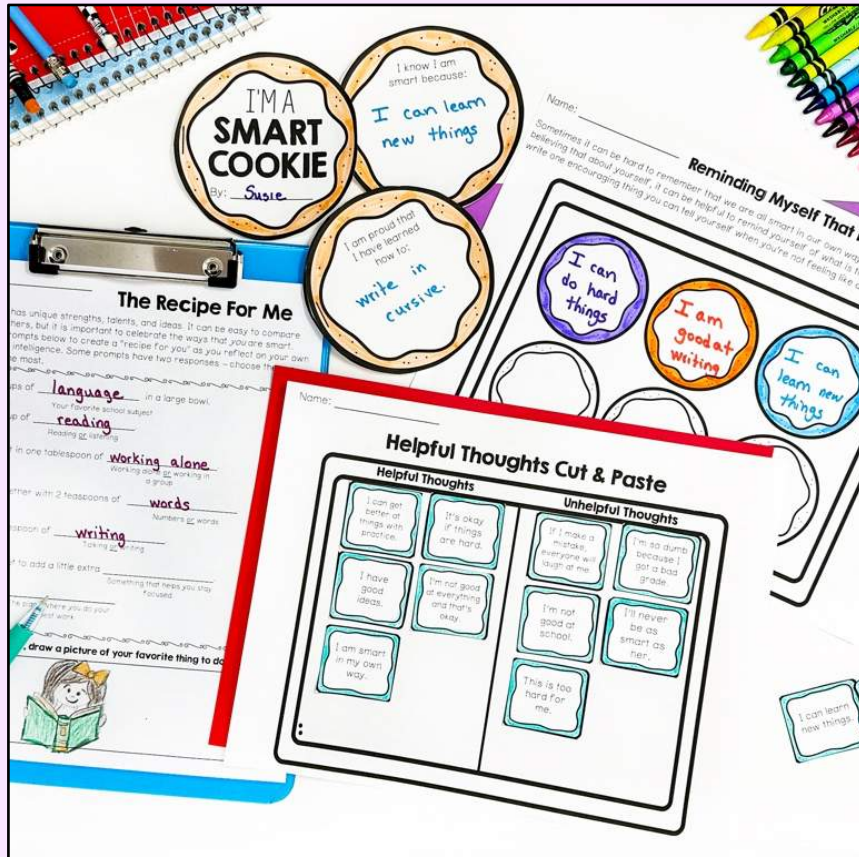


# Use these no-prep activities to help your students celebrate their strengths!



These activities are the perfect complement to the book "The Smart Cookie" by Jory John, however the activities can also be done without the use of the book!

They are great for...

- Teaching about strengths
- Self-esteem lessons or small groups
- Reminding kids that we are all smart in our own ways.
- Helping students feel less pressure during testing season

# SMART COOKIE BOOKLET



Students will respond to prompts that will help them reflect on their strengths and learning styles.

Then, they will staple the pages together to make a booklet.

# “WHAT I ENJOY” SURVEY

Name: \_\_\_\_\_

**WHAT I ENJOY**

Everyone learns in different ways. Even though our learning and knowledge might not look like someone else's, it's important to know that we're not any better or worse than they are. Take some time to reflect on your own strengths by reading through the statements below. If it applies to you, color the cookie. Remember, you probably won't color every cookie and that's okay!

I enjoy reading	I enjoy memorizing things	I enjoy hearing about the ideas others have	I enjoy music
I enjoy art	I enjoy working on a computer	I enjoy creating things	I enjoy technology
I enjoy sports and physical activity	I enjoy working with others	I enjoy math	I enjoy working alone
I enjoy science	I enjoy writing	I enjoy talking about my ideas	I enjoy social studies
I enjoy learning about how things work	I enjoy writing about my ideas	I enjoy learning about nature	I enjoy standing up when I learn

Students will look at 20 learning preferences and decide whether they agree with the statement.

This survey will help students identify their strengths & interests.

# “THE RECIPE FOR ME”


Name: \_\_\_\_\_

## The Recipe For Me

Each person has unique strengths, talents, and ideas. It can be easy to compare yourself to others, but it is important to celebrate the ways that you are smart. Look at the prompts below to create a “recipe for you” as you reflect on your own strengths and intelligence. Some prompts have two responses – choose the one that you like the most.

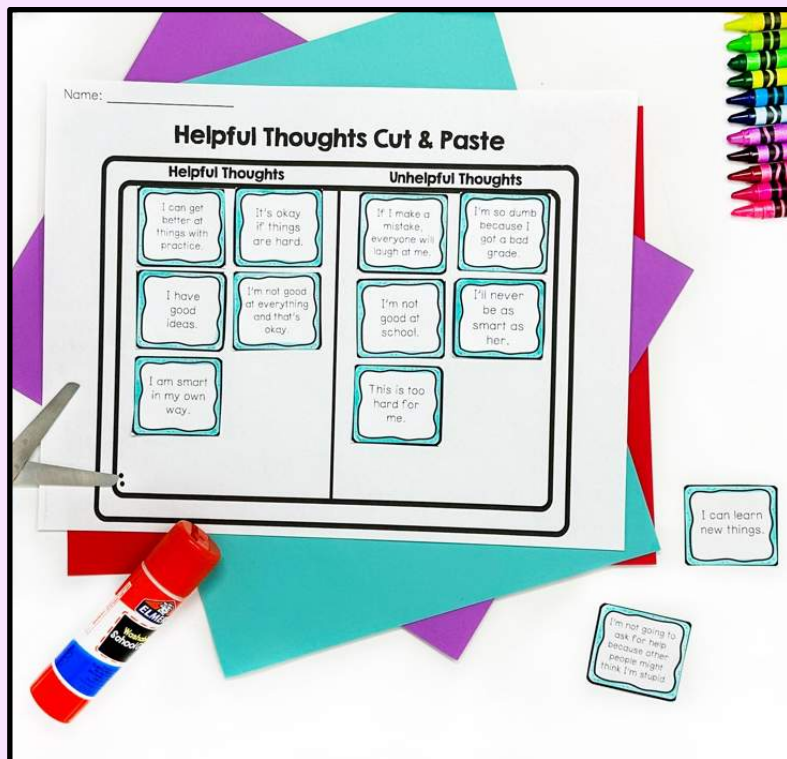
1. Put 2 cups of language in a large bowl.  
Your favorite school subject
2. Add 1 cup of reading.  
Reading or listening
3. Then, put in one tablespoon of working alone.  
Working alone or working in a group
4. Mix it together with 2 teaspoons of words.  
Numbers or words
5. Add 1 tablespoon of writing.  
Talking or writing
6. Don't forget to add a little extra \_\_\_\_\_.  
Something that helps you stay focused
7. Cook it in \_\_\_\_\_.  
The place where you do your best work

In the space below, draw a picture of your favorite thing to do at school.



Students will create a “recipe” for themselves as they consider their unique strengths, learning styles and interests.

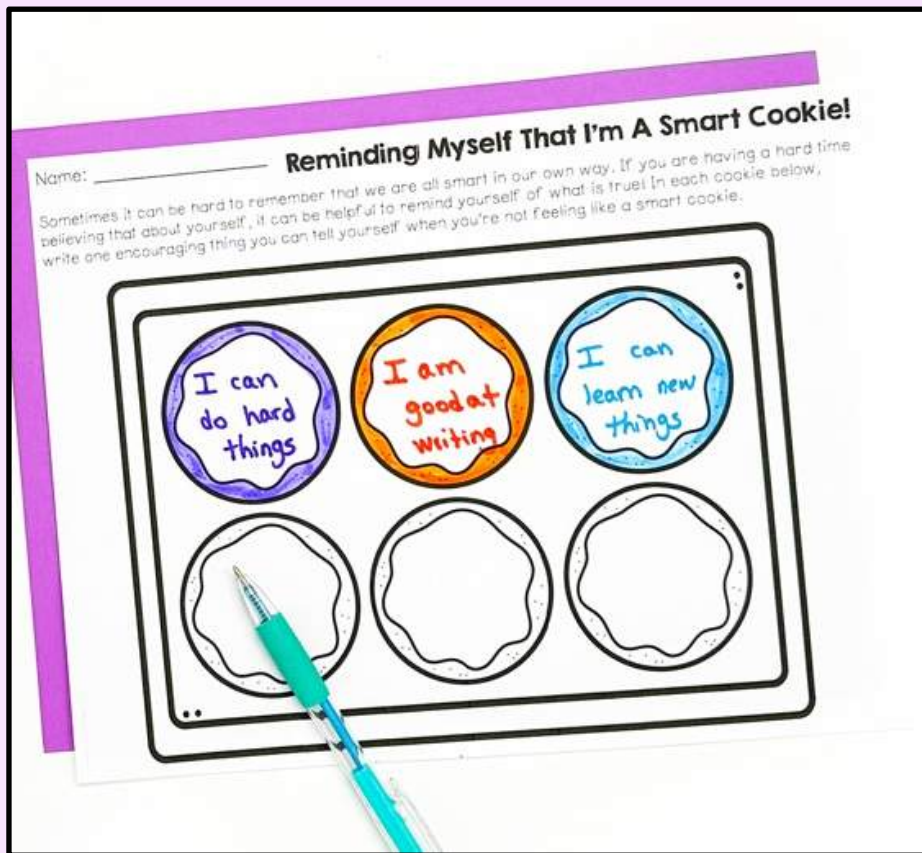
# “HELPFUL THOUGHTS” CUT AND PASTE



Students will look at 12 self-talk statements and decide whether they are helpful or unhelpful thoughts.

They will cut out the cookies and paste them onto the correct side of the pan on the second page.

# REMINDING MYSELF THAT I AM A SMART COOKIE

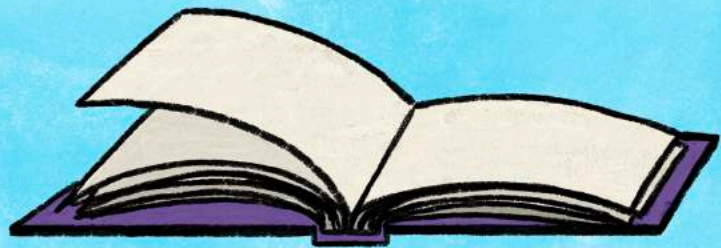


Students will think of 6 positive self-talk statements they can use to remind themselves that they are a smart cookie.

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