

# LOGICAL INTELLIGENCE VIDEO

## Description

This short video aims to explain logical-mathematical intelligence to elderly people.



## Time Needed

20 minutes

## Learning Setting

Individually, or in group activity  
1 to 5 participants

## Materials Required

Video can be watched on:  
Smartphone, Tablet, Computer screen, Television



## Expected Results

- Understand the concept of logical intelligence
- Identify examples of activities to strengthen logical intelligence

## Learning Objectives



- To raise awareness about logical intelligence
- Creating conversations and exchanges about this topic
- Give ideas of possible activities to implement

## Step By Step Guidance

- Explanation of the activity (5 mn)
- Watching the video (3 mn)
- Conversation exchange about the video (12 mn)

## Source

My Training Box

# SCRIPT FOR VIDEO

In this video, we take a look at mathematical intelligence. Do you like playing with numbers and solving logical problems? Is arithmetic one of your favourite pastimes? Are you an expert at logic games? Then perhaps your mathematical intelligence is highly developed and you appreciate order, computers, filing and organisation.

Experts unanimously affirm a strong link between mathematical intelligence and digital literacy. Numerical proficiency is foundational for navigating the digital world, enhancing skills in data analysis and algorithm comprehension. Logical-mathematical intelligence plays a crucial role in understanding digital tools, particularly in organizing data and dealing with abstract concepts. Therefore, it may also be a benefit to elderly people and helping them to acquire digital skills such as adaptability to technology, understanding digital systems and navigating digital world more effectively.

Even if maths wasn't one of your favourite subjects, you encounter arithmetic, order and logic everywhere in your everyday life: when you look at discounts in the supermarket, when calculating your expenses and income, when converting recipes for more or fewer people, when measuring and weighing, but also when searching for media in a library or organising your calendar.

There are a number of activities that can help you maintain or improve this intelligence, for example:

- Playing logic games such as puzzles or sudoku
- Sorting or classifying objects
- Using a computer
- Playing chess
- Doing your sums
- Solving puzzles
- Planning a project
- Breaking down a task into successive parts and prioritising them

The list of examples could go on and on, and it doesn't matter which you prefer, as long as you keep your mathematical intelligence sharp. It's the key to your ability to calculate, to reason logically and to order the world. Wouldn't it be a shame to deprive ourselves of it? Choose the activity that interests you the most and start from there.