

Math for your Learning Style

TACTILE/ KINESTHETIC

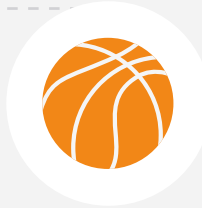
Kinesthetic learners are always on the go! They learn best through moving, doing, demonstrating, touching, and hands-on activities. They may find it hard to sit still for long periods of time and will need to demonstrate a skill and involve their whole body to truly master it.



Math Tips for Tactile/Kinesthetic Learners



Take frequent study breaks.



Incorporate physical movement—Do memorization activities on the trampoline or while swinging, throw a ball back and forth while practicing times tables, etc.



Create and play math games.



Use bright colors to highlight important points, and sticky notes to remind of process steps.



Listen to relaxing music while studying and learning new material.



Use math manipulatives to visualize concepts—Unifix cubes, Legos, paper clips, buttons, etc.

Teaching Math to Kinesthetic Learners

- Repetition of concept while in motion will increase memory.
- Demonstrate concept first with hands-on activity.
- Allow student to be part of demonstration.
- Explain how the concept is used in the real world throughout lesson.
- Consider curriculum and programs that appeal to hands on learning such as Touch Math.

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