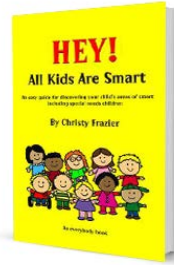


HEY! All Kids Are Smart WORKBOOK

By Christy Frazier



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When you are first starting out in discovering how strong you are, use my KITS strategy.

K= Konnect

I= Identify

T= Take Action

S= Support

It is a fail-safe strategy that I have used for over twenty years when helping children, teens and adults discover their personal areas of smart/strength. So, let's begin!

CONNECT

First, connect with your child. *Really* get to know your child. Sit down with your child and ask her what it is that SHE likes to do and what she is interested in. Make a list of what she says. By doing this, she will know that you are truly interested in what she has to say. AVOID leading your child in a direction that you want her to go. This is about your child.

IDENTIFY

In this next step, you need to identify your child's strongest areas of personal smart/strength. I have made this very easy for you. Go to the **Smarts Survey** in **Chapter 4**. Take the time to sit down with your child and take the survey. The survey will reveal areas of personal smart/strength that your child has.

List the top area(s) of strength that were identified from the survey. (Some will have many while others may only have one. This is perfectly normal.)

1- _____

2- _____

3- _____

Traits

Once you and your child have identified their area(s) of personal strength, read through the individual chapters in my book that pertain to their area(s) of strength. (Word Strong, Logic Strong, Music Strong, Picture Strong, Nature Strong, Body Strong, People Strong, Self Strong.) Begin first by looking at the individual traits that are listed at the beginning of each chapter. How many do you and/or your child see in them?

List some of the traits

Can you think of other traits than what is listed? Write them down as well.

The traits you listed are a basic guide to help give a better understanding of what is involved in their area of personal smarts/strengths. **Please read** the entire chapter.

TAKE ACTION!

This is the most important part in the self-discovery process. Don't just talk or think about their area(s) of smart/strength, **put them into action!** Talk with your child and write down three activities they could do in their area of smart/strength. What is it that interests your child about each activity? Write this down too. I'm a big believer in writing down ideas and goals. It makes them more real and something that your child will follow through on.

**** For a more detailed plan of action and **activity ideas** for each area of strength **please read Chapter 13: Smart Kids Activity Zone and Chapter 14: Activity Evaluation.**

Please write below:

Along with your child, narrow their choices down to the one that she would like to work on right now. I always recommend that the first project be one that is not very time consuming. Short-term projects are generally best to begin with. We live in a fast-paced world where we like to see results quickly.

Begin with a small project then build up to more complex ones. Seeing success right at the beginning is a great self-esteem builder and motivator. Then move on to bigger projects, but do it a little at a time. It's like the old saying, "It's easier to eat an elephant a little bit at a time, instead of trying to eat it all at once."

Project

Write down the project or activity your child has chosen to work on. Decide if it's going to be something that she is going to create, learn more about or something that she will be physically doing.

What materials will you need?

If it is an activity, where will it take place and what kind of equipment will it require?

***** **Again, I strongly suggest that you read Chapters 13 and 14.** Both are very detailed with helpful ideas to get you started and keep you going on the new journey of self discovery.

SUPPORT

Everybody needs a Pocket Cheerleader

Every child needs someone who believes in them. You must be willing to get behind them and tell them they can do things, especially when things get tough. Does this mean you need to follow your child around with pompoms and chant pep rally cheers to them? Of course not; it means you need to encourage and support them in their efforts.

Please read Chapter 3: The Pocket Cheerleader for deeper details.

1- _____

2- _____

3- _____

4- _____

PAY IT FORWARD

Everybody needs a hero to look up to and a cheerleader in their pocket. Rejoice when your child does well, but encourage your child to cheer on others too Their support of others efforts is also very important and will have a lasting impression on them for the rest of their life. Learning to do for others at a young age is a very crucial and empowering quality to have.

I'm a firm believer that life was meant to be a verb (one of action) and not an adjective (a description.) So, get out there and help your child discover how strong and wonderful they are!

Please feel free to contact me. I offer "Personal Pocket Cheerleader" coaching.

Christyfrazier16@gmail.com

Christy :o)