**Tool 5.2. Discovering Multiple Intelligences\***

This activity engages people to discover their multiple intelligences, shifting the focus from seeing deficits to seeing resources and strengths in others. It encourages the identification of each person’s unique intelligence sets and the valuing of everybody’s inherent worth.

Resources needed:

* Handout (Discovering my multiple intelligences – see separate document)
* Papers and pens; logical and mathematical puzzles; musical instruments; laptops with music and headset; mazes printed on paper and other games such as skipping rope, ping pong, bat with a ball; molding material (e.g., clay or Play Doh in several colors; objects from nature (e.g., wooden sticks, cones, stones, leaves, feathers); paper and glue

Exercise:

1. Make a presentation of the different types of intelligence, based on Howard Gardner’s work, Frames of Mind (1983) and Intelligence Reframed (1999).

* Spatial
* Bodily-Kinesthetic
* Linguistic
* Logical-Mathematical
* Musical
* Interpersonal
* Intrapersonal
* Naturalistic
* Existential/Spiritual (newest type of intelligence, added later)

A useful website, Multiple Intelligences Oasis, <https://www.multipleintelligencesoasis.org/>, provides information about each type of intelligence. This website has a “quiz” or exercise that allows people to identify their multiple intelligences.

More information about multiple intelligences can also be obtained from Gardner’s official website: <https://howardgardner.com>

1. Provide a large space for participants to do activities for each of the nine intelligences. Give participants one hour to individually make use of different activities.

Here are some ideas for activities for each of the intelligences:

* Spatial: painting a picture on a specific topic; solving a puzzle; working on a “Tangram”
* Bodily-Kinesthetic: skipping with a skipping rope; bouncing a ball with a ping pong bat; juggling some objects
* Linguistic: writing a story based on a picture; writing a poem
* Logical-Mathematical: solving math puzzles; solving logical puzzle games
* Musical: playing musical instruments; clapping a rhythm; composing a song or tune; singing karaoke
* Interpersonal: teaching another person something; finding other people and doing something together with them (e.g., making music, playing a game)
* Intrapersonal: reflecting on your personal values and strengths; thinking about a moment in your life when you were truly yourself
* Naturalistic: creating an artistic object using natural objects such as sticks and cones; modeling a flower or animal with clay
* Existential/Spiritual: reflecting about the meaning of life, such as “If you could change one thing in the world, what would it be?”

1. Ask participants to make notes on a handout entitled “Discovering my multiple intelligences” after they have undertaken each activity. The handout asks them: How did you feel about the activity? Why? Do you think it indicates a strength? Do you think it reflects a unique intelligence or competence for you?
2. At the end of the hour, ask each participant to share with the larger group what they have discovered about themselves from the activities.
3. Practical application discussion for individuals and teams:

* When you think of your tasks at work, do you find them to be a good fit for your type of your intelligence? Are they adequate for what you have to offer? What changes would you make?
* What intelligences did we discover among each other in our team?
* How do these intelligences affect how we think, work, interact and communicate?
* What intelligences are we using and not using? What intelligences are we rewarding or recognizing?
* How can we maximize the use of our team’s intelligences?