

Kinesthetic Activities

The tactile-kinesthetic learner remembers best the things they experience. Kinesthetic learning involves use of the whole body rather than just hands-on.

Activity Suggestions for the Tactile-Kinesthetic Learner

- Abacus Air Writing
- Artistic creations
- Audio Books
- Blackboard/whiteboard activities
- Blocks and cubes
- Body games
- Calculators
- CatchBall Drills - Play catch while reviewing facts
- Charades
- Collections
- Coloring books
- Computers
- Cut-and-paste tasks
- Dance
- Demonstrations
- Dioramas
- Displays
- Drama, or Skits
- Drawing materials
- Dress as characters
- Electroboards
- Experiments
- Felt boards
- Field trips
- Frequent activity breaks
- Games
- Geoboards with rubber bands
- Globes and maps
- Museum Visits
- Jump Rope Recitation - Memorization while jumping
- Large Arm writing on whiteboard or chalkboard
- Make a video show
- Make your own "Walk and Talk" tapes for memorization
- Mobiles
- Modeling
- Modeling clay
- Musical performances
- Nature Hikes
- Needlework
- Number lines
- Pantomimes
- Plays
- Posters
- Products
- Projects
- Puppet shows
- Puzzles
- Rhythmic Clap and Tap
- Rocking and reading
- Role playing
- Role-play/interviews
- Sandpaper and carpet to trace letters, shapes, and numbers
- Sandpaper/felt letters
- Scavenger Hunts
- Science Experiments
- Science labs
- Scrapbooks
- Sculptures/Collages
- Surveys
- Task cards
- Walking and reading
- Walking Review - Walking while listening or reciting
- Workbooks
- Wooden numbers and letters

Learning Strategies for the Tactile-Kinesthetic Learner

- To memorize, pace or walk around while reciting to yourself or using flashcards or notes.
- When reading a short story or chapter in a book, try a whole-to-part approach. This means you should first scan the pictures, then read headings, then read the first and last paragraphs and try to get a feel for the book.
- You might not study best while at a desk. Try lying on your stomach or back. Try studying while sitting in a comfortable lounge chair or on cushions or a bean bag.
- Studying with music in the background might suit you (baroque music is best - as opposed to heavily rhythm-based music).
- Use colored construction paper to cover your desk or even decorate your area. Choose your favorite color as this will help you focus. This technique is called color grounding .
- While studying, take frequent breaks, but be sure to settle back down to work quickly. A reasonable schedule would be 15-25 minutes of study, 3-5 minutes of break time.
- When trying to memorize information, try closing your eyes and writing the information in the air or on a surface with your finger. Try to picture the words in your head as you are doing this. Try to hear the words in your head, too. Later, when you try to remember this information, close your eyes and try to see it with your mind's eye and to hear it in your head.
- When learning new information, make task cards, flashcards, electro-boards, card games, floor games, etc. This will help you process the information.

Teaching Strategies for the Tactile-Kinesthetic Learner

- Allow tactile-kinesthetic students to take breaks during lessons and move around.
- Encourage tactile-kinesthetic students to write down their own notes.
- Encourage tactile-kinesthetic students to stand or move while reciting information or learning new material.
- Incorporate multimedia resources (computer, video camera, OHP transparencies, photography camera, etc.) into programs (teacher presentations and student presentations).
- Provide lots of tactile-kinesthetic activities in the class.

Tactile-Kinesthetic Learner Traits

- Remembers what they DO very well.
- Remembers best through getting physically involved in whatever is being learnt.
- Enjoys acting out a situation relevant to the study topic.
- Enjoys making and creating.
- Enjoys the opportunities to build and physically handle learning materials.
- Will take notes to keep busy but will not often use them.
- Enjoys using computers.
- Physically expresses interest and enthusiasm by getting active and excited.
- Has trouble staying still or in one place for a long time.
- Enjoys hands-on activities.
- Tends to want to fiddle with small objects while listening or working.
- Tends to want to eat snacks while studying.