



Leading with their Strengths: Choosing Activities that Leverage Your Child's Learning Style to Build Confidence and Resilience

Actual footage of my children getting ready for school.

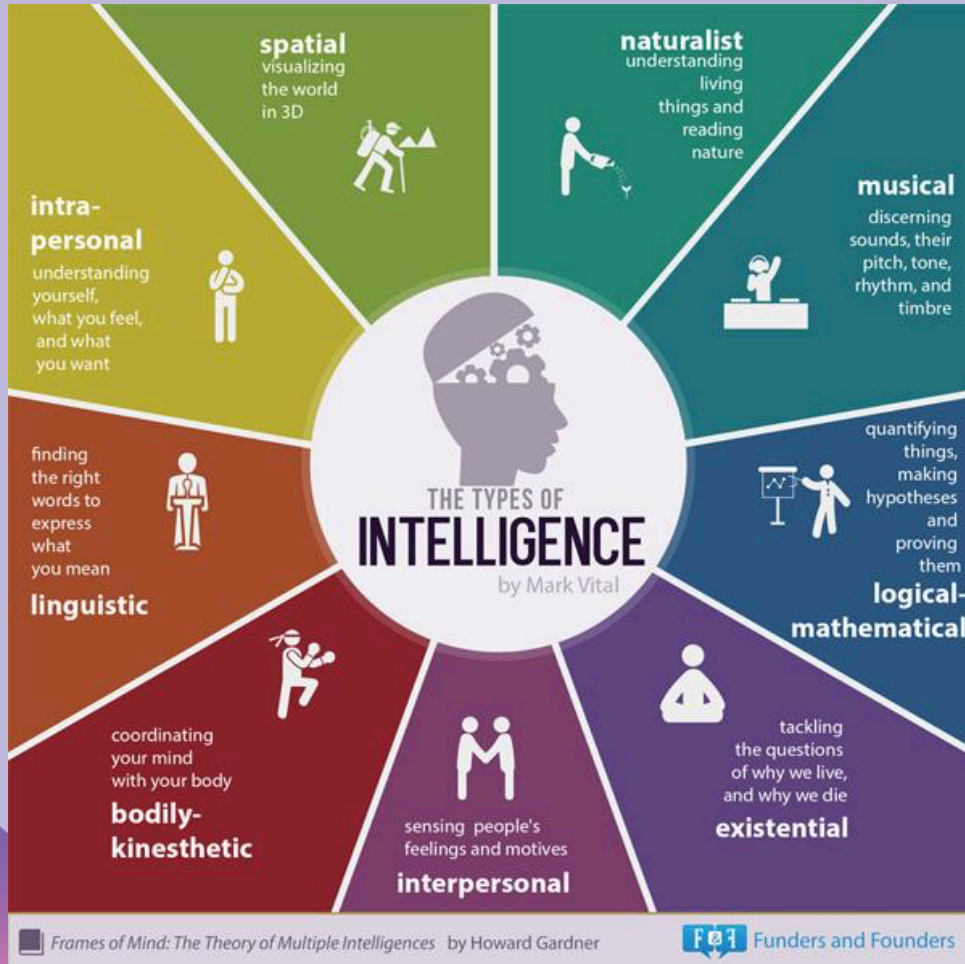


Parenting level: Expert.....😓

Let us be clear,
we are not expert parents
because is anyone really?

When you're trying to look nice,
but you haven't slept in five years.





<https://visme.co/blog/8-learning-styles/>

Learning Styles debunked?
Read [this](#)

“Never did I come close to asserting that these intelligences are inborn or genetic, or that they are completely independent of one another, or that people can be described as having one intelligence or another to the exclusion of the remaining ones. Nor did I make specific suggestions about education. I simply stated that individuals have different profiles of intelligences and that this claim should be taken into account when one is teaching, studying, assessing.”

Howard Gardner

Advice

- Be wary of absolutisms - there is no one size fits all
- Trust your parental gut
- Be present - listen, observe, know your child and use this data to guide your choices for them



- Brene Brown [LINK](#)
- Empathy [VIDEO](#)
- Shame [Ted TALK](#)

Ideas for how to identify your child's strengths

- [Strengths Checklist](#)
- [Strengths Chains Activity](#) (Luana, Sophie, Peter)
- [Know their Thinking Style](#)
- LISTEN; their strengths might be different than your strengths and interests
- The power of YET
- [What to say if your child says "I Can't Do It"](#) or doesn't recognize their strengths
- Your words matter
- Strengths vs Interests - Next Slide

7. Strengths are more than interests. Help children discover both.

Strengths are the positive feelings that children have when they perform different actions. Interests are the areas where they apply their strengths. For example, a child may be drawn to animals and therefore it can be said they have an interest in animals. However, one child may like to care for animals while another may enjoy training them. The strength for one child is caring and for the other it is teaching. The strength is what someone likes to do, while the interest is where they like to apply it. The strength can be transferred to other interests. For example, the child who likes to train animals may also like to teach children. When you help children discover both their strengths and their interests, they have a good chance to develop a true passion.



Examples of leveraging your child's strengths

- [Marcos Allen Video](#)
- [Pierson Feeney Video](#)

Takeaways

- Focus on the positive - What can your child do well? What do they enjoy?
- Help them find a passion and support it
- Celebrate and nurture their successes
- Success in extra-curricular activities can transfer to school work and other areas
- Talents outside of academics boost self esteem
- Help your child use their strengths and weaknesses to their advantage
- Every child (individual) has strengths and weaknesses - they don't need a diagnosis for these takeaways to apply.
- (Think twice before letting your 12 year old drive a golf cart! 😂)

01 Spatial

02 Linguistic/
Verbal

03 Logical

04 Existential

05 Intrapersonal



01 Spatial

Strengths

- Directions
- Mazes
- Math (how to set up a problem, visualize an object rotating in space, geometry)

Possible Interests

- Escape Rooms (if not anxious about time)
- Legos and First Lego League (Robotics)
- [HERE](#)
- Chess Club
- Puzzles
- Games like the ones listed [here](#)
- Baking
- Woodworking
- Flying a drone
- Minecraft in creative mode
- Scavenger hunts
- Photography class

Like the architect of the brain.
The ability to visualize with the
mind's eye



Linguistic/Verbal 02

Strengths

- Children who perform well are frequently thought of as bright and intelligent because they appear to be a storehouse of information
- Problem-solving skills
- Vocabulary knowledge
- Quick witted

Possible Interests

- Word games, puns, rhymes
- Foreign Language Camp (Denver International School)
- Writer's Camp
- Write a letter to ...
- Pen pal
- Drama Camp
- Debate Club

- The library of the brain. A child's verbal ability allows them to access their vocabulary, express themselves in a meaningful manner, and apply reasoning skills to information presented verbally. Impacts their ability to read, understand, and process language.



Logical/ Mathematical

Works like the plain's detective. Logic skills help individuals detect underlying conceptual relationships between visual objects. These skills also help to identify and apply rules.

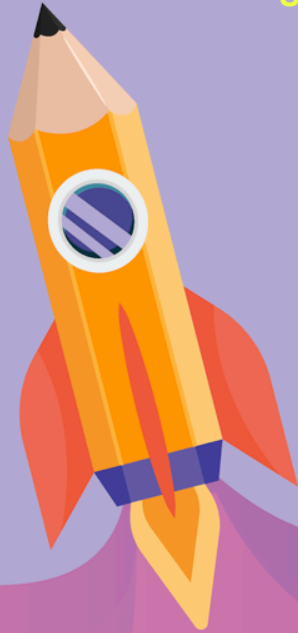
Possible Interests

- Chess
- Dominoes
- Anime
- Games like Sudoku
- Look for patterns

Strengths

- Abstract thinking
- Ability to make inferences, connections, and identify cause and effect
- Find pattern relationships
- Problem solving
- Relationships w/ peers
- Math reasoning (QR)
- Can easily manipulate numbers





Strengths

- Ability to see the big picture
- Abstract thinkers
- Philosophical thinkers
- Ability to use metacognition to explore the unknown
- Are not afraid to challenge the norm.
- Enjoys engaging discussions
- Insightful and intuitive

Possible Interests

- Play a critical thinking game like this [one](#)
- Get involved in service projects
- Adopt a pet or animal
- Read books that lead to deep thinking and discussion
- Debate questions like which system is better the Metric or Imperial? Why?
- Create ways for children to make connections to historical events and how they connect to modern day
- Provide time for reflection

Existential Intelligence involves an individual's ability to use collective values and intuition to understand others and the world around them. Might be described as an "old soul".

05 Intra-personal



Self-awareness. They have a strong awareness of their emotions, motivations, beliefs, and goals

Possible Interests

- Journaling
- Scrapbooking
- Talk about their feelings
- Bird watching, rock collection
- Analyze the impacts of current events
- Allow for quiet time
- Photography
- Goal setting (SMART)

Strengths

- aware of their own emotional states, feelings and motivations.
- tend to enjoy self-reflection and analysis, including day-dreaming, exploring relationships with others and assessing their personal strengths.



Other suggested activities for all learning styles.

- **Time Outdoors** - hiking, unstructured time in the backyard or park
- **Mindfulness Activities** - yoga, meditation, hiking
- **Martial Arts** - Karate, Jiu Jitsu, Aikido
- **Subscriptions** - Kiwi box, science experiments, baking boxes, Little Passports, magazine or book subscriptions, etc.
- **Interview an expert**
- **Jobs/Chores** - Dog walking, babysitting, creating your family's calendar
- **Volunteer Work** - KyndHub (app)
- **Instruments** - Which one to pick click [HERE](#)
- **For kids who struggle socially or don't like large group activities/team sports** - horseback riding, tennis, track and field, yoga, martial arts, and swimming ([Social Groups](#))



Summer Camp and After School Offerings @ St. Anne's

- Drama
- Digital Design
- Chess Club
- Math Blast
- Affinity Groups
- First Lego League
- Mindfulness Camp
- Eye-to-Eye Change Makers
- Origami
- Wilderness Survival
- Art



Additional Summer Camps Recommended by Laura

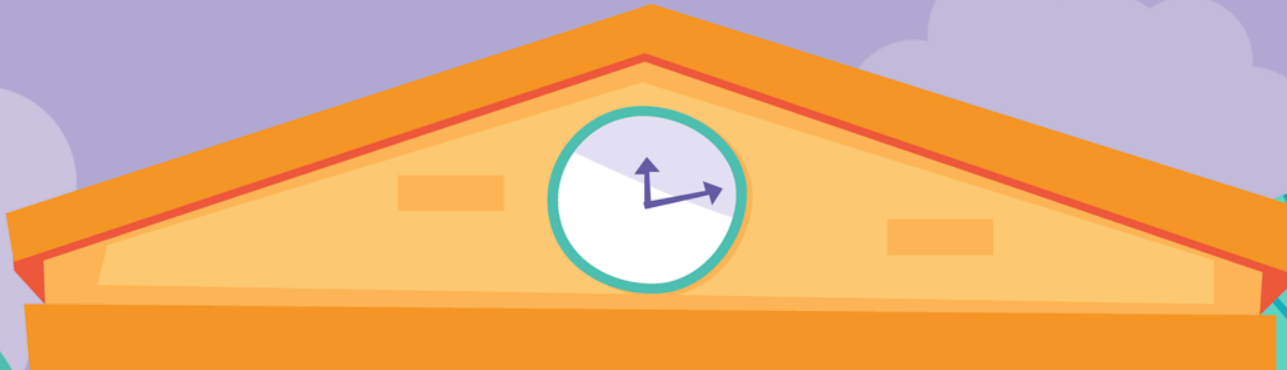
School of Mines
Borough

[HERE](#)

Ricks Center [HERE](#)



UNDERSTOOD.ORG is a fabulous
resource





THANKS

amoreira@st-annes.org

extensión: 230

chunnewell@st-annes.org

extensión: 320

Excellent resource for giftedness

lboroughf@st-annes.org

extensión: 249: