

Kinaesthetic Intelligence



Kinaesthetic Intelligence is sometimes also called being 'body smart'. It means that you tend to learn by doing or trying it out for yourself.

Kinaesthetic Intelligence is one of eight different types of intelligence that Howard Gardner wrote about in his 1983 book, 'Frames of Mind'. Most people are a mix of the eight different types and change types as they grow older.

If you have high Kinaesthetic Intelligence:

- You probably enjoy being active in some way, such as by playing ball games, dancing, skipping or team sports.
- You might also like to perform in front of a group, either as an actor or during a sports competition.
- You have great reflexes and find it easier to learn tricks that require good coordination.

Learning tips for people with high Kinaesthetic Intelligence:

Try standing at your desk or having something in your hands to fiddle with.

Take movement breaks while learning to release some energy and refocus your mind.

Act out your learning or ask if you can have a go rather than watching other people teach you a skill.

Career ideas for people with high Kinaesthetic Intelligence:

Athlete



Builder



Actor

