

Word Smart

Linguistic Intelligence

- Do you love to read?
- Do you like to tell stories?
- Do you write stories or poetry?
- Do you enjoy learning foreign languages?
- Do you have a good vocabulary?
- Do you spell well?
- Do you like to write letters or email?
- Do you have a good memory for names or facts?
- Do you play word games, such as, word scrambles, hidden word puzzles, Scrabble, or crossword puzzles?
- Do you like to do research and read about ideas that interest you?
- Do you have fun playing with words (tongue twisters, and rhymes)?

If you answered YES to any of the above questions, then you just identified some of the ways you're Word Smart.

Logic Smart

Logical-Mathematical Intelligence

- Do you find numbers fascinating?
- Do you like science?
- Do you easily do math in your head?
- Do you like solving mysteries?
- Do you enjoy counting things?
- Do you like estimating, or guessing the amount of things (like the number of pennies in a jar)?
- Do you remember numbers and statistics easily (soccer statistics, sports scores, the height of the tallest building in the world)?
- Do you enjoy games that use strategy like checkers?
- Do you notice the links between actions and their results (otherwise known as cause and effect)?
- Do you enjoy discovering how computers work?
- Do you love to organize information on charts and graphs?
- Do you use computers for more than playing games?

If you answered YES to any of the above questions, then you just identified some of the ways you're Logic Smart.

Music Smart

Musical Intelligence

- Do you enjoy singing?
- Do you like listening to music?
- Do you play an instrument?
- Do you read music?
- Do you remember melodies or tunes easily?
- Do you hear the differences between instruments being played together?
- Do you hum or sing while thinking or doing tasks?
- Do you easily pick up rhythms in the sounds around you?
- Do you like making musical sounds with your body (humming, clapping your hands, snapping your fingers, or tapping your feet)?
- Do you make up or write your own songs or raps?
- Do you remember facts by making up a song for them?

If you answered YES to any of the questions above, then you just identified some of the ways you're Music Smart.

Body Smart

Bodily-Kinesthetic Intelligence

- Do you like to move around and be active?
- Do you learn physical skills easily and quickly?
- Do you move while you think?
- Do you enjoy acting in skit or plays?
- Do you mimic or imitate people's gestures or expressions?
- Do you play sports or do well in one particular sport?
- Do you enjoy doing crafts or build models with skill?
- Do you dance gracefully?
- Do you use movement to help you remember things?
- Do you have good coordination or a good sense of timing?
- Do you love recess?

If you answered YES to any of the above questions, you've just identified some of the ways you are Body Smart.

Picture Smart

Spatial-Visual Intelligence

- Do you remember faces better than names?
- Do you like to draw out your ideas or make sketches to help you figure out problems?
- Do you think in pictures and easily see objects in your mind?
- Do you enjoy building things?
- Do you like taking things apart and putting them back together?
- Do you work with art materials like paper, paint, and markers?
- Do you enjoy watching movies or videos?
- Do you play lots of video games?
- Do you notice the styles of clothing, hairstyles, cars, bikes, or other everyday things?
- Do you read or draw maps for fun?
- Do you enjoy looking at photos and pictures and talking about them?
- Do you see patterns in the world around you?
- Do you draw or doodle a lot?
- Do you draw things in great detail or realistically?
- Do you remember in pictures or images things that you've learned?
- Do you learn by watching people do things?
- Do you enjoy visual puzzles, mazes, and optical illusions?
- Do you like building models or things in 3-D?

If you answered YES to any of the above questions, you've just identified some of the ways you're Picture Smart.

From: *You're Smarter Than You Think – A Kid's Guide to Multiple Intelligences* by Thomas Armstrong, Ph.D.

People Smart

Interpersonal Intelligence

- Do you like to people watch?
- Do you make friends easily?
- Do you offer to help when someone needs it?
- Do you enjoy group activities and lively conversations?
- Do you help other people around you get along better?
- Do you feel confident when meeting new people?
- Do you like to organizing activities for you and your friends?
- Do you easily guess how people are feeling just by looking at them?
- Do you know how to get people excited about working together or how to get them involved in things you're interested in?
- Do you prefer to work and learn with others than alone?
- Do you enjoy getting people to see things your way?
- Do you get concerned about issues of fairness and right and wrong?
- Do you enjoy volunteering for causes that help other people?

If you answered YES to any of the questions above, you've just identified some of the ways you're People Smart.

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Self Smart

Intrapersonal Intelligence

- Do you prefer to work on your own rather than with others?
- Do you like to set and meet your own goals?
- Do you stand up for your beliefs, even if they're not popular?
- Do you worry less about what other people think of you than most kids?
- Do you know how you're feeling and why most things matter to you?
- Do you have a strong sense of what you're good at and not so good at?
- Do you enjoy keeping a diary or writing in your journal?
- Do you write about your ideas, memories, feelings, or personal history?
- Do you have a good sense of who you are?
- Do you think about the future and what you'd like to be someday?

If you answered YES to any of the above questions, you've just identified some of the ways you're Self Smart.

