



MY

INTELLIGENCES

NAME:

My intelligences diary

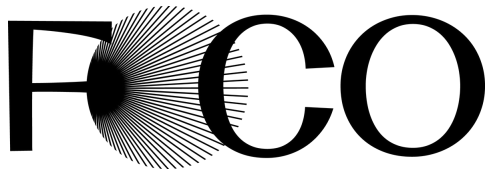
A diary for the self-assessment of competence to support face to face workshops.

Project: ACMIT - Assessment of Competences through Multiple Intelligences and Theatre

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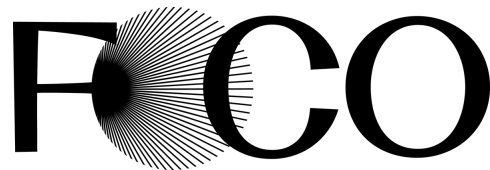
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A diary for assessing my intelligences



This diary is used as a supporting tool for the participants in the ACMIT project. In this course, the workshops used are inspired by the ones developed during the Projecting YOUTH project to assess the level of development of each of the Multiple Intelligences theory.

It has been developed by Juan Escalona Corral and Gonzalo Martínez Ramiro, members of FOCO, as part of the ACMIT project.



The Assessment of Competences through Multiple Intelligences and Theatre project (ACMIT) is a training course co-funded by the Erasmus+ programme of the European Union. The training course is implemented in A Guarda (Spain) in October 2022.



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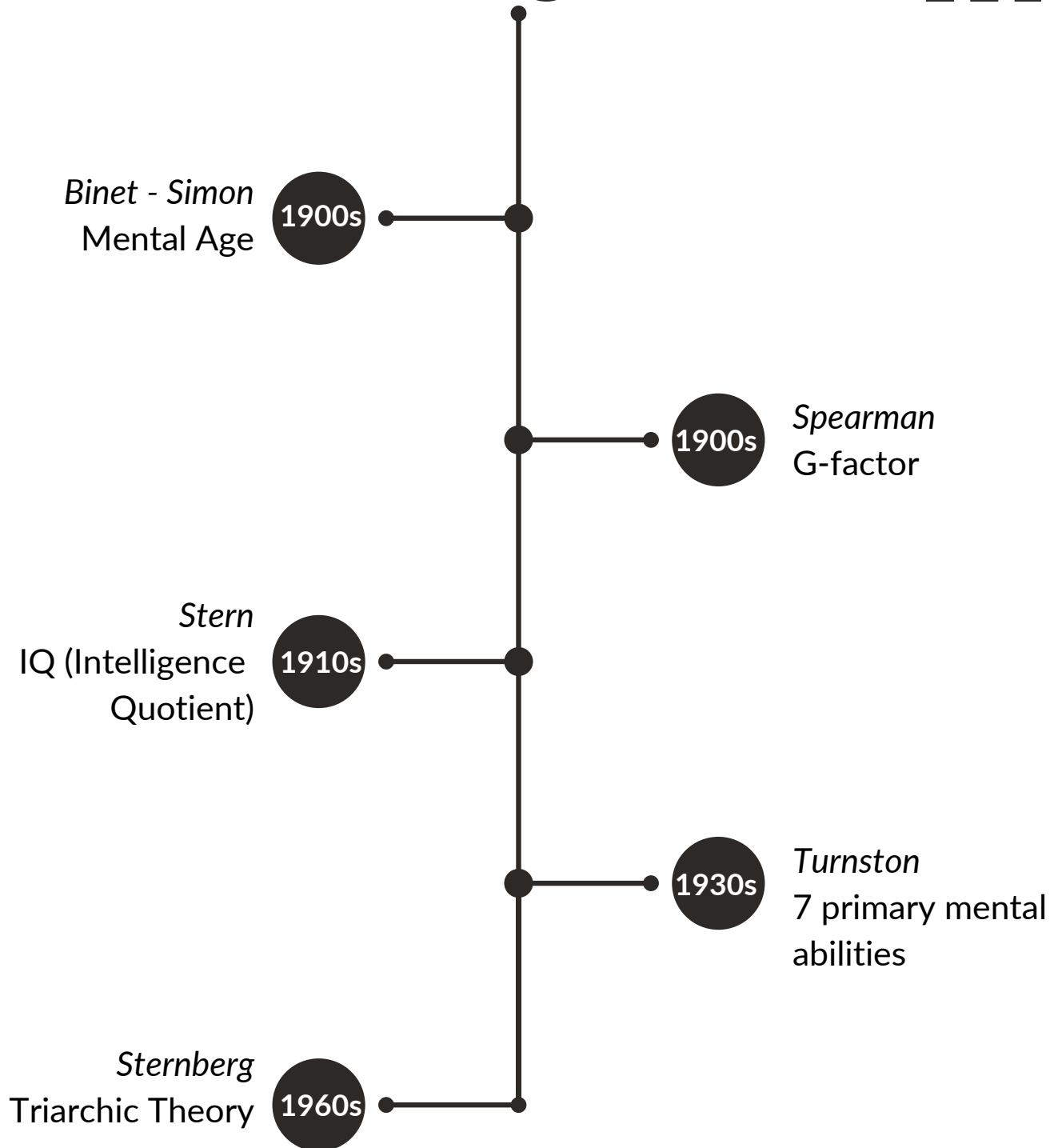
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The history of intelligences





My intelligences



What I think about my intelligences



What I have discovered about my intelligences

Paint it with a marker!!

Little developed

Very developed

1

2

3

4

5

6

Bodily-kinesthetic

Linguistic

Interpersonal

Visual-spatial

Logical-mathematical

Naturalistic

Intrapersonal

Musical

Bodily-kinesthetic intelligence

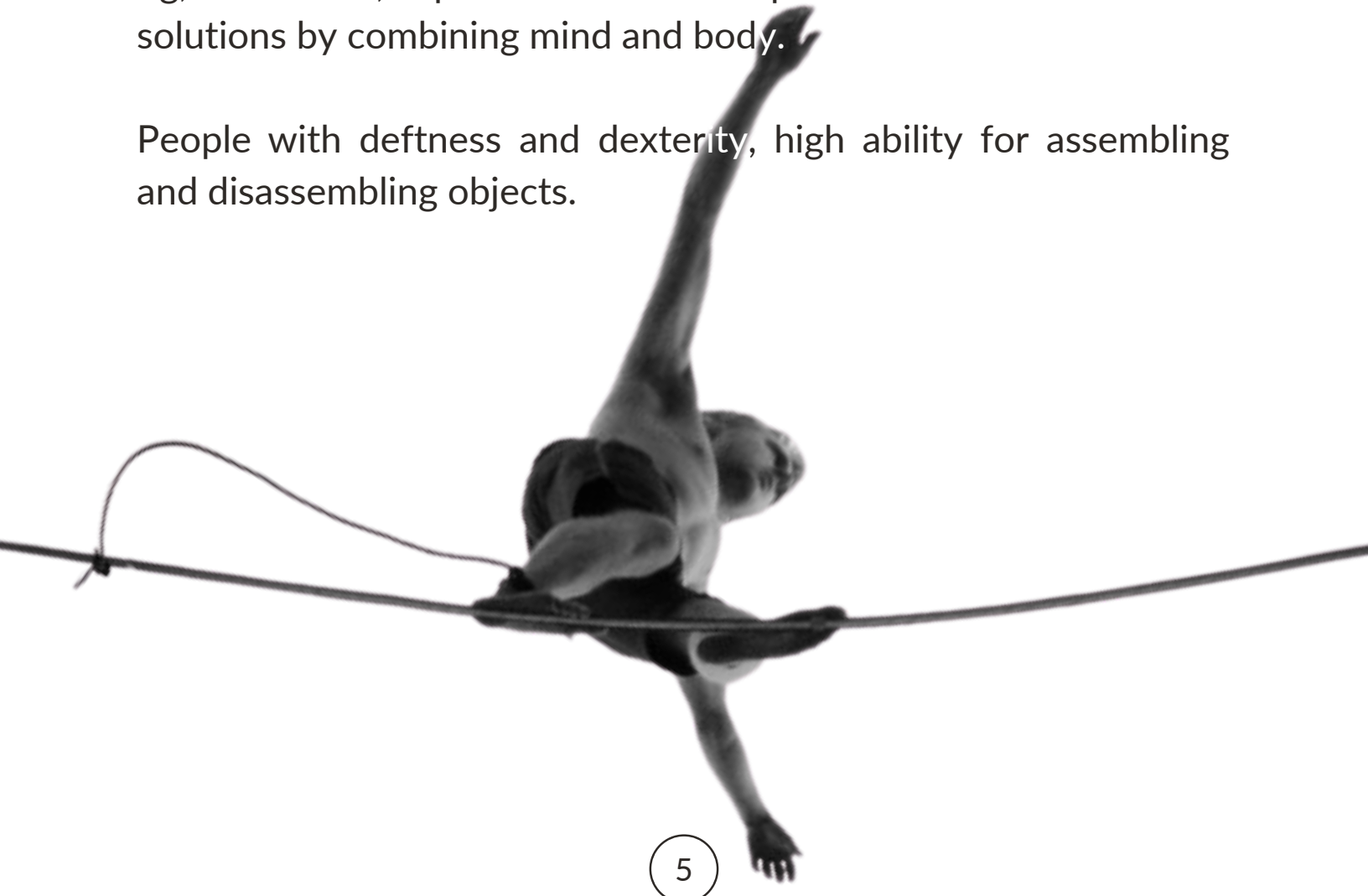


In a nutshell

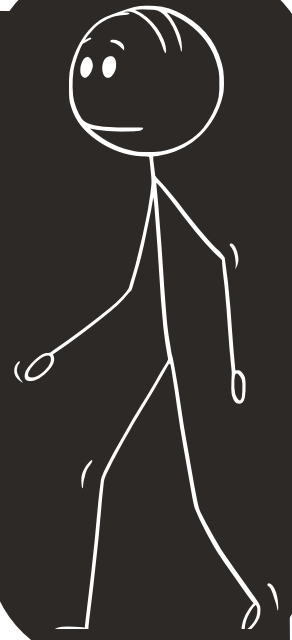
The ability to express oneself through the body or through their body parts.

The ability to express in a clear and precise way like: touch and feel, movement, express forms of their problems and their relevant solutions by combining mind and body.

People with deftness and dexterity, high ability for assembling and disassembling objects.



Draw the movement(s) from the workshop
you have found the most interesting



How did this movement work?
Include special effects and
draw explanations!

Notes



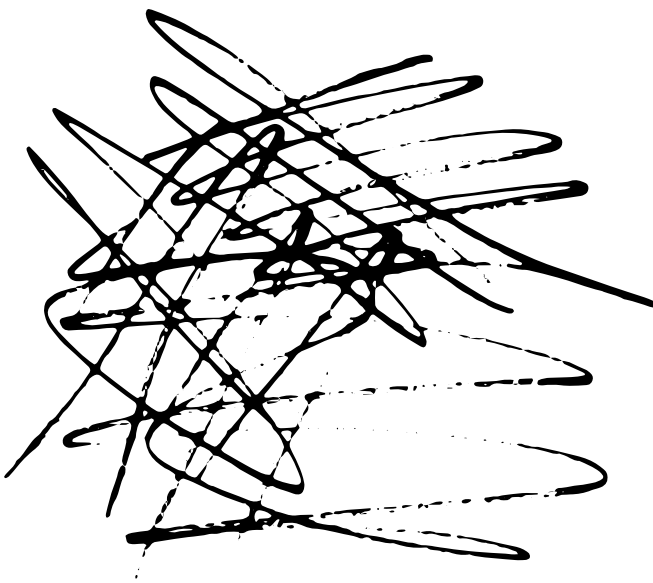
Linguistic intelligence

In a nutshell

The ability to express ideas by words.

Capability to speak, to read, to listen...

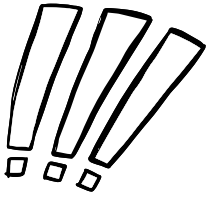
To write and express by telling stories, proverbs, poems, using both – written and oral expression.



A word is dead
When it is said,
Some say.
I say it just
Begins to live
That day

Emily Dickinson

Freewriting



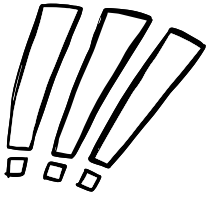
Forget about grammar, spelling, punctuation

Don't stop writing

Don't stop moving your hand

my CENSOR

Freewriting



Forget about grammar, spelling, punctuation

Don't stop writing

Don't stop moving your hand

Notes

Interpersonal intelligence



In a nutshell

The ability to understand others and their intentions, emotions and feelings,

To be able to interact with others in an appropriate way.

To integrate and adapt easily, to exchange ideas, to prevent and resolve conflicts, to regulate interpersonal relationships, to organize and lead others.

My TEAM

*Feel free to write,
draw, paint,
scribble...*

- What was my role inside the team?
- What was the role of the other members of the team?
- How did we work as a team?
- How did I work as part of a team?

Notes



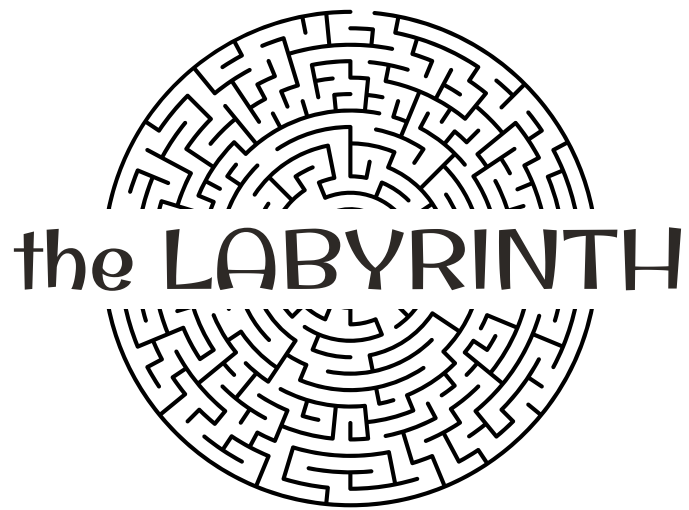
Visual-spatial intelligence

In a nutshell

The ability to notice, recognize, visualise and virtually change parameters (shapes, colours, sounds) of virtual pictures, based on a real image:

- To "see" them in a wide range of the 3-Ddimensional space.
- To be able to recognize and have fun with different shapes, colours and pictures.
- To paint, to have a good orientation, to easily navigate in sketches, road maps, diagrams and graphics, but also to be able to dream, to watch movies.

a *MAP* of your **ROOM**



Notes



Logical-mathematical intelligence

In a nutshell

The ability to think logically; to perform mathematical calculations, to arrange, to solve mathematical tasks.

The ability to organize, analyze and manage time, the time as well as the ability to think and reveal causal connections.



Notes

Musical intelligence



In a nutshell

The ability to perceive, to evaluate, and to compose music through rhythms, tones, and modulations.

The ability to be sensitive to sounds, rhythm and music: to sing, to play a musical instrument, to beat time, to whistle.

The capability to be sensitive to emotional messages of music and to the surrounding natural sounds like birdsong.



a song for each MOOD

Write the title of a song that you can relate to each image



Notes



Intrapersonal intelligence

In a nutshell

The ability to know and evaluate yourself: to be able to take advantage of the strengths and to take into account the shortcomings.

To set personal goals and to achieve them, to be responsible of the actions, to be able to motivate yourselves.

a letter to yourself 

Notes



Naturalistic intelligence

In a nutshell

The ability to perceive and to feel nature – the animate and the inanimate world.

The ability to distinguish different representatives of the environment in detail by assessing them in relation to their positions and survival, the ability to engage in and to feel convenient in natural areas (biophilia).

The ability to observe, recognize, identify and classify plants, rocks, to try to understand nature and respect it, to have an ecological approach in actions aimed at protecting the environment.



my safe place



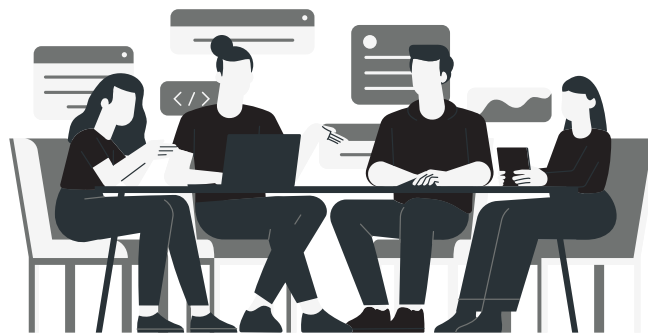
Notes

Self-reflection diary

My Key Competences

1. Multilingual competence
2. Personal, social and learning to learn competence
3. Citizenship competence
4. Entrepreneurship competence
5. Cultural awareness and expression competence
6. Digital competence
7. Mathematical competence and competence in science, technology and engineering
8. Literacy competence

My New Partners and Projects



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