



You may ask, So what are Multiple Intelligences? Dr. Howard Gardner, professor of education at Harvard University, developed the theory of Multiple Intelligences in 1983 to help educators, psychologists and parents to better understand how children process and learn information. Most children have a number of different intelligences and learning styles and can be engaged in a variety of ways. It is a great gift to understand the unique ways children learn. When we understand what speaks to our children (and to ourselves), we are in a better position to guide their development and help them reach their potential.

The 8 smARTs are: Body, Self, People, Math, Music, Nature, Art, and Word smART

[Click Here](#) to take a survey to see how you learn best.

