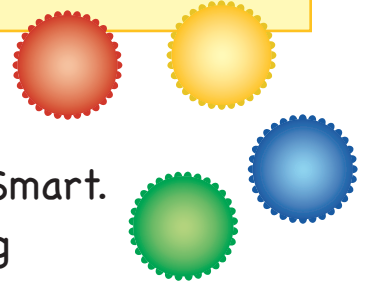




Body Smart

Here are some ideas to try out at home if your child has been identified as having a strength in the area of Body Smart. These activities will encourage this smart while developing other areas of intelligence as well.



- Play dance music while cleaning up toys. See if kids can clean up before the song ends. (body/music)
- Go for a walk or hike and have a scavenger hunt of things you can find in that season. (body/nature)
- Draw a balance beam with chalk on your driveway and have children walk backwards, forwards, sideways. (body/spatial)
- Using clay or play-doh, play "Guess what I made" with family and friends. (body/people)
- Read a book about parts of the body and how these different parts work to help us walk, run, eat, play. (body/book)
- Make a mystery box. Place items of different shapes in the box for the child to feel and guess the shape and the item. (body/math (geometric shapes))
- Use a mirror to play "Guess that feeling" game with different facial expressions. (body/self)

