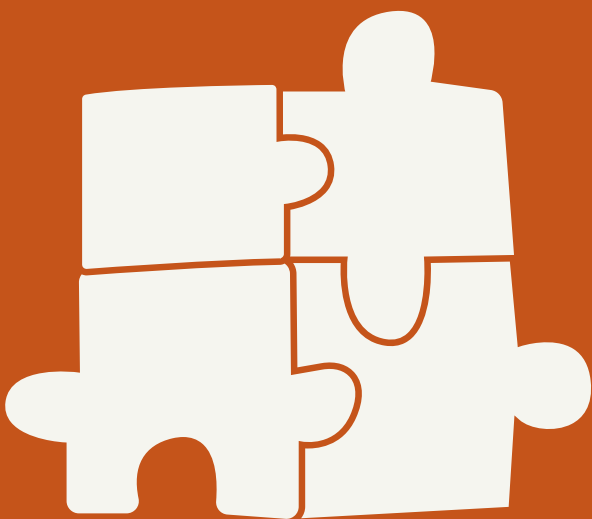


# SPATIAL INTELLIGENCE



## Digital Ageing project

aims to enhance crucial cognitive abilities that naturally decline with age. This initiative seeks to boost confidence among individuals aged over 65 in learning new skills, including technology use. The project is designed to maintain older adults' cognitive abilities by developing activities that incorporate four of Howard Gardner's theories of multiple intelligences: verbal, logical-mathematical, spatial, and musical. The project now focuses on Spatial Intelligence,

### Spatial intelligence

is one of Howard Gardner's multiple intelligences, which is described as ability to visualise, manipulate, and understand spatial relationships between objects. It involves skills like mentally rotating shapes, understanding maps, recognising patterns, and solving puzzles that require spatial awareness. People with high spatial intelligence often excel in fields like architecture, engineering, art, design, and even sports.

Learn what activities are good for spatial intelligence  
[digital-ageing.eu](https://digital-ageing.eu)



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## Expert's corner

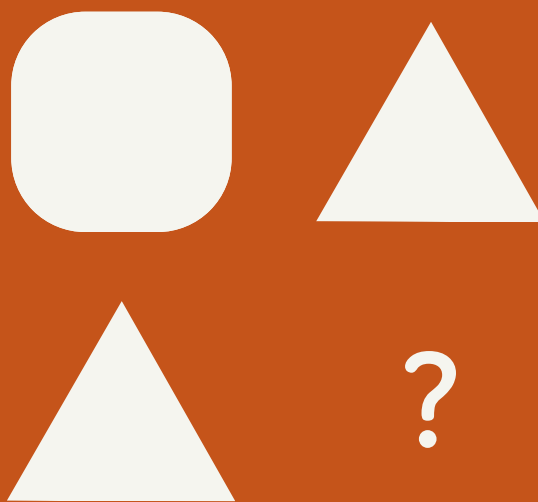
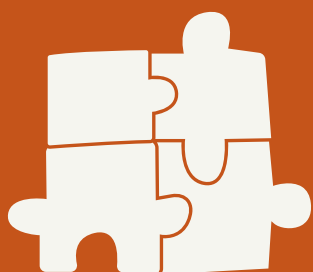
In this interview, psychologist Javier Cano from Spain discusses the benefits of developing spatial intelligence in older adults, based on Howard Gardner's theory of multiple intelligences. Among other things, he says that in this way, the elderly can better find their way in new places and quickly remember where they left certain things. He suggests a lot of ways of spatial intelligence training, such as solving puzzles, playing board games, drawing, painting and doing outdoor activities, like hiking, walking or simply observing the setting.

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## The Multiple Intelligences theory

He proceeds to explain that there is a close connection between spatial intelligence and digital competences. A lot of applications, such as those of virtual reality and design programs, require spatial abilities from the users.

Scan the QR code to watch the full video:



## Spatial Intelligence Test

Start by visiting our website to take the spatial intelligence test. Discover your level and get started with activities! [Take test here.](#)

## Free activities

On our [website](#) and Moodle course, you can explore the activities developed with insights from focus groups that included experts, social workers, and elderly individuals. Additionally, an introductory video explains more about spatial intelligence. Do what you can to keep the skills sharp

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Scan the QR code to visit Digital Ageing website



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