MUSICAL 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 Musical Intelligence,

Musical intelligence

is one of Howard Gardner's multiple intelligences, which is described as an individual's ability to perceive, appreciate, create, and express music. It involves sensitivity to sounds, rhythms, tones, and melodies, as well as the capacity to recognize and compose musical patterns. People with high musical intelligence often excel at playing musical instruments, singing, composing music, or understanding the technical aspects of sound.

Learn what activities are good for musical intelligence
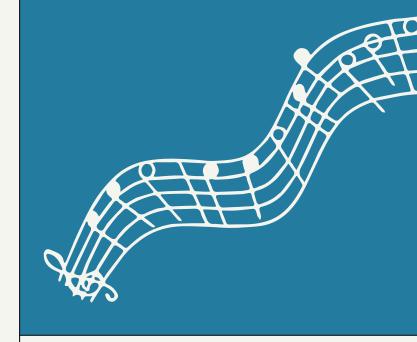**digital-ageing.eu**

Expert's Corner

In this interview, educational psychologist **Darío Salguero García** from Spain discusses the benefits of developing musical intelligence in older adults, based on Howard Gardner's theory of multiple intelligences. Among other things, he mentions stimulating memory and improving emotional state.

He proceeds to give examples of activities that stimulate development of musical intelligence. Those could be as follows: practicing **rhythm exercises**, such as following patterns with clapping or drumming, and listening to music consciously, analyzing instruments and song structure. He assures that there is a link between musical abilities and digital skills, as one can boost understanding of music through various applications, while also improving navigation and device management skills.

Scan the QR code to watch the full video:

Musical Intelligence Test

Start by visiting our website to take the musical 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 musical intelligence. Do what you can to keep the skills sharpen.

Scan the QR code to visit Digital Ageing website