

# MULTIPLE INTELLIGENCES AND YOUR CHILDREN

Research supports the idea that children benefit from reflecting upon their own learning processes. Having a conversation with your child about their strengths can help them to choose appropriate ways to solve problems for themselves and can provide you with insights to help them develop to their fullest potential. Explain to your child that everybody is “smart” in different ways. Knowing your own **strengths** helps you know the easiest ways for you to learn. Explain that the questions are meant to get them thinking about the different ways they are smart and about how they learn most easily.

**Here are some suggestions for questions to begin a discussion with your child about multiple intelligences:**

## **Word Smart**

Do you like to read books or listen to stories?

Do you like word games like Scrabble and Password?

Do you like to tell jokes and appreciate rhymes, puns, and tongue twisters?

## **Number Smart**

Do you like math?

Do you wonder about how things work?

Do you enjoy strategy games, logic puzzles, and brain teasers?

## **Picture Smart**

Do you enjoy doing art projects?

Are you good at doing mazes and jigsaw puzzles?

Can you imagine pictures in your mind?

Do you like to draw or doodle?

## **Body Smart**

Do you like sports?

Do you like to learn by watching or by doing?

Do you like working with your hands? (building models, sewing, etc.)

## **Music Smart**

Do you remember songs easily?

Do you like to play musical instruments, tap out rhythms, or sing?

Do you like to listen to music?

## **People Smart**

Would you prefer to invite friends over (rather than playing by yourself)?

Do you have several different best friends?

Do you prefer talking about problems with someone or working them out yourself?

## **Self Smart**

Do you like spending time alone?

Do you like thinking about what you want to do in the future?

Do you like to fit in with a group or are you happy to be a little different?