

# SPATIAL INTELLIGENCE VIDEO SCRIPT

## Description

This short video aims to explain visual spatial intelligence to elderly people.

## Learning Objectives



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



## Time Needed

20 mins



## Materials Required

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

## 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

## Expected Results

- Understand the concept of visual spatial intelligence
- Identify examples of activities to strengthen spatial intelligence



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In this video, we will focus on visual or spatial intelligence. Do you have a good sense of direction? Can you easily create mental images? Do you have a visual memory? If so maybe your spatial intelligence is well developed and you are sensitive to spatial organization, colors and patterns.

Developing spatial intelligence can improve the use of digital tools. Specialists working with the elderly believe that visual-spatial intelligence is interconnected with digital literacy. Spatial intelligence enhances our ability to navigate space and improves visual memory. This can be especially beneficial for the elderly when browsing websites or using digital applications. Visual-spatial skills aid in interface navigation, including recognising icons, menus, and layout designs, problem-solving, interpreting visual data, using smartphone navigation, and understanding online fraud. Individuals with high visuospatial abilities form efficient recognition and recall patterns, enabling better control and navigation in the digital space. In old age, the rapid processing of these patterns decreases over time, and individuals need more time to comprehend and act on a recognised image or stimulus.

Even if UX design, or user experience, (the improvement of the user experience in digital environments), has progressed a lot, it is not always easy to find your way through the pages, menus and icons of digital services. Improving your ability to recognize visual objects and situate yourself in digital environments will greatly facilitate your digital experience.

Several activities can allow you to maintain or improve this intelligence, as well as increasing your response speed, for example:

- Doing puzzles
- Practicing imagination exercises ("Pretend as if")
- Using images and photos to learn
- Working with artistic media (paint, pencils, markers)
- Practising visualization exercises
- Watching movies and videos
- Designing posters to express ideas
- Playing Rubik's Cubes

The list of examples of activities could go on and on and it doesn't matter which ones you prefer as long as you maintain your spatial intelligence. It is the key to your ability to locate yourself in space and recognize symbols and other visual objects. It would be a shame to deprive yourself of it, don't you think? Choose the activity that interests you the most and start there.