

### Lesson Name:

The Brain and its Intelligences

### Student Objectives:

- Students will understand the differences between the functioning of the left brain versus the right brain.
- Students will learn about the nine different types of intelligence and reflect upon their intelligence strengths.

### Educator Preparation:

- Slides in Lesson Plan.
- [Different Types of Intelligence Quiz](#)
- [Brain Quiz](#)

### Introduction:

Remember in Lessons One and Two we reflected upon the fixed mindset and the growth mindset? We wanted you to recognize which parts of your life you sometimes have a fixed mindset about, and which parts of your life maybe you are more growth oriented. Today, I'm going to explain the hemispheres of the brain and show you there are many different types of intelligence.

### Instruction:

The traditional school system, which still exists today, only honors a couple of types of intelligences. It honors what I will call "academic intelligence" such as science, math, reading, etc. and mostly caters to those types of intelligence.

But there are multiple ways to be intelligent. Being academic is just one of those ways. This is why so many of us go through school and don't feel like we don't measure up to other kids. When I was in elementary school, I was a struggling reader. This might seem strange to some of you, but when I was in school we were placed in reading groups based on the types of birds. For example, if you were a really strong reader, you were put in the bluebird group, or the cardinal group. If you were an average reader, you were placed in the robin group. If you were a below average reader, you were in the blackbird group. And if you were like the worst of the worst readers, you were in the crow group. This is a true story. Just ask your parents! I was a struggling reader and I was in the blackbird group, which was the low group.

I remember all I wanted to do was to be a bluebird or a cardinal because those kids were the smartest and most popular. They were the kids that were trusted to take notes to the office or to wash the chalkboard off at the end of the day. I remember feeling like I just wasn't smart. I just didn't measure up to the other smart kids. I struggled to read. This really had an effect on me, because I felt like other kids were better than me. But I learned that through hard work and effort, I could actually become a better reader. But it wasn't until I was an adult, that I learned that academic intelligence is just one type of intelligence. In fact, there's nine different types of intelligence —and probably more.

Your brain has two hemispheres. Each hemisphere has different functions. The left hemisphere is very academically-oriented. It likes to do mathematical computations, it's good at reading information, memorizing information, and regurgitating information. The left side of the brain thinks in facts and it's very black and white. It likes things to be sequential. If you're really good at school, I'm going to guess that the left side of your brain is pretty strong.

The right side of the brain is just as important, or maybe even more important than the left side of the brain. The right side of the brain is artistic ability, musical ability, empathy, visualization, creativity, and big picture thinking.

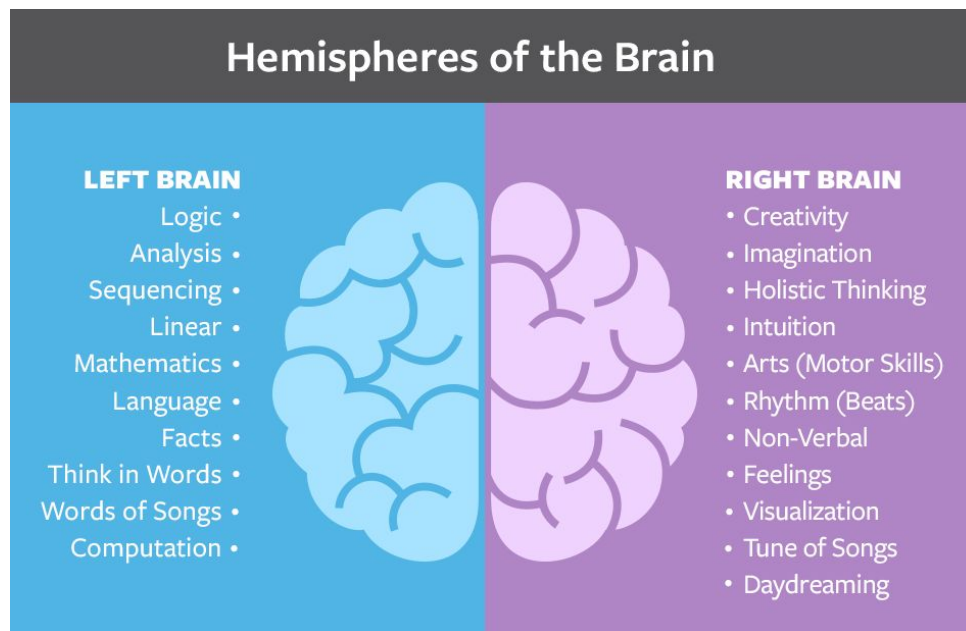
### Interaction:

What percentage of your school day do you get to do right brain activities? And what percentage of the school day do you have to do left brain activities? Most of you would probably say 90% of school is like left brain activities: doing math, science, social studies, reading, etc. Most of us only get a tiny small percentage in the school day to do right brain activities. And that's where the problem lies, because some of you are smarter on the right

side of your brain. For example, my husband Scott wasn't a good mathematician or a strong reader, but he's a creative and a designer. He has this great ability to be able to design beautiful signs for restaurants and stores.

I went to school with a boy named Josh. He probably got D's and F's. But he's smart in a different way. He now runs a multi-million dollar electrical company. This issue is that some of us go through school, and school is harder for us. It doesn't mean we aren't smart, just that we may have to work harder than others to grow those parts of our brain because our brain is smart in other ways.

Let me show you a picture of the brain with its hemispheres.



*(Teachers explains the above image and talks through it explaining the differences between the hemispheres.)*

Daniel Goleman's research says that IQ, which is only one type of intelligence test, has 4-10 percent to do with a person's career success. What that means is it's not how academically smart you are that determines how successful you can be in a career. For example, think of Steve Jobs. He dropped out of college because it wasn't for him and yet he went on to create the iPhone. Oprah Winfrey was fired from her first TV news anchor job and told she was not fit for television and didn't have good enough grammar. Well, thank goodness Oprah did not

believe that story. Michael Jordan, the famous basketball player, was cut from his high school basketball team. The point of this is for you to understand that just because school is hard for you, this doesn't mean that you are not smart. You are just smart in a different way. Maybe you are somebody who's a really good builder, you like to really work with your hands. Maybe you're somebody who really understands automobile engines and how to put them together and fix them. Maybe you're someone who's really great at writing music or playing music. We all have some left brain and some right brain capabilities about us. And it's not that one is right and one is wrong.

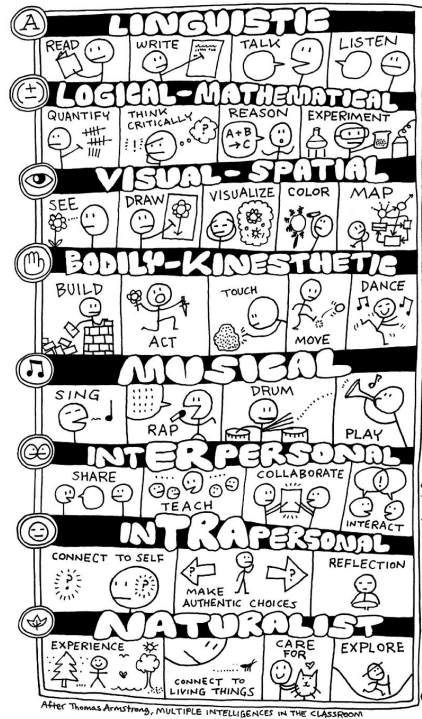
Now I would like you to go to this link and take a “[Right Brain, Left Brain](#)” test for fun.

This test will give you an indication of if you have more left brain functions or right brain functions. Remember one isn't better than the other, but this explains why some of us are smart in different ways.

Now that you see how your brain might have different areas of strengths than someone else's, let's talk about the types of intelligence.

Here's an image that shows the nine different types of intelligence and we all are a mixture of all of these.

*(Teacher to discuss the image with students.)*



School currently consists of mostly assessing logical and linguistic intelligence. But that's just two of the nine different types of intelligence. This is why IQ only has 4-10 percent to do with a person's career success. We all know people who maybe weren't book smart or school smart, but they went on to become multimillionaires and create amazing things like computers and Apple iPhones, or food delivery services, or electrical companies.

### Closure:

Once we understand this, we can stop telling ourselves that we don't measure up to other people. We just have a different type of intelligence. School doesn't always honor that. What we need to do is change the school system so that you have opportunities to work in your zone of genius, so you know that you have value and a contribution to make to the world. Now that you have new information, you can start to see yourself differently. You can embrace a growth mindset about your ability to go out and really be good at whatever it is that you want to be good at.

We have to stop asking, “How intelligent are you?” That's not a good question. The good question is, “How are YOU intelligent?”

Activity:

Students to fill out the Brain and its Intelligences Organizer.