understand and accept others.
- I use flexible thinking to compromise in a group.

SELF-MANAGEMENT SKILLS

- I use coping strategies to manage my emotions.
- I have a positive attitude.
- I can handle mistakes and failures.
- I can develop and work toward my goals.
- I can pay attention to and control my impulses.
- I respond to feedback from adults and peers.
- I am willing to learn new or hard things.
- I can ask for help when needed.

HEALTHY RELATIONSHIP SKILLS

- I have team building and cooperation skills.
- I communicate with others in a healthy way.
- I respect others, including individuals I don't like.
- I can make and keep friends.
- People like to be around me.
- I am willing to help others.
- I can handle disagreements with others.
- I use strategies to manage peer pressures.

RESPONSIBLE DECISION-MAKING SKILLS

- I understand the consequences of my actions and behaviors.
- I make responsible decisions and find solutions to everyday situations.
- I do what's expected in a situation most of the time.
- I stay out of trouble most of the time.

Use these lists to help students answer the questions on their worksheet.

WORKSHEET
Brain Skills

LESSON ACTIVITY

Fill in the brain below with your special skills, strengths, and interests.

Remember:
No two brains are
exactly alike!



BRAIN SKILLS WORD BANK:

Sports, Swimming, Dance
Music, Art, Drawing
Reading, Math, Science
Cooking, Knitting, Animals
Legos, Video Games, Technology
and More . . .

DISCUSSION

What brain smart are you most proud of?