

# MULTIPLE INTELLIGENCES



## THEORY OF MULTIPLE INTELLIGENCES

The theory of multiple intelligences, developed in 1983 by Dr. Howard Gardner, professor of education at Harvard University, challenges the traditional notion of intelligence based on IQ testing. Instead, it presents a more comprehensive view, suggesting that individuals possess a unique blend of eight learning methods. This understanding broadens our perspective on intelligence and provides a practical guide for educators and parents in creating balanced lesson plans that cater to diverse learning methods.

### These intelligences are:

- Linguistic intelligence -- word smart
- Logical-mathematical intelligence -- number/reasoning smart
- Spatial intelligence -- picture smart
- Bodily-Kinesthetic intelligence -- body smart
- Musical intelligence -- music smart
- Interpersonal intelligence -- people smart
- Intrapersonal intelligence -- self smart
- Naturalist intelligence -- nature smart



It's important to remember that some children learn through active participation, while others thrive in a more observant role. If a student quietly observes when a lesson is first introduced, it's perfectly fine. They will join in when they feel ready, and rest assured, they are still learning even while watching.

Take a moment to reflect on your learning style. How do you learn best? By understanding our own learning preferences, we can better appreciate the diversity of learning methods and adapt our teaching strategies accordingly.

## **INSTRUCTIONS ON HOW TO GUIDE THE WRITER, OBSERVER, AND ARTIST EXERCISE:**

1. Ask students if they want to observe/listen, draw (take out paper and crayons), or write (take out paper and pencil). Whatever their choice is, watch their eyes, body language, and how excited they get when they understand they get to choose a learning style that speaks to them. It is a beautiful self-discovery for the student and for the teacher to witness and learn more about their students.
2. Guide them to relax with a calm, steady voice. Remember to pause and create space for silence. Say, *"Close your eyes and be still. Make a fist with your hands, curl up your toes, hug and squeeze your muscles, tight, tight, even squish your face like you are eating a sour candy...then relax, ahhhh, and do that three times."*
3. Explain,

*"I am going to take you on a journey in your mind using all of your senses...if you are a writer, write whatever comes to you; don't worry, we will edit it later. If you are an artist, just draw whatever comes to you. If you are an observer, allow your imagination to roam free in your mind and listen. There is no grade, no right or wrong way to do this!*

*See in your mind, your favorite place, the place where you feel the happiest...*



**What do you see?** Are you alone or with loved ones? Are you inside or outside? What colors do you see? Are you sitting, walking, playing? What do you see yourself doing in your favorite, happy, peaceful place? Enjoy what you see now.

Space for silence to write, draw, observe (30 to 45 seconds).

Now, pay attention to the sounds you make in your special place....**What do you hear?** Are you singing, talking, whispering, laughing? Enjoy the sounds around you.

Space for silence to write, draw, observe (30 to 45 seconds).

Now, pay attention to the temperature on your skin...are you warm or cool? **What do you feel?** What are you wearing? How does it feel on your skin? Are you holding anything in your hands? How does it feel? Enjoy all that you can touch in your special, favorite, happy, and peaceful place.

Space for silence to write, draw, observe (30 to 45 seconds).



Now, pay attention to any smells around you, breathe in slowly...**What do you smell?** How does that smell make you feel inside? Enjoy the smells in your special place.

Space for silence to write, draw, observe (30 to 45 seconds).

Now, pay attention to your mouth, think about the favorite thing you like to taste... **What do you taste?** How does it feel all around your tongue? Enjoy your favorite taste in your mind as if you can actually taste it right here and now.

Space for silence to write, draw, observe (30 to 45 seconds).

Now, pay attention to how you feel inside your heart? If you can describe how you feel, what word would you use? Does it make you actually smile being in this place with all you can see in your mind, with all the sounds you can hear with your ears, with all you can feel with your hands, with all you can smell with your nose, with all you can taste with your mouth, with all you can feel with your whole entire body as if you are in this place, right here and now?

Space for silence to write, draw, observe (30 to 45 seconds).

I want you to remember this special place in your mind right now, it is always available to you. At any moment throughout your day, you can close your eyes and remember what this peace and happiness feels like to you.



*For those who are listening, remain still. For those who are writing and drawing, gently place your crayon or pencil down. Place both hands over your heart. Let's take three rounds of breath together. Inhale slowly and exhale slowly, 1. Inhale slowly and exhale slowly, 2. Inhale slowly and exhale slowly, 3. Inhale slowly and exhale slowly. Now, blink your eyes three times, 1, 2, 3. Open your eyes, staying still and quiet, while I explain what is going to happen next.*

*We are going to do partner work in groups of threes and share our writing and artwork. The observer is going to share what they saw in their mind, the artist will draw it and the writer will write it, so everyone will have a piece of paper to take home with them of their special place, remembering that we all have different learning styles and are intelligent in our own way."*

