



I Am Smart

for ages up to 13

Introduction



Being smart is not what you think
Sadly it can be lost in just a blink.
Because in truth the art of being smart
Comes straight from within your heart.
There is a difference between smart and wise
Because smartness has absolutely no disguise.
It is sincere, kind and holds great joy
And does not matter if you are a girl or boy.
The world is full people doing things that are bad
Because they did not handle their feelings of being mad.
But when you are smart – you think things out
You do not react, say mean things or even pout.
You listen, learn and then lead with your soul
Then nothing in your life takes a difficult toll.
You ride the wave, knowing you did right
Because you did not fall into a ridiculous fight.
You took the time to do your very best
And smartly got things off your chest.
Always remember being smart is not about grades
And being smart like this never, never fades.
You will walk through life with never ending grace
And the world becomes a wondrous, fabulous place.

S-Sensitive



Being kind to one's feelings, including their own

Do you think you are a sensitive person, if not why?

Who is the most sensitive person you know and why?

Do you like the idea of being a sensitive person, if not why?

Do you think the world would be a better place if everyone was more sensitive, if so how?

M-Mindful



Being aware and smart

When was a time that you were not mindful?

Do you consider yourself a mindful person? If not, why?

Who is the most mindful person you know? State how.

Do you think the world would be a better place if everyone was more mindful, if so how?

A-Attitude



Having a way of thinking and reacting

Do you have a good attitude, if not why?

When do you have the worst attitude, and why?

How can you have a better attitude? State how.

Do you think the world would be a better place if everyone had a better attitude, if so how?

R-Respectful



Having or showing admiration for something or someone

Do you consider yourself a respectful person, if not why?

Who do you respect the most and why?

Who or what do you respect the least and why?

Do you think the world would be a better place if everyone was more respectful, if so how?

T-Truthful



Being honest and straightforward

Are you afraid to be truthful, if so why?

Do you feel better when you speak the truth, if so why?

Who are you the most truthful with and why?

Do you think the world would be a better place if everyone was more truthful, if so how?



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