



Multiple Intelligences

As a group, we have a full range of skills, but some of us are better in some areas than others. The question is not *if* you are smart, but *how* you are smart.



We can identify eight established types of human intelligence:

- If you are *word-smart* (high verbal-linguistic intelligence), then you are good at language, writing, creating poetry, and storytelling.
- If you are *logic-smart* (high logical-mathematical intelligence), you have strong skills in problem solving, inductive and deductive thinking, working with symbols, and recognizing patterns.
- If you are *picture-smart* (high spatial intelligence), you have visual talent (drawing, painting, and sculpture) and assembly talent (you rasp how things work, come apart and are put together).
- If you are *body-smart* (high physical-kinaesthetic intelligence), you can use your body coordination to play sports, games, dance, act, and move.
- If you are *music-smart* (high musical intelligence), then you are gifted in recognition of tones and rhythm and sensitive to vocal, instrumental, and environmental sounds.
- If you are *nature-smart* (high natural intelligence), then you have well-developed awareness and sensitivity to the environment around you, and you can operate effectively among plants, animals, and natural habitat.
- If you are *people-smart* (high interpersonal intelligence), then you know how to work well with others, interpret their moods and meanings, and predict what they will do next.
- If you are *self-smart* (high intrapersonal intelligence), then you are capable of deep self-knowledge, metacognition, and internal reflection.

Exercise

List activities that could correspond to each of the multiple intelligences.

1. **Word-smart** - Imagine several activities, which fit with this type of intelligence or could develop it (verbal-linguistic skills, language, writing, creating poetry, and storytelling).

2. **Logic-smart** - Imagine several activities, which fit with this type of intelligence or could develop it (high logical-mathematical intelligence, skills in problem solving, inductive and deductive thinking, working with symbols, and recognizing patterns).

3. **Picture-smart** - Imagine several activities, which fit with this type of intelligence or could develop it (high spatial intelligence, visual talent, drawing, painting, and sculpture and assembly talent - you rasp how things work, come apart and are put together).

4. **Body-smart** - Imagine several activities, which fit with this type of intelligence or could develop it (high physical-kinaesthetic intelligence, you can use your body coordination to play sports, games, dance, act, and move).

5. **Music-smart** - Imagine several activities, which fit with this type of intelligence or could develop it (high musical intelligence, gifted in recognition of tones and rhythm and sensitive to vocal, instrumental, and environmental sounds).

6. **Nature-smart** - Imagine several activities, which fit with this type of intelligence or could develop it (high natural intelligence, awareness and sensitivity to the environment, capacity to operate effectively among plants, animals, and natural habitat).

7. **People-smart** - Imagine several activities, which fit with this type of intelligence or could develop it (high interpersonal intelligence, knowing how to work well with others, interpret their moods and meanings, and predict what they will do next).

8. **Self-smart** - Imagine several activities, which fit with this type of intelligence or could develop it (high intrapersonal intelligence, capacity of deep self-knowledge, meta-cognition, and internal reflection).