

Dear Grown-Ups Who Help Kids Grow,

Every child carries a spark of genius—a unique way of thinking, feeling, and doing that has the power to make the world better. Some children recognize their gifts easily. Others, especially those who struggle in school or compare themselves to peers, may need a little help discovering what makes them shine.

*Share Your Genius* was created to do just that. It's a resource to help children reflect on their personal strengths—the talents, interests, and qualities that make them who they are—and to explore ways they can share those gifts with others.

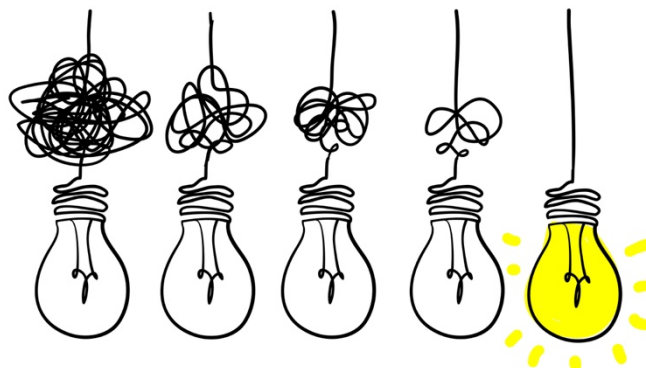
This process isn't just about identifying what kids are "good at." It's about helping them feel capable, valued, and seen. When children notice their own strengths, their confidence grows, and their willingness to take on new challenges expands.

As you use *Share Your Genius*, invite children to talk about what lights them up—the things they love to do, the ways they help others, or the moments when they feel proud of themselves. Encourage them to choose words that inspire them and that reflect the kind of person they are becoming.

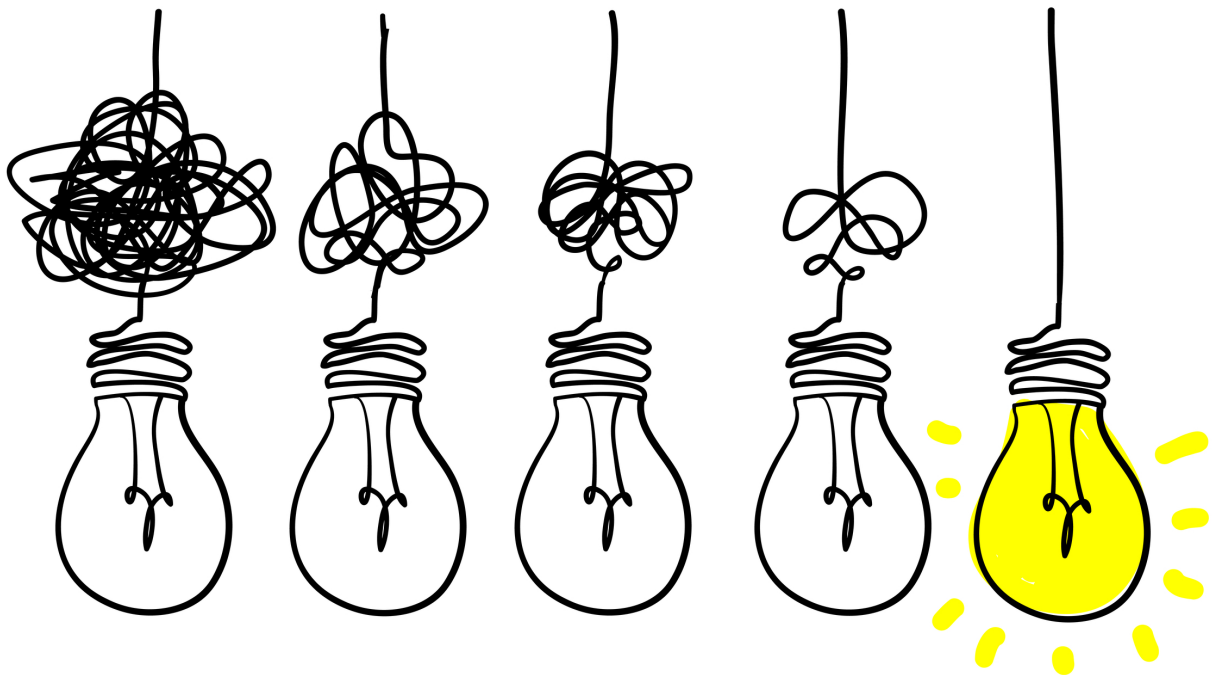
Thank you for helping every child see that genius isn't about being perfect—it's about being *themselves* and sharing that self with the world. Together, we can help kids believe in their abilities, grow their confidence, and discover that their gifts are truly valued.

With appreciation for all you do,

Brenda S. Miles, PhD  
Clinical Paediatric Neuropsychologist  
[brendamiles.com](http://brendamiles.com)



# Share your Genius



BRENDA S. MILES. PHD

[brendamiles.com](http://brendamiles.com)

# ALL KINDS OF GENIUS!

Different people have different kinds of smarts they can share with the world.

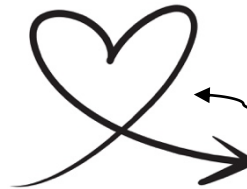


SOME PEOPLE ARE GREAT AT  
READING BOOKS AND SHARING  
WHAT THEY LEARN!

SOME PEOPLE ARE GREAT  
AT PACKING ITEMS IN  
BAGS SO NOTHING GETS  
SQUISHED!



SOME PEOPLE ARE GREAT  
AT TAKING THINGS APART  
AND FIXING THEM!



SOME PEOPLE ARE  
GREAT AT SHARING  
KINDNESS!

## What is your genius?

DOODLE YOUR TALENTS HERE



# GROW YOUR GENIUS

Growing your genius takes time, patience, and practice.

What skill are you working on to help your genius grow?



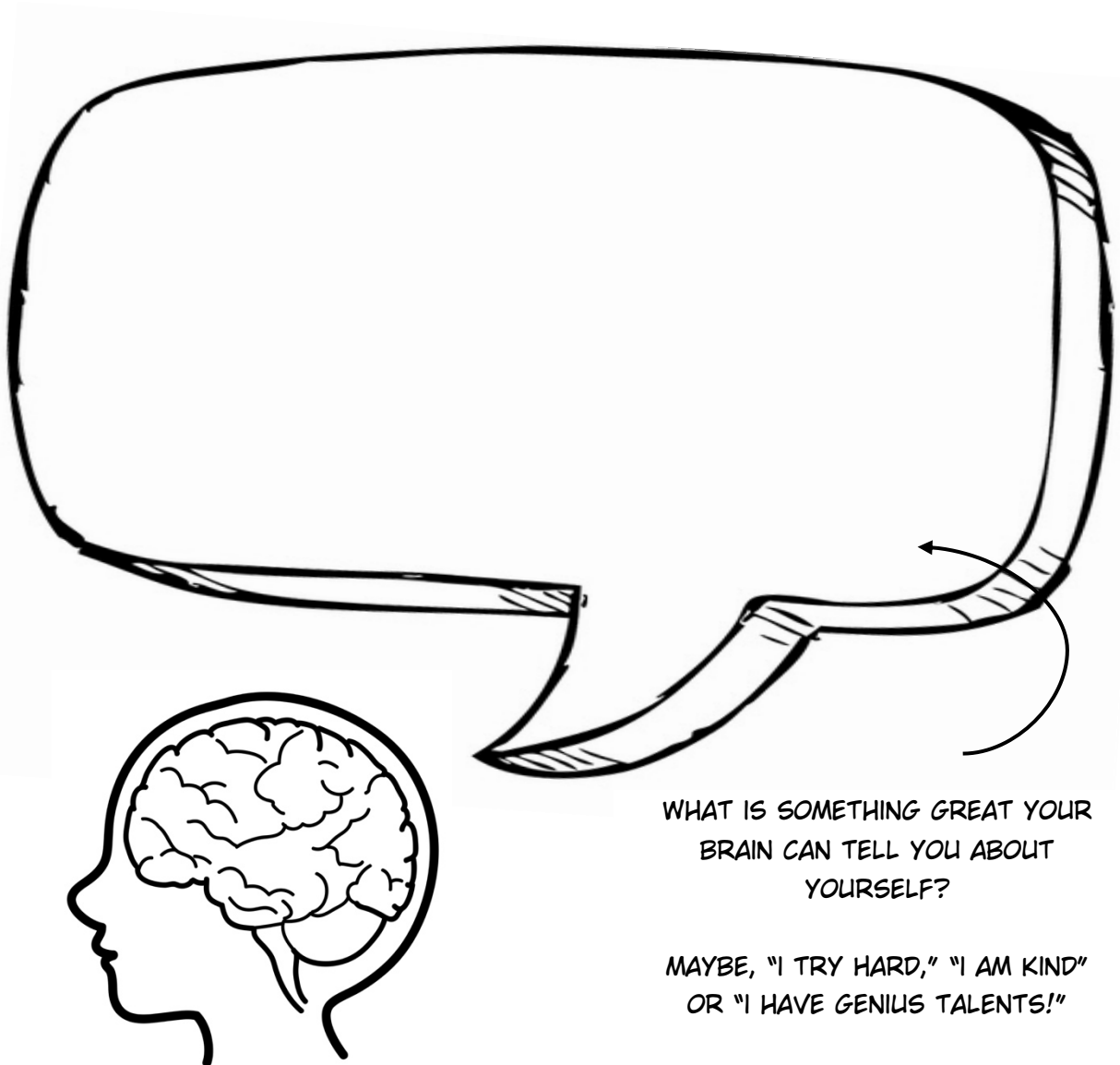
DOODLE OR WRITE ABOUT THE  
SKILL YOU ARE TRYING TO GET  
BETTER AT!



# BRAIN CHATTER

All brains chatter—which means they constantly say things to us that other people can't hear.

Sometimes they tell us things about ourselves that aren't fair—but we can change how our brains think!



WHAT IS SOMETHING GREAT YOUR  
BRAIN CAN TELL YOU ABOUT  
YOURSELF?

MAYBE, "I TRY HARD," "I AM KIND"  
OR "I HAVE GENIUS TALENTS!"

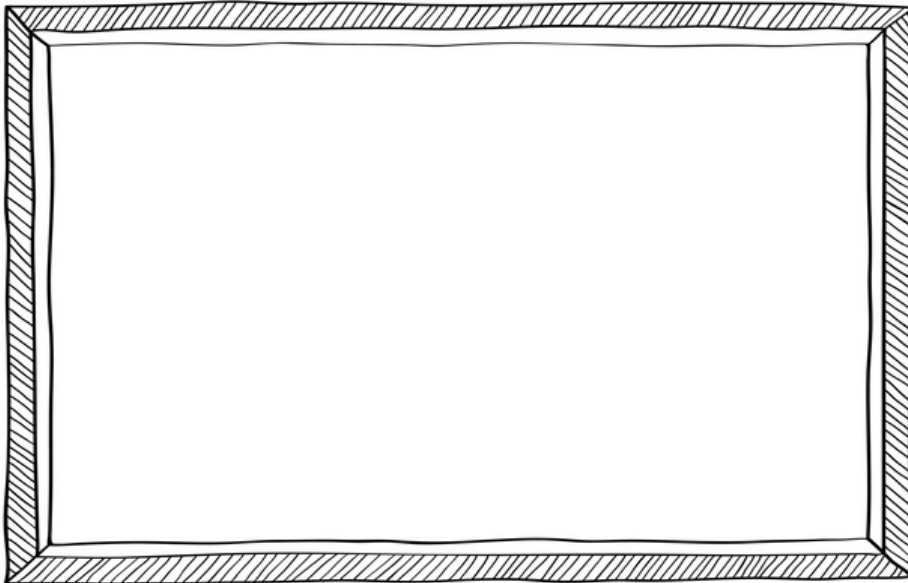
# POWER YOUR GENIUS with a Power Word!

Every word you think or say sends a message to your brain.

Some words make you feel small or stuck — but **power words** help you feel strong, brave, and ready to learn.

When you think about your power word, your brain tries to match your thoughts, feelings, and actions with that word, helping your genius grow!

So, if your word is **FOCUS**, you'll probably start noticing when your mind wanders and try hard to bring it back.



WHAT POWER WORD  
CAN YOU THINK OF  
THAT WILL HELP  
YOU BELIEVE IN  
YOURSELF AND  
HELP YOU GROW  
YOUR SKILLS  
TODAY?



# PICK A POWER WORD

A **power word** is a word you choose to guide you—for a day, a week, or even the whole year!

Think of any power word that **motivates** you.

If you are having trouble thinking of a word, pick one (or a few!) from this list to help you get started.

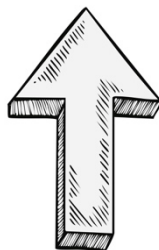
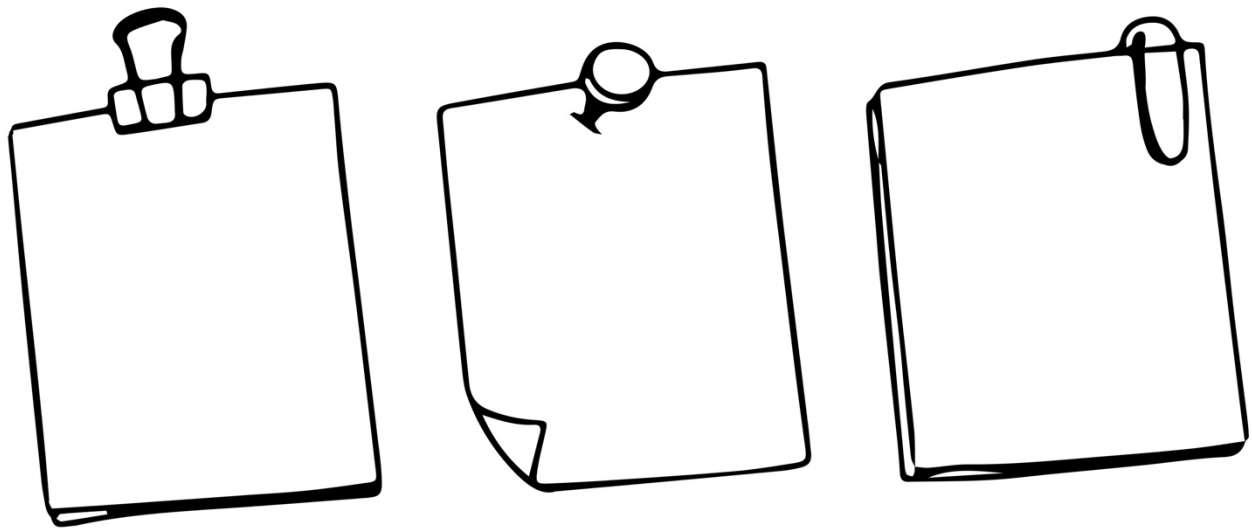
Brave	Determined	Genius	Confident
Focus	Learn	Proud	Kind
Persist	Stretch	Dream	Grow
Spark	Calm	Joy	Create
Believe	Respect	Capable	Shine
Try	Forward	Leader	Responsible
Think	Achieve	Energized	Champion

# POST YOUR POWER WORD

Write out your power word and post it where you can see it.

Athletes often post power words in their locker room. Sometimes they say the word out loud or touch the word on a sign before a big game!

You could do that, too, before you start your day!



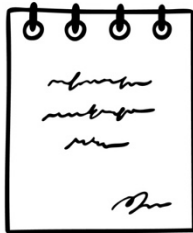
WRITE THREE POWER WORDS YOU LIKED FROM THE LIST-  
OR THINK UP THREE WORDS ALL ON YOUR OWN!



# WHEN IT'S HARD TO SHOW YOUR GENIUS

Sometimes it's difficult to show how you shine when other things are hard.

Here are some things you can do.



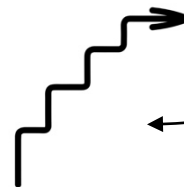
THINK ABOUT YOUR POWER  
WORD AND TRY YOUR BEST  
TO WORK THROUGH THE  
HARD STUFF!



ASK FOR  
HELP FROM A  
FRIEND,  
TEACHER OR  
PARENT



TAKE A BREAK FROM  
HARD WORK AND DO  
SOMETHING YOU ARE  
GOOD AT!



BREAK BIG WORK  
INTO SMALLER  
STEPS



RELAX OUTSIDE

DRAW OR WRITE  
DOWN WHAT HELPS  
YOU GET THROUGH  
THINGS THAT ARE  
HARD!



# SAY A MANTRA

A **mantra** is something you say out loud or quietly in your mind.

Repeat the mantra below to remind yourself that you have wonderful talents that are part of your genius!

I believe in myself.

I can do great things.

I will share my genius with the world.



WHEN YOU TELL YOUR  
BRAIN SOMETHING  
OVER AND OVER  
AGAIN, IT FINALLY  
STARTS TO HEAR IT!

