

## **Improvement Activities for Each of Your Intelligences**

### **Bodily Kinesthetic Intelligence Improvement Activities**

**Playing Catch, Physical Performing Arts – Acting, Dancing, Gymnastics, Climbing Trees, Playing Charades, Act out a Story, Obstacle Course, Build Things**

### **Verbal Linguistic Intelligence Improvement Activities**

**Learn a new word everyday, Engage in Dialogue, Serve as the Journalist for your family, WordSearch, Crossword Puzzles, Scrabble, Write Everyday, Learn a Language, Visit the local library**

### **Logical Mathematical Intelligence Improvement Activities**

**Puzzles, Solving Mysteries, Logic Puzzles, Riddles, Strategy Games, Connect 4, Dominoes, Research Projects, Science Experiments, Coding, Conducting Surveys, Creating Timelines of Historical Events, Einstein's Riddle**

### **Visual Spatial Intelligence Improvement Activities**

**Puzzles, Tangram Puzzles, Movement Games, Playing Sports, Playing Chess, Creating Origami Figures, Solve Rubiks Cubes, Draw Blueprints, Draw Design Models, Be More Specific in Language (instead of 'here' or 'there', try 'it is on the counter, to the left of the magazine')**

### **Interpersonal Intelligence Improvement Activities**

**Increase Participation on Teams, Improve Listening, Practice Empathy, Identify Your Qualities and Abilities, Identify the Qualities and Abilities of People Around You, Identify the Roles of People Around You, Identify Your Role to the People Around You, Identify the Goals of your Communities**

### **Intrapersonal Intelligence Improvement Activities**

**Identify Your Qualities and Abilities, Identify Your Goals – 1, 3, 5 year,  
Identify how your Qualities and Abilities can affect other people, Increase  
Team Participation, Read Motivational Quotes Daily**

**Musical Rhythmic Intelligence Improvement Activities**

**Playing Musical Instruments, Singing Songs, Writing Poetry, Writing Songs,  
Writing Music, Singing Song Writing Contest, Music Box Game**

**Naturalistic Intelligence Improvement Activities**

**Taking Nature Walks, Watching Nature Documentaries, Make a Herbarium,  
Make a Bird Feeder, Develop Your Naturalist Routines, Keep a Nature  
Journal, Find a Naturalistic Mentor**