

**What is my learning style?**

**General Facts:**

* The tactile-kinesthetic learner must DO things for them to have the best chance at learning
* The tactile-kinesthetic learner remembers best the things they experience
* Kinesthetic learning involves use of the whole body, rather than just hands-on
* Retaining information from written materials or by listening is not as easy as the methods listed above

Even if you are not a hands-on learner, after two weeks

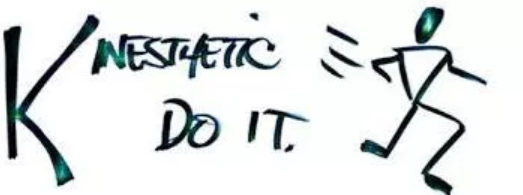
you retain 90% of the things you did and only 10% of the

things you read

**Learning Strengths of the Tactile-Kinesthetic Learner:**

* Remembers what they DO: what they experience with their hands or bodies (movement and touch)
* Enjoys using tools or lessons which involve active or practical participation
* Can remember how to do things after they’ve done them once (motor memory)
* Have strong motor coordination

**Learning Strategies for the Tactile-Kinesthetic Learner:**

* Pace or walk around while reciting to yourself, or using flashcards and notes to improve memorization
* Using a whole-to-part approach when reading a short story or chapter in a book. This means you should first scan the pictures, then read the headings, then read the first and last paragraphs and try to get a feel for the book
* If you need to fidget, try doing so in a way which will not disturb others or endanger yourself or others. Possible options could include jiggling your legs or feet, try hand or finger exercises, or handling a ball similar to a koosh or tennis ball
* Studying may not be done most effectively sitting at a desk. Instead, try lying on your stomach or back, or sitting in a comfortable lounge chair or on cushions, a yoga ball, etc.
* Color Grounding: a technique in which colored construction paper is used to cover or decorate the desk in your favorite color which will help you focus
* Frequent breaks while studying, but be sure to settle back down to work quickly. A reasonable schedule would be 15-25 minutes of studying and a 3-5 minute break time

**Teaching Strategies for the Tactile-Kinesthetic Learner:**

* Allow students to take breaks during lessons and move around
* Encouraging tactile-kinesthetic learners to write down their own notes
* Encourage students to stand or move while reciting information or learning new material
* Incorporation of multimedia resources (computer, video camera, photo camera, etc) in to programs (either teacher or student presentations)
* Providing many tactile-kinesthetic activities in the class

**Major Traits of the Tactile-Kinesthetic Learner:**

* Remembers what they DO very well—getting physically involved in whatever is being learned
* Enjoys acting out a situation relevant to the study topic
* Enjoys making and creating; having opportunities to build and physically handle learning materials
* Will take notes to keep busy but will not often use them
* Enjoys using computers
* Has trouble staying still or in one place for a long time
* Tends to want to fiddle with small objects while listening or working

**Activity Suggestions for the Tactile-Kinesthetic Learner:**

**Tactile Activities:**

Modeling **Scrapbooks**  Coloring Books Artistic Creations Dioramas

Needlework Posters Task Cards Whiteboard Activities

Sandpaper/Felt Letters **Games**  Calculators Puzzles Collections

**Kinesthetic Activities:**

Demonstrations Dance Products Body Games

Field Trips Dress as Characters Role Play & Interviews Charades Pantomimes Plays Projects Walking & Reading