EVERYBODY'S SMART
INTRO + QUOTES + LYRICS + QUESTIONS

INTRODUCTION TO SONG: - Recognizing strengths

This song is based on Howard Gardner's Multiple Intelligence Theory. I first learned of Gardner's work in 1987 and, for more than twenty years, shared his theory in workshops I presented across Canada. Understanding Multiple Intelligences helped me recognize my own strengths and allowed me to work successfully for much of my career.

Then depression hit, and it convinced me I was a moron. Even after hundreds of therapy sessions—both individual and in groups—I couldn't shake that belief until I was introduced to Internal Family Systems (IFS), developed by Richard Schwartz.

Depression has a way of shrinking our identity.

It narrows our self-image until we see only our flaws and forget our strengths.

This song was written as a reminder that intelligence is not one thing. It is not measured by grades, speed, status, or comparison.

Recently, I sent this new recording to Dr. Thomas Armstrong, whose books on Multiple Intelligences have inspired educators around the world. He suggested adding one important reminder: **we all possess all eight intelligences, but each of us expresses them in different ways.** That simple idea beautifully captures the heart of Howard Gardner's theory and reminds us that every person has unique gifts waiting to be discovered, appreciated, and developed.

Intelligence is diverse.

It is relational.

It is creative.

It is emotional.

It is embodied.

Sometimes healing begins not by fixing what is wrong, but by remembering what is already strong.

QUOTES FROM SOME OF MY FAVOURITE AUTHORS:

Howard Gardner (the person who coined the Multiple intelligence Theory)

“It’s not how smart you are that matters, but how you are smart.”

Thomas Armstrong (like Gardner, he is one of my educational heroes)

“There is no single way to be intelligent. Every person has a unique pattern of strengths.”

Martin Seligman

“Using your signature strengths is one of the most reliable ways to increase well-being.”

LYRICS TO SONG:

Everybody’s Smart © 2017

Lyrics: Colleen Hood and Jim Duchesneau
Music: Jim Duchesneau

Chorus:
Everybody’s smart. **E**
Everybody’s so smart. **E**
Everyone’s uniquely smart. **F#**
Everybody’s really smart. **B**

Verse 1 - Word Smart:
If you like to talk, E
if you like to read or write,
If words are your best friend, all day, all night,
If books are the thing that grab you by the heart,
Then everyone will point at you and shout C B
you’re WORD SMART! E

Verse 2 - Picture Smart:
If colour is your thing,
or if you like to draw,
If images and beauty leave you breathless and in awe,
If you see the world as a work of art,
Then everyone will point at you and shout……
you’re PICTURE SMART!

CHORUS

Verse 3 - Math Smart:
If numbers float your boat,
if logic is your game,
If figuring and calculating are your claim to fame,
If science is the very thing that gives your world its start,
Then everyone will point at you and shout…….
you're MATH SMART!

Verse 4 - Self-Smart:
If you tend to reflect,
if you like to look inside,
If feelings are a part of you, something you can't hide,
If you want to know yourself in each and every part,
Then everyone will point at you and shout…….
you're SELF SMART
CHORUS

Verse 5 - Body Smart:
If you like to move,
if you like to use your hands,
If dancing's what you love or sports are your command,
If motion is the thing that is your truest part,
Then everyone will point at you and shout……
you're BODY SMART!

Verse 6 - People Smart:
If you like to work in groups,
if people are your thing.
Do you find yourself recharging In the middle of the ring,
If the company of others is closest to your heart,
Then everyone will point at you and shout…….
you're PEOPLE SMART!

CHORUS

Verse 7 - Music Smart:
If music is the thing
that brings you to your knees,
If rhythm and rhyme come to you with ease,
If the sounds of music tear your heart apart,
Then everyone will point at you and shout…….
You're MUSIC SMART!

Verse 8 - Nature Smart:

If plants and trees
take your breath away,
If the oceans and lakes are your favourite place to stay,
If your love of animals is deep within your heart,
Then everyone will point at you and shout……
you're NATURE SMART!

CHORUS

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20 QUESTIONS FOR REFLECTION:

1. When you are feeling low, which of your strengths still quietly function?
2. What activities make you lose track of time?
3. When do you feel most like yourself?
4. What have people complimented you on in the past?
5. Which type of "smart" feels most natural to you?
6. How could you use one of your strengths this week to support your mood?
7. If you are people-smart, who could you connect with?
8. If you are music-smart, what song could you lean into?
9. If you are body-smart, what movement might help your nervous system?
10. If you are word-smart, could journaling help untangle your thoughts?
11. If you are nature-smart, where could you go to reset?
12. If you are self-smart, what are you noticing about your emotional patterns?
13. When depression tells you you are incapable, what evidence contradicts that?
14. What strength(s) helped you survive your hardest season?
15. Which strength have you been neglecting?
16. How could using your strengths give you even a 5% lift in energy?

17. What would change if you defined yourself by your capacities rather than your symptoms?
18. When do you feel competent?
19. How could you design your day around one small strength?
20. If you truly believed “Everybody’s smart,” what would that mean about you?