

Kinesthetic Learning Strategies



Kinesthetic Learners benefit from:

- ☐ **opportunities to move around and engage their small and large muscle groups**
- ☐ **using manipulatives when learning new concepts (i.e. abacus, modeling clay, number lines, models, geoboards, computers, iPads)**
- ☐ **opportunities to participate in experiments and field trips**
- ☐ **playing games that are related to new concepts/skills**
- ☐ **making projects to demonstrate knowledge**
- ☐ **role playing**
- ☐ **memorize information while moving- clap, hop, skip or jump when reciting information**
- ☐ **short blocks of learning as**
- ☐ **frequent breaks**
- ☐ **reading out loud while tracking the print with their finger**
- ☐ **playing with a stress ball or fidget toy while learning/studying**
- ☐ **highlighting or underlining important information**
- ☐ **manipulating letters, words, sentences and paragraphs by cutting them out and putting them in the appropriate order or sorting them**

Sources:

http://www.education.com/magazine/article/kinesthetic_learner/

<http://www.schoolfamily.com/school-family-articles/article/826-what-is-your-childs-learning-style>