

Do you learn best in a Kinaesthetic way?

Kinaesthetic learners might say:

- I don't like to read or listen to directions; I'd rather just start doing.
- I can study better when music is playing.
- I need frequent breaks while studying.
- I think better when I have the freedom to move around. Studying at a desk is not for me.
- When I can't think of a specific word, I use my hands a lot and call something a what-cha-ma-call-it.
- When beginning an article or a book, I prefer to take a peek at the ending.
- I take notes, but never go back and read them.
- My notebook and desk may look messy but I know where things are.
- I move my fingers to count and move my lips when I read.
- I dislike checking and correcting my work.
- I daydream in class.
- I'd rather create a project than write a report or an essay.

If you do like Kinaesthetic learning, try:

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| ✓ Practical methods | ✓ Relaxing with hobbies or sports |
| ✓ Doing and 'having a go' | ✓ Structuring (including paragraphing) |
| ✓ Demonstrations | ✓ Chunking |
| ✓ Movement | ✓ Repeated actions |
| ✓ Gestures | ✓ Body language |
| ✓ Modelling | ✓ Post-it notes and index cards |
| ✓ Designing notes actively | ✓ Posters which you move around |
| ✓ Mindmapping | ✓ Regular breaks |
| ✓ Underlining and highlighting | ✓ Field trips |
| ✓ Sorting and ordering | ✓ Working in different rooms |
| ✓ Learning to spell by practising writing the word | ✓ Remembering actions, 'how something went' |