

# Gardner's Categories of Intelligences

- **LINGUISTIC:** Ability to read, write, communicate with words.
- **LOGICAL-MATHEMATICAL:** Ability to reason, calculate, use logic.
- **VISUAL-SPATIAL:** Thinking in pictures, visualizing, sense of direction and space.
- **MUSICAL:** Ability to keep rhythm, appreciate, compose, and make music.
- **BODILY (KINESTHETIC):** Ability to create physical products, present ideas and emotions, and to use body to solve problems
- **INTERPERSONAL (SOCIAL):** Relate to people, have empathy and understanding, notice their goals and motivations.
- **INTRAPERSONAL:** Self-assessment, self-analysis, reflection, make plans, set goals.