

My Analysis of My Strengths: Howard Gardner's Multiple Intelligences Theory

1. What are my 2-4 strongest areas—the ones where I am comfortable and successful?
2. What surprised me about the results of this activity?
3. What types of projects could I predict I would be most successful doing? Why?
4. What areas were my least talented areas?
5. How could I work to improve my comfort and performance in one of those areas?

What Kind of Smart Are You?

A long time ago, people thought that there were only two kinds of people in the world—smart people and people who were not smart. Now we know that our intelligence or ability to understand the world around us is complex. Some people are better at understanding some things than others. For example, for some of us it is kind of easy to understand how a flower grows but it is really hard for us to understand and use a musical instrument. For others music might be easy but playing football is difficult.

Instead of having one intelligence, a man named Dr. Gardner came up with the idea that people have several different intelligences. These are listed below:

Kinesthetic - Body Smart

You may be body smart. You will enjoy sports and are good at swimming, athletics, gymnastics and other sports. This is sometimes called being Kinesthetic smart.

Linguistic - Word Smart

You may be word smart. You will enjoy reading, writing and talking about things. This is sometimes called being Linguistic smart.

Logical - Number Smart

You may be number smart. You will be good at mathematics and other number activities; you are also good at solving problems. This is sometimes called being Logical smart.

Interpersonal - People Smart

You may be people smart. You will like to mix with other people and you will belong to lots of clubs. You like team games and are good at sharing. This is sometimes called being Interpersonal smart.

Intrapersonal - Myself Smart

You may be myself smart. You will know about yourself and your strengths and weaknesses. You will probably keep a diary. This is sometimes called being Intrapersonal smart.

Musical - Music Smart

You may be music smart. You will enjoy music and can recognize sounds, rhythms, and notes. You can sing the right note at the right time and you can tell if someone else is off—even a little bit. This is sometimes called being Musical smart.

Visual/Spatial - Picture Smart

You may be picture smart. You will be good at art and also good at other activities where you look at pictures like map reading, finding your way out of mazes and graphs. This is sometimes called being Visual/Spatial smart.

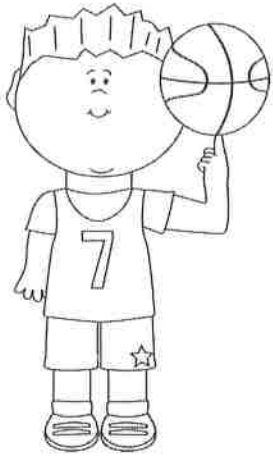
Naturalistic - Nature Smart

You may be nature smart. You will like the world of plants and animals and enjoy learning about them. This is sometimes called being Naturalistic smart.

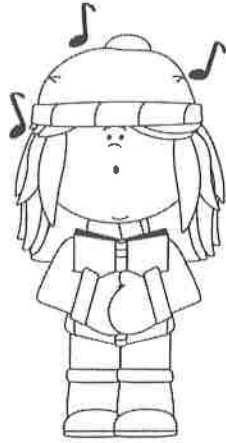
Name _____ Date _____

What Kind of Smart Are You?

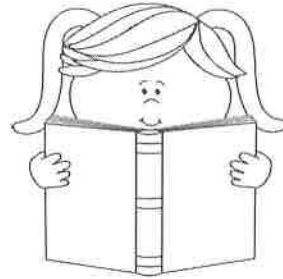
DIRECTIONS: Everyone is smart, but we may be smart in different ways. Look at the pictures below. Find the pictures that you wrote the most tally marks for. Cut out the four pictures that had the highest values and put them in order from highest to lowest.



Body Smart



Music Smart



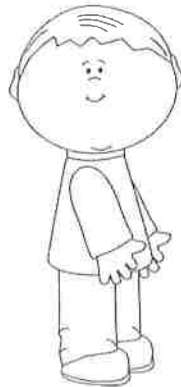
Word Smart



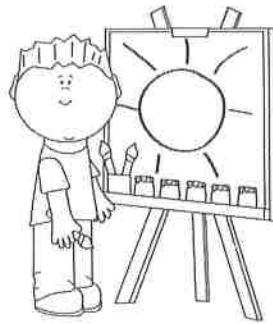
Nature Smart



People Smart



Myself Smart



Picture Smart



Number Smart