

# Tactile-Kinesthetic Learners

## Learning Strengths

- Remember what they DO, what they experience with their hands or bodies (movement and touch)
- Enjoy using tools or lessons which involve active / practical participation
- Can remember how to do things after they've done them once (motor memory)
- Have good motor coordination

## Learning Strategies

- Sit near the front of the room and take notes throughout the class period
- When studying, pace or walk around while reciting to yourself using flashcards, textbooks, or notes
- If you need to fidget in class, try doing so in a way which will not disturb others (try jiggling your legs or feet, hand/finger exercises, or handle a koosh ball, tennis ball, or something similar)
- Chew gum or eat a snack while studying
- 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 bean bag chair.
- Studying with music in the background might suit you (try baroque music as opposed to heavily rhythm-based music)
- Take frequent, short, study breaks

## Teaching Strategies

- Allow tactile-kinesthetic students to take breaks and move around during class
- Encourage tactile-kinesthetic students to write down their own notes.
- Incorporate multimedia resources (computer, video camera, OHP transparencies, photography camera, etc.) into both teacher and student presentations.
- Provide lots of tactile-kinesthetic activities in the class (i.e. surveys, demonstrations, dance, body games, field trips, role-play/interviews, charades, plays, projects, walking and reading, labs, modeling, dioramas, posters, whiteboard activities, puzzles, workbooks, displays, etc.)

## Traits of Tactile-Kinesthetic Learners

- Remember best through getting physically involved in whatever is being learned
- Enjoy acting out a situation relevant to the study topic
- Enjoy making and creating
- Enjoy the opportunity to build and physically handle learning materials
- Will take notes to keep busy but will not often use them
- Has trouble staying still or in one place for a long time
- Tends to want to fiddle with small objects while listening or working
- Tends to want to eat snacks while studying