

# Expression Tasks for ‘Who Am I Becoming?’

Inspired by **Howard Gardner’s Multiple Intelligences**

---

## 1. Linguistic Intelligence (Word Smart)

- **Task 1:** Write a short story titled “*Future Me*” imagining yourself 10 years from now — what are you doing, feeling, and proud of?
  - **Task 2:** Create an “I Am” poem (e.g., “I am someone who...”) reflecting how your identity is evolving.
- 

## 2. Visual-Spatial Intelligence (Picture Smart)

- **Task 1:** Draw or collage a “Personal Growth Tree” — roots = values, trunk = current self, branches = dreams.
  - **Task 2:** Design a symbolic shield representing your strengths, fears, and aspirations.
- 

## 3. Musical Intelligence (Sound Smart)

- **Task 1:** Compose a short melody, beat, or rhythm that matches how your inner self feels right now.
  - **Task 2:** Rewrite the lyrics of a song you love to express how you’re changing or discovering yourself.
- 

## 4. Bodily-Kinesthetic Intelligence (Body Smart)

- **Task 1:** Choreograph a short sequence of 5 movements to express “past me,” “current me,” and “future me.”
  - **Task 2:** Use modeling clay or recycled materials to build a physical object that represents your evolving identity.
- 

## 5. Intrapersonal Intelligence (Self Smart)

- **Task 1:** Journal about a moment that made you rethink who you are or want to be.
  - **Task 2:** Talk privately with ChatGPT about your strengths and what you’re still figuring out.
-

## 6. Interpersonal Intelligence (People Smart)

- **Task 1:** Interview a classmate and ask how they think you've grown this year — then reflect on what they said.
  - **Task 2:** Create a comic strip showing a past interaction where you surprised yourself with maturity or empathy.
- 

## 7. Naturalistic Intelligence (Nature Smart)

- **Task 1:** Go outside and find an object (leaf, rock, etc.) that symbolizes who you are becoming — write or sketch why.
- **Task 2:** Map your emotional growth across seasons — how do you change like nature?