

Using Intelligence Outdoors

Intelligence

Ways to use or develop this intelligence outdoors

VERBAL
"Word smart"

- Describe what you see, hear, smell, touch, and feel
- Look up names of plants and animals in field guides or make up your own names for them
- Keep a journal of your observations and discoveries
- Tell others about your adventures

MATHEMATICAL
"Number/logic smart"

- Count or measure things you see
- Sort or classify objects (leaves, shells, rocks) based on their characteristics
- Collect data: put up a rain gauge, chart temperatures, note birds at your feeder at different times of day
- Ask questions and set up experiments to answer them

VISUAL
"Picture smart"

- Sketch objects you find (leaves, flowers, bugs, etc.)
- Follow maps, make your own maps of favorite places
- Look for patterns, colors, and designs in nature
- Use natural objects to create sculptures or models

KINESTHETIC
"Body smart"

- Run, hike, jump, hop, climb, balance, swim, etc.
- Imitate animals you see: scamper like a squirrel, hop like a rabbit, soar like a bird
- Twirl and dance in the snow or rain or wind
- Learn an outdoor skill such as skiing, snowshoeing, canoeing, snorkeling, or rock climbing

MUSICAL
"Music/rhythm smart"

- Listen to and learn the calls of birds, frogs, and insects
- Sing familiar songs, or make up your own songs, about things you see and do outdoors
- Make drums or other musical instruments out of natural objects

INTERPERSONAL
"People smart"

- Collaborate with others to accomplish something, such as planting a garden or paddling a canoe
- Participate in scheduled outdoor programs with other children or families
- Take turns leading and following as you explore

INTRAPERSONAL
"Self smart"

- Provide choices about where to go, what activity to do, and how much time to spend there
- Encourage independent exploration when possible
- Make time for reflection after an outdoor experience, such as writing in a journal, drawing a picture, or talking about reactions, thoughts, and emotions

NATURALISTIC
"Nature smart"

- All of the above!

Pack an Explorer's Kit

Here are some items you might want to include:

- Magnifying glass
- Binoculars
- Plastic bags and containers for collecting
- Field guides
- Notebook and pencil to record what you see
- Camera
- Water bottle
- Sunscreen
- Bug repellent
- Band-aids
- Blanket/tarp for sitting on the ground or building forts