

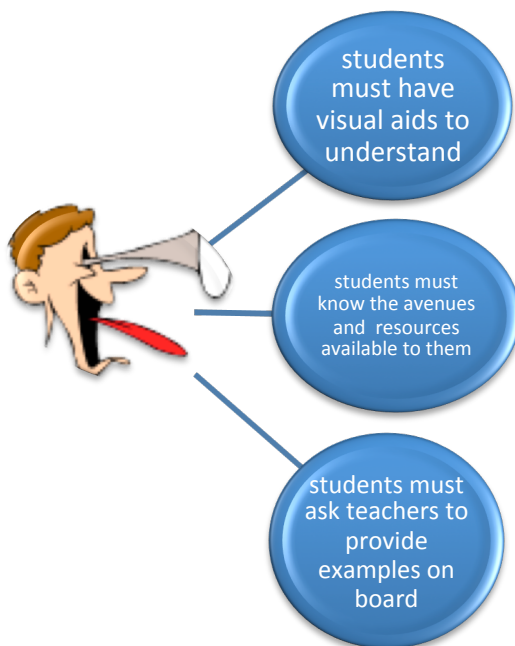
What the kinesthetic learner must know...



The skills the kinesthetic learner must know about...

- Must know what to have or do in order to stimulate their thinking or learning in order to remember
- Ask teachers if alternative assignments can be turned in
- Must know they enjoy making or creating
- Must know how to use a computer
- Have trouble staying still; therefore, must figure out alternative outlets to release energy
- Have a healthy snack before walking in to class or leaving home

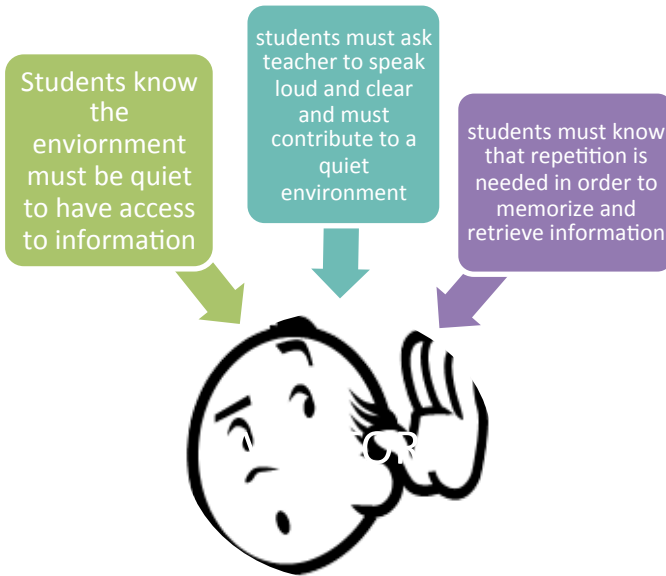
What the visual learner must know...



The skills the visual learner must know about...

- Must be imaginative
- Must be familiar with thinking maps
- Use colors to aid memory
- Must have computer knowledge
- Must know that this type of learner is impacted the most because the learning setting must be a quiet environment as well
- Must be able to take notes in order to remember information
- Must allow themselves to have adequate time to process information

What the auditory learner must know...



The skills the auditory learner must know about...

- Must understand that the learning environment needs to be a quiet one
- Must be able to recite information in order to remember it
- Must ask teacher if the assignment can be submitted orally
- Must read and think aloud to themselves
- Use colors to aid memory
- Must be able to verbalize information learned in class

Alternatives to getting up from your desk or when feeling you need to walk around in the classroom:

Jiggle feet, legs or fingers, color grounding, take advantage of breaks to gather your thoughts, try to trace information on your books, maps, or pictures, visualize information as much as possible, and create flash cards for note taking and study purposes.