



This simple worksheet provides 4 sections to work through with a class to establish an understanding of the 'Multiple Intelligence Theory' and why it's important for building our own self confidence and resilience.

Section 1: Background

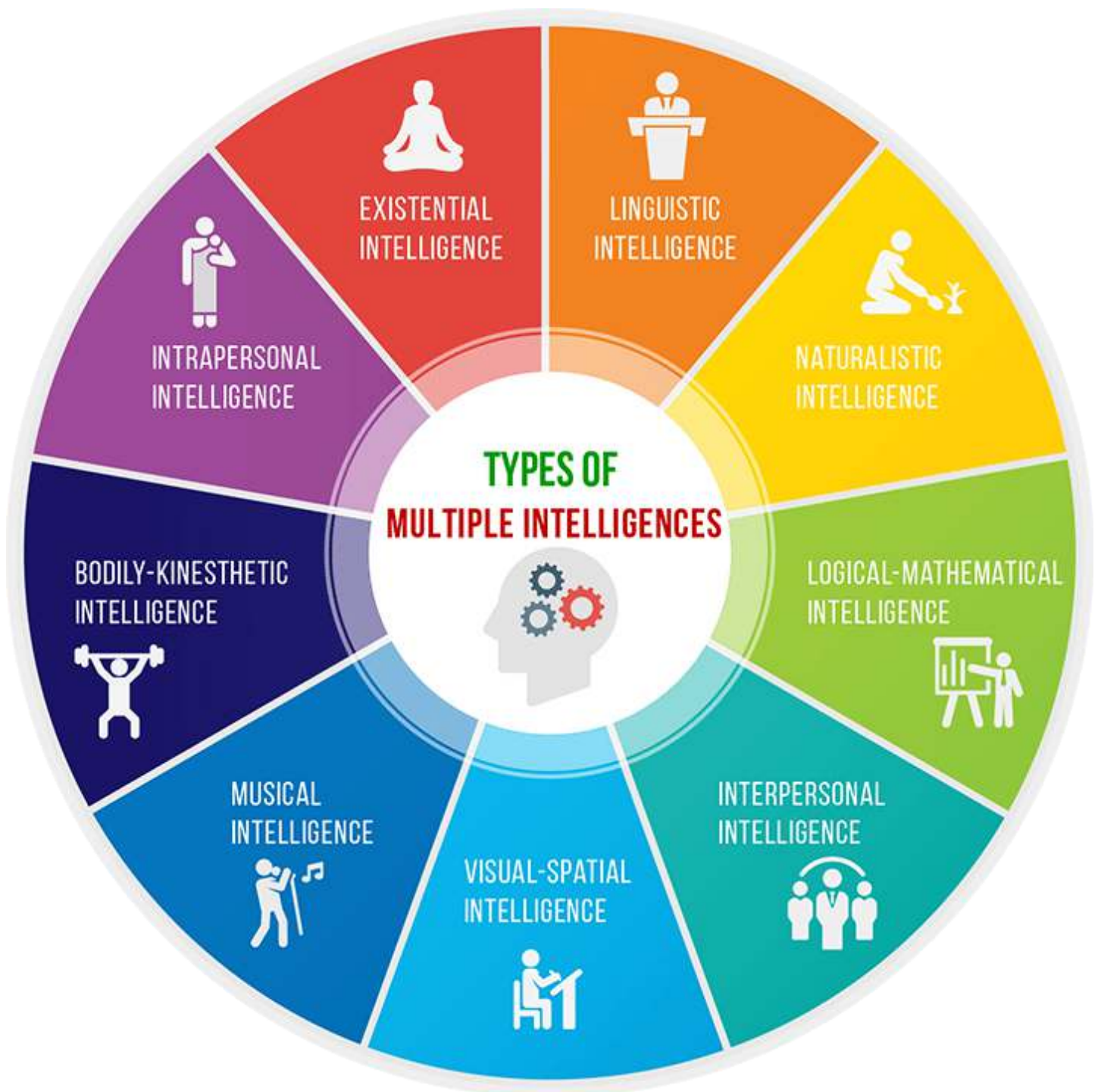
For teacher use or to be shared with the class

What is the Multiple Intelligence Theory?

The theory was first proposed by Howard Gardner, a Professor at Harvard University in 1983. Put simply it states that human intelligence takes many different forms and is not just one single 'ability'. He believes that there are nine different types of intelligence and although everyone possesses each type, we will all display some more strongly than others. The key is that WE ARE ALL INTELLIGENT! Performing activities using the intelligences we believe we're strong in heightens our confidence and helps inflate our balloons of self belief. This in turn enables us to be more resilient when we're carrying out an activity in an area where we believe our intelligence to be less strong.

The nine different types of intelligences are (displayed visually on the next page):

1. **Verbal-Linguistic Intelligence:** Well-developed verbal skills and sensitivity to the sounds, meanings and rhythms of words.
2. **Mathematical-Logical Intelligence:** The ability to think conceptually and abstractly, and the capacity to discern logical or numerical patterns.
3. **Musical Intelligence:** The ability to produce and appreciate rhythm, pitch and timbre.
4. **Visual-Spatial Intelligence:** The capacity to think in images and pictures, to visualize accurately and abstractly.
5. **Bodily-Kinesthetic Intelligence:** The ability to control one's body movements and to handle objects skillfully.
6. **Interpersonal Intelligence:** The capacity to detect and respond appropriately to the moods, motivations and desires of others.
7. **Intrapersonal Intelligence:** The capacity to be self-aware and in tune with inner feelings, values, beliefs and thinking processes.
8. **Naturalist Intelligence:** The ability to recognize and categorize plants, animals and other objects in nature.
9. **Existential Intelligence:** The sensitivity and capacity to tackle deep questions about human existence, such as the meaning of life, why we die and how we got here.



Howard Gardner's Multiple Intelligence Theory – there are 9 different types of intelligence and we all have different amounts of each. But we are ALL intelligent!

Section 2: Vlog from James Shone

Spend a few minutes watching the following video clip on Youtube where James Shone will give his own views on Multiple Intelligence and why it's so vitally important.

<https://www.youtube.com/watch?v=SVaBCanH0zg&t=1s>.

Section 3: Class Discussion

Spend some time as a class discussing the following questions:

- Do you believe this theory to be true?
- How can we work out how we are intelligent?
- Why is it important to find out how we are intelligent?
- What areas of school life should we look at to help us to find out how we're intelligent?
- What areas of home life should we look at to help us to find out how we're intelligent?

Section 4: Class Activity

Read through the list of different types of intelligence again and look at the coloured wheel that provides a visual representation. Remember that when we are doing something using an intelligence we believe ourselves to be strong in, we feel confident and positive. This can inflate our balloons of self belief and provide resilience to help us when we're carrying out an activity requiring the use of an intelligence we believe we're weak in.

Spend some time individually or in groups thinking about where we believe our own areas of intelligence lie. Then think about how we can increase the amount of time in our lives we spend using these strong intelligences. The more we use them the more resilient we can become!