

4.1 What I like doing!

Name: _____

In each box, tick beside each activity that you like doing. You can tick as many as you like.

<i>Verbal (words)</i>	<i>Mathematical (numbers)</i>
Write a letter	Draw a graph
Write a report	Design a puzzle
Tell a story	Use numbers in maths class
Write an essay	Count objects
Write in your homework journal	Solve puzzles
<i>Visual (pictures and charts)</i>	<i>Kinaesthetic (using your body)</i>
Draw a picture	Act in a play
Paint something	Do an experiment
Make a poster	Play a sport
Take photographs	Dance
Make a map	Make a model (e.g. car)
<i>Musical (music)</i>	<i>Interpersonal (with people)</i>
Listen to music	Talk to people
Write a song	Organise an event
Sing	Work in a group or team
Play an instrument	Help people to work together
Hum	Do voluntary work
<i>Intrapersonal (on your own)</i>	<i>Naturalistic (adapting to change)</i>
Think about your life	Make a prediction
Keep a diary	Solve a problem
Think about what happened that day	Collect objects (e.g. stamps)
Set goals for yourself	Organise things in a certain way
Think about your opinions	Figure out how something works

Now count the number of ticks you made in each box and enter the number for each category below. This tells you a little bit about how you think and learn.

Verbal	_____	Mathematical	_____
Visual	_____	Kinaesthetic	_____
Musical	_____	Interpersonal	_____
Intrapersonal	_____	Naturalistic	_____

Adapted from *Intelligence Reframed: Multiple Intelligences for the 21st Century*. Howard Gardner. New York: Basic Books, 2000.