The capacity to use your whole body or parts of your body (your hands, your fingers, your arms) to solve a problem, make something, or put on some kind of production. The ability to control one's body movements and to handle objects skillfully.

Activities may include
- Dancing
- Sports and athletics
- Throwing, catching, jumping etc
- Building and manipulating
- Performing, role-playing and drama
- Shaping and sculpting
- Keyboarding
- Experimenting
- Obstacle Courses
The capacity to think conceptually and abstractly and understand the underlying principles of some kind of logical or numerical patterns or to manipulate numbers, quantities, and operations.

Activities may include:
- Mazes and puzzles
- Graphing
- Mathematics and numbers
- Problem solving
- Timelines
- Strategic games and codes
- Spreadsheets and databases
- Computer games
- Patterning and sequencing
- Fact finding and collecting
The capacity to think in music; to be able to hear patterns, recognise them, and perhaps manipulate them. People who have strong musical intelligence don’t just remember music easily, they can’t get it out of their minds.

Activities may include
- Singing
- Playing a musical instrument
- Remembering songs
- Making up song lyrics
- Tapping and clapping
- Writing jingles
- Composing music
- Performing music for a group
- Listening to music
- Understanding music
The capacity ability to recognise and categorise plants, animals and other objects in nature, the ability to discriminate among living things such as plants and animals, and sensitivity to other features of the natural world such as clouds and rocks.

Activities may include:
- Exploring the natural environment
- Hiking
- Touching
- Reusing, reducing and recycling
- Gardening
- Fishing
- Star gazing
- Photography
- Camping
- Looking after a pet
The capacity to perceive the visual world accurately - to transform, modify, and recreate aspects of one's visual world

Activities may include
- Drawing and painting
- Cartooning and doodling
- Reading and making maps
- Sketching and illustrating
- Making murals, charts, posters, collages, statues and mobiles
- Photography
- Creating and understanding films
- Making constructions and models
The knowledge of self-the ability to draw upon your own feelings to guide your own behavior

Activities may include
- Working independently
- Writing diaries and journals
- Poetry
- Writing autobiographies
- Setting goals
- Creative writing
- Imagining
- Planning and organising
- Thinking
Everything having to do with language, speech, reading, and writing

Activities may include
- Reading fiction and non-fiction books
- Writing letters, reports, scripts etc.
- Talking
- Debating
- Word puzzles
- Making up and telling jokes
- Storytelling
- Emailing
- Listening to tapes & people
- Poetry