

Multiple Intelligences
Definitions and Examples

SoulSmart Intrapersonal	OtherSmart: Interpersonal	WordSmart: Verbal-Linguistic	BodySmart: Bodily-Kinesthetic	SoundSmart: Musical
the knowing which comes from introspection, self-reflection, and raising questions about life's meaning and purpose	using person-to-person relating, communication, teamwork, and collaboration with others	occurs through written and spoken words, such as in essays, speeches, books, informal conversation, debates, and jokes	using physical movement and performance (a.k.a. learning by doing) to understand	learning through sounds, rhythms, tones, beats, music produced by other people or present in the environment
Make a morning offering/ prayer	Plan an event	Write a newspaper article	Juggling	Sing songs
Make a gratitude list	Play a board game	Write a play or skit	Hacky Sack	Make up a song, poem, jingle
Set goals and make a plan	Share toys	Write a letter	Origami	Record sounds in nature
Keep a "To Do" list & prioritize	Make a team project	Keep a journal or diary	Choreograph or perform a dance	Make instruments
Journaling	Practice manners (formal meal)	Mad Libs	Learn sign language	Listen to relaxation sounds
Build emotional intelligence	Teach someone a new skill	Create a book	Play charades	Listen to music of different cultures
Meditate	Use puppets to put on a puppet show	Tell jokes, puns, riddles	Perform a pantomime	Listen to music of different genres
Read silently	Play 'Guess the Feeling' game	Create a family mission statement	Use tools	Listen to music of different eras
Learn about saints	Practice descriptive praise	Play Scrabble or Boggle	Work out, jump rope	Play Simon
Utilize a pro & con list to make a decision	End-of-day affirmations	Read a book, novel	Play Simon Says	Imitate vehicle or animal sounds
Roleplay hypothetical ethical dilemmas	Practice taking turns	Read a poem (e.g. Shel Silverstein)	Stretch, do yoga	March to college fight songs
Spend time in the Adoration Chapel	Practice I-messages	Do a crossword puzzle	Teach a task without talking	Make up a rap song
Attend a daily mass	Practice mediation skills	Write instructions	Miniature golf	Learn to read notes
Write a poem	Role-play	Home Shopping Network game	Frisbee	Play with a piano or drum app
Differentiate between needs and wants	Practice active listening	Read a play	Build a model	Attend a concert or musical

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NatureSmart: Naturalistic	LogicSmart: Logical-Mathematical	ImageSmart: Visual-Spatial	LifeSkills Smart: LifeSkills	MoneySmart: Money
knowing what occurs in encounters with animals, plants, physical features, and weather conditions of the natural world	using numbers, logic, scientific reasoning, and calculating to help solve problems and meet challenges	using the sense of sight and being able to imagine and visualize an object, including making mental images inside our head	knowing how to take care of oneself in preparation for living on his/her own someday	knowing how to budget, save and spend money wisely in preparation for leaving home some day and managing own income
Texas Nature Challenge	Tangrams	Illustrate a book	See LifeSkills by Age list	Exchanging denominations of currency
Wet & Wild list	Make or decipher codes	Take photographs & make a photo book	Make a recipe	Formalized family "banking"
Compare salt water vs fresh water	Solve a family jigsaw puzzle	Make a friendship bracelet or Rainbow loom	Plan a grocery list	Keep list of future purchase wants
Skip rocks	Solve logic problems	Decorate a t-shirt	Clean windows or mirrors	How much to budget weekly for a goal
State park tours & hikes	Conduct an experiment & make predictions	Painting or drawing	Wash & detail a car	Research prices of a toy to purchase
Star-gazing	Use a compass	Make puppets	Check car vitals (oil/tire pressure)	Compare concession prices to grocery prices
Go to a zoo, farm, aquarium, forest	Take a survey & make a graph	Make a collage	Bake a cake	Compare bulk purchasing vs convenience store
Go camping	Calculate probability	Make leaf rubbings	Pack a picnic lunch	Compare home-brewed coffee vs Starbucks
Plant a vegetable or flowers	Play HiHo Cherry-O	Make a poster to welcome guests	Pack clothes for a trip	Compare restaurant/ homemade meal cost
Visit a nursery (e.g. Natural Gardener)	Play Battleship	Make a mobile	Family meeting	Explore effect of earning compounding interest
Trail of Trees at the Capitol	Play Tic-Tac-Toe	Use "How to Draw..." books or apps	Change lightbulbs	Notice how gas prices change & cost of travel
Geocaching	Solve a Rubik's Cube	Make a comic book	Tour a home improvement store	Practice writing checks
Go to a pet store or pound	Play Rush Hour game	Visit an art museum	Tour a grocery store	Keep track of a savings account in a check register
Clean up a park	Play Chess or Checkers or Chinese Checkers	Make a sculpture from recycled materials	Learn about nutrition labels	A+ Youth Financial Camp
Capture nature with photographs	Play Parcheesi or Sorry	Color mandalas	Read a paper map	Compare unit costs