



KINESTHETIC STRATEGIES

Key words: Senses, practical exercises, experiences, examples, case studies, trial & error.

People with a KINESTHETIC preference like:

- ACTION – making things happen
- solving problems PRACTICALLY
- RECALLING previous experiences
- REAL LIFE examples
- MEASURABLE outcomes
- TEAM WORK

To TAKE IN information use:

- all of your SENSES - sight, hearing, touch, taste & smell
- a HANDS-ON approach
- TRIAL & ERROR - practice, practice, practice
- REAL LIFE examples & personal stories
- displays, collections, photos & videos of REAL things
- autobiographies & documentaries
- surveys, field trips & interviews

To PRESENT information:

- focus on the REAL things that happened
- use plenty of EXAMPLES when you talk, discuss, present or write
- use previous EXPERIENCE as the basis for decision-making
- RECALL exactly what happened
- stay in the HERE & NOW



IN A NUTSHELL: Ideas need to be **PRACTICAL & RELEVANT** to you.
You need to **DO** things to understand them.

Using KINESTHETIC STRATEGIES in:

EDUCATION

- Expand your notes with details you missed.
- Talk about your notes with another KINESTHETIC learner.
- Reduce 3 pages of your notes to 1.
- Use case studies, photos and applications to help with principles and abstract concepts.
- Attend laboratories & field trips and review what you learned.
- Recall previous successful learning experiences.
- Practice solutions to problems from previous exam papers.

The WORKPLACE

- Use REAL LIFE examples to explain and simplify principles.
- Recall all the details of a project.
- Attend on-site visits, “walk-arounds”, displays & expos.
- Participate in on-the-job training.
- Practice what you have learned.
- Use role-plays to get ideas across.
- Use videos & photos of real-life action.
- Join trials & pilot schemes.
- Feedback is based on specific examples.

“I hear and I forget. I see and I remember. I do and I understand.” ~ Confucius