

## Kinesthetic Learner Characteristics

Kinesthetic learners are those who learn through experiencing/doing things. Look over these traits to see if they sound familiar to you. You may be a kinesthetic learner if you are someone who:

- Is good at sports.
- Can't sit still for long.
- Is not great at spelling.
- Does not have great handwriting.
- Likes science lab.
- Studies with loud music on.
- Likes adventure books, movies.
- Likes role playing.
- Takes breaks when studying.
- Builds models.
- Is involved in martial arts, dance.
- Is fidgety during lectures.

**Worst Test Type:** Long tests, essays.

**Best Test Type:** Short definitions, fill-ins, multiple choice.

### Kinesthetic Learners Can Benefit from:

- Studying in short blocks.
- Taking lab classes.
- Role playing.
- Taking field trips, visiting museums.
- Studying with others.
- Using memory games.
- Using flash cards to memorize.



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