



VISUAL



AUDITORY



KINESTHETIC

KINESTHETIC LEARNERS

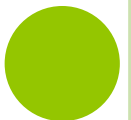
Learning to Learn

Class 3

LEARNING INTENTIONS

By the end of this class we will be able to:

- **Explain** to somebody else what a 'kinesthetic learner' is
- **Know** if I am a kinesthetic learner
- **Name** some kinesthetic learning strategies – and be able to use them
- **Have** some fun!



OPENING CHECK IN

HELLO

In pairs take turns to share:

Your energy level

One physical activity you love to do or watch



Kinesthetic Learners

- ▣ Do best when they are **actively** involved
- ▣ Have high energy levels
- ▣ Prefer to **DO** rather than listen
- ▣ Lose much of what is said in a lecture
- ▣ Do well with role play
- ▣ Are naturally good at sports and dance
- ▣ Do best with a **HANDS-ON** approach to learning
- ▣ Have a hard time sitting and listening

LET'S MAKE SURE WE UNDERSTAND WHAT A KINESTHETIC LEARNER IS...

From the following list tick the statements that you think apply to kinesthetic learners:

- 1.I need to move around or fidget when I'm studying
- 2.I like to read about something before I try it
- 3.I like detailed written instructions and diagrams
- 4.I remember things when I pace around as I say them out loud
- 5.I can sit still and study for long periods
- 6.Role plays help me understand things
- 7.I love to play sport or dance



8.I like to make up rhymes or songs to help me remember things.

9.I like to be actively involved in a class.

10.Listening to someone explain something is the best way for me to understand.

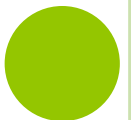
11.I have good coordination and balance.

12.I like to stand rather than sit.

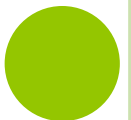
13.I have to write things out to remember them.

14.Chewing gum or eating snacks help my concentration.

15.I need silence to learn



WHAT'S OUR DEFINITION OF A KINESTHETIC LEARNER?



Learning Style: Dominant Kinesthetic

Kinesthetic learners learn through moving, doing, and touching.



Kinesthetic learners like to move around when talking or listening.

They need to take frequent study breaks.

They are explorers at heart and like to learn through active participation in what they are learning.

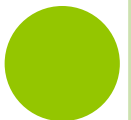
They like to chew gum or to snack while they study.

They like to stand, rather than sit, when learning something new.



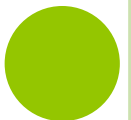
THINK PAIR SHARE....

- On your THINK sheet in front of you write down all the things you can think of that would help a kinesthetic learner – be creative! 2 minutes
- PAIR – compare you list with the person sitting next to you. Notice the ones that are the same, and the ones that are different. Add to your list. Highlight them in different colours.
- SHARE – person A or B (teacher choice) shares one idea their partner had that they didn't.



MILLING TO MUSIC

As you wander round the room steal 3 new ideas and come back and add them to your list....



Bodily Kinesthetic Learners can opt for careers which require them to use their **body** and the **energy** stored in it. A stationary job is not meant for these people. They are good as:

- Actor / Actress
- Artistic painter
- Athlete
- Builder
- Carpenter
- Choreographer
- Crafts person
- Dance
- Factory worker
- Farmer
- Firefighter

- Forest ranger
- Gardener
- Jeweler
- Mechanic
- Mime
- Paramedic
- Park Ranger
- Performer
- Physical Education Instructor
- Physical Therapist
- Recreational worker
- Sculptor
- Surgeon



CLOSING CIRCLE

- Energy Level 1-10
- Name a great job that would be good for a kinesthetic learner

