



## SEVEN KINDS OF INTELLIGENCE IN CHILDREN

Did you know that smart is not defined only by IQ or grades in school? Researchers are beginning to recognize that there are many different kinds of intelligence. Instead of asking how smart a child is, you may learn more by asking how that child is smart.

According to Multiple Intelligence Theory, each of us possesses seven different intelligences, or ways to be smart. Some of us are good at using our hands; others excel at making rhymes or singing songs. All of us have skills in all seven areas, but we are stronger in some than in others. What makes each person unique is the way each intelligence expresses itself in our lives.

Here are ways how to recognize the different kinds of intelligence. Which ones describe your child best?

- Language: People who are language smart are good at using written or spoken words to communicate. Journalists, writers, poets, and storytellers tend to have high levels of this skill.
- Logic: People with logical-mathematical intelligence are good at reasoning, and tend to think about problems in terms of cause and effect. They tend to get good grades in school, especially in math and science classes. Scientists, accountants, and computer programmers are generally logic-smart.
- Spatial: People who are picture-smart think in pictures or images. They may be able to follow maps, work jigsaw puzzles, pack a suitcase efficiently, or visualize and draw accurately.
- Musical: Musical intelligence is the ability to keep time with music, sing in tune, keep rhythms, and tell the difference between different musical selections. Music-smart people are good at listening to, creating, and appreciating all kinds of music.
- Bodily: Individuals who are body smart are good at understanding and controlling their body movements. They may be good at sports or dance, or they may be talented at small-motor tasks like sewing or woodworking.

- Interpersonal: People with interpersonal intelligence understand how others see the world. They are sensitive to how others feel, and respond well to other people. Most other-smart people are good at solving social problems and making other people feel comfortable.

- Intra-personal: People with intrapersonal intelligence are self-smart. They understand themselves and are in touch with their own feelings. Most self-smart people tend to be introspective and may enjoy meditating, journal-writing, and other ways to nurture themselves.

It is important to remember that children have many different ways to be intelligent, so that we can help each child enhance her individual strengths. But children also need the chance to explore all of the different areas of intelligence in order to become well-rounded individuals.

So how can you help your children develop all seven intelligences? Start by recognizing the individual talents and interests of each child, and encouraging her to develop them. Give children chances to express themselves by doing activities they enjoy. Expose them to new things, and encourage them to try activities that are outside their comfort zone. Treat your children as individuals, and avoid comparing siblings. If you give children the opportunity to learn in the ways they prefer, and encourage them to improve in the areas that are not as strong, they will grow to be intelligent, well-rounded people who are prepared for the excitement and challenges of life.

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