

# **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 letter, 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.education.com/magazine/article/kinesthetic_learner/)

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