

**Kinesthetic Learners**

**Develop routines and habits for learning**

* Schedule when you study, what you study
* Begin with easier subject matter to build confidence
* Practice and repeat basic elements to strengthen memory
* Take short, regular breaks

**Make it real**

* Jump in and try things; learn by trial and error
* Find real-life examples

**Involve all of your senses in learning.**

* Look for opportunities to use your body. Use a hands-on approach constructing or modeling things.
* Put sequenced events in different parts of the room and move to each to read them.
* Use flashcards, moving them to connect words with definitions, groups or to fit onto diagrams.
* Build diagrams, make your own mind maps.
* Take photos of things to help you remember.
* Use concrete objects as learning aids
* Use your hands to explain things; your body to act things out
* Listen to study notes while walking

**Study with others**

* Create study notes, flash cards or recordings for others.
* Write practise questions for others.
* Talk about topics or best answers/worst answers.
* Teach someone else