

BEST ACTIVITIES FOR THE 8 MULTIPLE INTELLIGENCES

Language/Word Smart	Logic/Math Smart
<p>Write short stories, poems, and plays</p> <p>Keep a journal</p> <p>Join or start a kid's book club</p> <p>Read aloud to others</p> <p>Introduce to different genres</p> <p>Use story cubes</p> <p>Do word puzzles (anagrams, crossword puzzles, riddles)</p> <p>Participate in community theater</p> <p>Write short plays and skits</p> <p>Play word games (Scrabble, Boggle)</p> <p>Create mad lib stories together</p> <p>Practice saying tongue twisters</p> <p>Introduce them to a foreign language</p> <p>Join a debate club</p> <p>Practice telling stories or giving a speech</p> <p>Narrate a favorite children's book</p> <p>Start a blog</p> <p>Start a podcast</p> <p>Learn how to do calligraphy</p> <p>Make visual storyboards</p> <p>Use recipes to cook new dishes</p>	<p>Do various puzzles (crossword, Sudoku, grid puzzles, math based riddles)</p> <p>Build structures using LEGOS or K'NEX</p> <p>Play strategy based board games (Risk, Battleship, chess, checkers)</p> <p>Do pattern recognition activities</p> <p>Use math for real-life situations (budget, tax)</p> <p>Introduce basic coding using child-friendly platforms</p> <p>Conduct simple science experiments</p> <p>Do sequencing games</p> <p>Build simple machines</p> <p>Explore with a robotics kit</p> <p>Create a multi-step machine</p> <p>Discuss scenarios involving cause and effect</p> <p>Illustrate the process of something using diagrams or flow charts</p> <p>Play simulation video games involving decision-making and planning</p> <p>Play detective games to solve a mystery</p> <p>Collect and analyze data on something of interest</p> <p>Write step-by-step instructions for a task</p>

Spatial/Art Smart

Draw and paint
Do jigsaw and 3-D puzzles
Work with clay or Playdough
Create figures with tangrams and origami
Build models from kits
Participate in virtual reality experiences
Play video games such as Minecraft
Create structures using blocks or LEGOS
Participate in scavenger hunts
Design a treasure hunt with maps and clues
Sketch floor plans on graph paper
Draw buildings
Construct maps
Work with robotics kits involving spatial problem-solving
Participate in hands-on STEM activities
Run through an obstacle course
Sports (basketball, soccer, tennis)
Build forts and mazes
Rearrange a room or space
Stargaze
Work with a 3-D printer
Hike and rock climb
Design a garden or landscape plan
Play Pictionary
Take pictures
Make collages
Play games using spatial apps
Make paper airplanes
Visit art museums

Kinesthetic/Body Smart

Play individual sports
Participate in team sports
Play classic outdoor games
Bike, walk, hike, climb, skateboard,
Join a dance class
Play group games with a parachute
Complete obstacle courses
Participate in Ninja Warrior challenges
Play Twister
Jump rope
Use a hula hoop
Take martial arts classes
Build models
Work with clay or Playdough
Complete DIY craft projects
Do simple construction projects
Take self-defense classes
Jump on a trampoline
Act and role-play
Do simple science experiments
Juggle balls
Practice balancing
Bake and cook
Play on playgrounds and jungle gyms
Play with puppets
Practice yoga and stretching
Plant a garden
Clean and organize inside and outside
Learn various dances from different cultures

Musical/Music Smart

Learn to play an instrument
Do karaoke
Create a personal playlist
Clap or stomp to create rhythmic patterns
Sing in a chorus
Attend live concerts and theater musicals
Compete in a talent show
Experiment with online apps to compose music
Create a homemade instrument
Have a jam session with simple instruments
Sing and dance to songs on Youtube
Play music from different countries
Use apps to create and record original music
Play musical games (freeze dance, musical chairs)
Listen to soundscapes to identify sounds in nature
Form a band
Participate in a drum circle
Create and record music videos
Teach how to read sheet music
Conduct a lip sync competition
Solve music related puzzles
Practice singing scales
Perform as a way to volunteer
Organize small performances for family and friends

Interpersonal/People Smart

Set up friendship circles
Play cards and board games
Have relay races
Participate in group sports
Write a mad lib story in a group
Volunteer
Mentor a younger child
Conduct discussions or debates
Plan a gathering or party
Join a theater group
Participate in a mock trial
Run for a leadership position
Lead a group project
Join the debate team
Host or join a book club
Play games that require teamwork
Organize group outings and playdates
Plan celebrations
Be a peer mediator
Organize and raise funds for a cause
Babysit
Volunteer at animal shelters
Spend time with the elderly
Participate in events involving different customs and traditions
Brainstorm ideas in a group
Go on a group tour

Intrapersonal/Self Smart

Keep a daily journal
Do breathing exercises
Participate in guided imagery exercises
Draw and paint
Do craft projects
Create a vision board
Set goals that include steps and a way to track and progress and reflect
Read biographies and books about personal growth
Do activities outside in good weather
Provide puzzles and brain teasers
Reorganize a room
Respond to reflection prompts
Make a gratitude tree or keep a gratitude journal
Create a personal music playlist
Write poems, short stories, or song lyrics
Introduce yoga
Practice guided meditation using kid-friendly apps
Watch documentaries
Investigate and create presentations on topics of interest
Monitor personal habits using a tracking app
Go for a walk, run, or bike ride
Discuss examples of moral dilemmas
Explore philosophical questions
Make a timeline of one's life
Research the family history and create a family tree or genealogy chart
Use an emotion wheel
Do random acts of kindness

Naturalist/Nature Smart

Take a nature walk or hike
Visit the zoo
Use a guidebook or app to identify plants, rocks, or wildlife
Start a garden (in pots, on a balcony, or in your backyard)
Visit local nature reserves or botanical gardens
Purchase a pair of binoculars for bird watching
Write in a journal or sketch scenes from nature
Create a terrarium of plants, rocks, and soil
Participate in recycling efforts
Plant a tree
Build, hang, and maintain a birdhouse with birdseed
Create a butterfly garden
Track weather patterns
Visit caverns
Make a collage or sculpture with natural materials
Set up and maintain a fish tank
Create a list of items to find in nature
Learn about different climate around the world (amazon forest, deserts)
Spend time at the beach
Go fishing
Have a picnic at a park or lake
Go camping
Volunteer at an animal shelter
Volunteer for a conservation program