



Gardner's multiple intelligences descriptors

Linguistic				
Can include all or some of these:				
Loves to read	Loves to write stories or poetry	Likes debating	Enjoys talking about ideas	Keeps a diary or journal
Enjoys learning other languages	Has a wide vocabulary	Enjoys listening to stories	Can spell well	Likes writing emails or letters
Likes puns and tongue-twisters	Likes to tell stories	Enjoys word games	Has a good memory for facts	Enjoys researching
How to use linguistic intelligence to improve the others:				
Linguistic – get <i>even better</i> : join a book club, write to a favourite author, learn another language		Logical-Mathematical: silently talk through maths problems, catalogue personal reading books		
Musical: write songs or lyrics, find out more about a composer or songwriter		Bodily-Kinaesthetic: take part in plays or productions, draw huge letterforms in the air		
Spatial: take time to imagine the scenes or characters in stories, describe a famous painting		Interpersonal: carefully listen to others when they talk, read about body language		
Intrapersonal: keep a diary or journal, write out personal problems to understand them better		Naturalist: read about myths in other cultures, research the natural world around you		
Brilliant careers:				
Lawyer	Counsellor	Public speaker	Playwright	Sales person
Commentator	Novelist	Poet	Journalist	Politician
Translator	Magazine editor	Librarian	TV presenter	Storyteller
Copywriter	Screenwriter	Teacher	Author	Indexer

Logical-Mathematical Can include all or some of these:				
Enjoys counting and cataloguing	Likes working on the computer	Is very neat and tidy	Can do mental maths easily	Enjoys making charts and graphs
Makes up experiments	Connects actions to outcomes	Fascinated by numbers	Remembers scores and statistics	Is good at guessing or estimating
Likes chess or draughts	Makes up secret codes	Enjoys brainteasers and logic puzzles	Enjoys solving mysteries	Enjoys science
How to use logical-mathematical intelligence to improve the others:				
Linguistic: read mysteries, read about science, write about favourite topics		Logical-Mathematical – get <i>even better</i> : watch science programmes, practise mental maths		
Musical: listen for musical patterns, learn to read music, use music creation software		Bodily-Kinaesthetic: notice statistics in sports, see how people calculate angles and distances		



Spatial: look for patterns in science, experiment with computer animation		Interpersonal: play chess, draughts, card or board games, notice people's strategies,		
Intrapersonal: make a website about something you are interested in, write a list of your future goals		Naturalist: research interesting processes like photosynthesis, erosion and weather systems		
Brilliant careers:				
Astronaut	Inventor	Programmer	Bookkeeper	Scientist
Statistician	Accountant	Researcher	Game designer	Broker
Engineer	Webmaster	Negotiator	Quality surveyor	Treasurer
Analyst	Technical writer	Banker	Detective	Auditor

Musical				
Can include all or some of these:				
Writes own songs	Enjoys making musical sounds	Enjoys singing	Can rap	Can read music
Often has a song in their head	Can sing a tune straight back	Remembers facts by using songs	Plays an instrument	Likes listening to music
Recognises tunes very quickly	Sings or hums when busy	Can read music	Likes different styles of music	Easily picks up rhythms
How to use musical intelligence to improve the others:				
Linguistic: learn spellings to music or rhymes, hear the sounds in stories		Logical-Mathematical: learn lists and formulas to music, notice the logical construction of sheet music		
Musical – get <i>even better</i> : listen to a wide range of music, watch live bands and orchestras		Bodily-Kinaesthetic: move to music, tap your toes, nod your head, dance, clap		
Spatial: see the pictures that music creates in your mind, create a collage based on music		Interpersonal: make music with others, see how they enjoy music, listen to how they talk about it		
Intrapersonal: notice the emotions music makes you feel and think about why		Naturalist: notice tunes and melodies in nature, notice also the city noises and sounds		
Brilliant careers:				
Instrument maker	Voice coach	Musician	Conductor	Sound engineer
Music journalist	Foley artist	Instrument tuner	Singer	Jingle writer
Studio director	Acoustic engineer	Composer	DJ	Music producer
Entertainer	Songwriter	Music teacher	Music therapist	Video designer

Bodily-Kinaesthetic				
Can include all or some of these:				
Likes movement and activity	Can mimic people's expressions	Loves practical lessons	Is skilful at building models	Dances gracefully and rhythmically
Learns physical skills easily	Thinks better when moving around	Has a good sense of co-ordination	Can climb and balance well	Enjoys exploring new places



Plays sports well	Enjoys learning in different places	Enjoys making things	Likes role-play and acting	Has a good sense of timing
How to use bodily-kinaesthetic intelligence to improve the others:				
Linguistic: spell using movable magnetic letters, write spellings large in the air		Logical-Mathematical: design and build something, practise estimating and measuring sports progress		
Musical: notice the rhythms and patterns when dancing, exercise to music with different beats		Bodily-Kinaesthetic – get <i>even better</i> : learn a sport, dance or crafts skill, learn how to keep fit		
Spatial: use modelling materials, experiment with ways to make marks, explore buildings		Interpersonal: learn magic tricks and how to keep or distract people's attention		
Intrapersonal: create thinking time by running, yoga, tai chi and swimming		Naturalist: notice signs of nature when out, feel the wind, the warmth or the rain		
Brilliant careers:				
Magician	Actor	Hairdresser	Lifeguard	Choreographer
Soldier	Dentist	Dancer	Driver	Crafts maker
Builder	Coach	Chef	Stunt person	Surgeon
Diver	Fire-fighter	Explorer	Athlete	Circus performer

Spatial				
Can include all or some of these:				
Likes puzzles and optical illusions	Likes building 3D models	Can see objects clearly in mind	Loves using arts and crafts	Likes doodling and drawing
Easily reads maps and diagrams	Enjoys films and videos	Thinks in pictures	Learns by watching others	Sees patterns in everything
Likes to problem solve by drawing	Notices shapes and styles	Has a great visual memory	Plays lots of video games	Makes diagrams to help learning
How to use spatial intelligence to improve the others:				
Linguistic: see how poetry and illustrations work together, make a comic book		Logical-Mathematical: use diagrams to think through problems, notice mathematical patterns		
Musical: notice the pictures that music makes, use music for inspiration		Bodily-Kinaesthetic: use different parts of the body to create art or sculpture, physically move about		
Spatial – get <i>even better</i> : learn more about great artists and designers, make videos		Interpersonal: teach others how to be creative, play visual games with other people		
Intrapersonal: make a vision board for the future, design ideal clothes or environments		Naturalist: try orienteering, photograph the natural world, draw maps of the area		
Brilliant careers:				
Surveyor	Photographer	Graphic designer	Artist	Cartographer
Interior designer	Illustrator	Film director	Inventor	Product developer



Window dresser	Decorator	Cartoonist	Fashion designer	Civil engineer
Pilot	Sculptor	Web designer	Animator	Crafts maker

Interpersonal

Can include all or some of these:

Likes to work with others	Watches others	Aware of fairness	Likes group activities	Can be persuasive
Happy to meet new people	Can tell how someone is feeling	Makes friends easily	Likes to organise activities	Is a good listener
Can interview others well	Offers to help others	Likes lively conversations	Can enthuse others	Knows how to help people get along

How to use interpersonal intelligence to improve the others:

Linguistic: talk about books, practise spellings with others, write and direct a play	Logical-Mathematical: start a maths or science study group, write and run quizzes
Musical: ask people what music they like and why, join a local musical theatre or choral group	Bodily-Kinaesthetic: learn social activities like martial arts or dancing, join a sports team
Spatial: join or run an arts and crafts club, design and make a community mural	Interpersonal – get <i>even better</i> : volunteer to help others, get a mentor, learn to be a leader
Intrapersonal: list existing social skills and set goals for improving or adding to them	Naturalist: join an environmental cause, talk to people about their love of the natural world

Brilliant careers:

Actor	Politician	Sociologist	Psychiatrist	Talk show host
Police officer	Therapist	Health professional	Coach	Salesperson
Manager	Personal assistant	Teacher	Consultant	Mentor
Psychologist	Social worker	Business owner	Travel agent	Criminologist

Intrapersonal

Can include all or some of these:

Knows own strengths	Loves keeping a journal or diary	Prefers to work alone	Self-assured	Happy in own company
Looks after themselves	Likes setting personal goals	Stands up for own opinions	Can work through own problems	Knows own shortcomings
Aware of own feelings	Has a great imagination	Dreams about the future	Likes to write about thoughts	Can resist peer pressure

How to use intrapersonal intelligence to improve the others:

Linguistic: write an autobiography, keep a journal to put ideas and thoughts in	Logical-Mathematical: learn how the mind works, make connections between favourite activities
Musical: learn to play a favourite song, pay attention to the emotions music stirs up	Bodily-Kinaesthetic: use dance, mime or acting to express feelings, learn focus through meditation



Spatial: create a self-portrait, use different arts to express feelings, visit different environments		Interpersonal: find people with similar interests, notice how people deal with different situations		
Intrapersonal – get <i>even better</i> : make a list of ways to deal with problems, set targets and goals		Naturalist: notice feelings associated with being outside in nature, collect pictures and reminders		
Brilliant careers:				
Detective	Inventor	Actor	Biographer	Writer
Comedian	Artist	Psychologist	Counsellor	Film director
Philosopher	Researcher	Entrepreneur	Teacher	Psychiatrist
Personal trainer	Therapist	Performance artist	Lifestyle coach	Theorist

Naturalist				
Can include all or some of these:				
Always notices nature	Enjoys growing plants	Loves animals	Enjoys finding out about animals	Is street smart
Likes visiting parks and zoos	Might be a vegetarian	Keen to learn about nature	Cares about the environment	Loves camping
Prefers learning outdoors	Remembers plant names	Can adapt well to surroundings	Can talk about the weather	Has outdoor related hobbies
How to use naturalist intelligence to improve the others:				
Linguistic: read more about interests, make notes about findings, talk to others about interests		Logical-Mathematical: invent science experiments, classify and categorise interests		
Musical: listen for natural music when outside, make music with natural materials		Bodily-Kinaesthetic: notice how nature affects all the senses, hike, walk or run in the fresh air		
Spatial: capture nature in photos or artworks, spot patterns and textures, visit large spaces		Interpersonal: start a community garden, teach others about nature, talk to naturalists		
Intrapersonal: notice emotions and feelings when in nature, research jobs linked with interests		Naturalist – get <i>even better</i> : take care of a plant or pet, create an ecosystem, study astronomy		
Brilliant careers:				
Animal trainer	Photographer	Conservationist	Archaeologist	Gardener
Vet	Landscaper	Farmer	Pet therapist	Zoologist
Biologist	Meteorologist	Nursery owner	Fisher	Beekeeper
Gamekeeper	Zoo keeper	Tree surgeon	Herbalist	Palaeontologist