Is Your Child A Kinesthetic Learner? an informal check-list

As you read through the following list, place a check mark beside the items that sound like your child:

☐ Prefers to show you rather than tell you about something
☐ Likes to have examples, pictures, or metaphors to understand the topic
☐ Seems to touch or handle everything
☐ Likes to build with blocks or construction toys
☐ Enjoys making things
☐ Likes to draw
☐ Is physically coordinated (dancing, sports, etc.)
☐ Has good balance
☐ Focuses well when involved in a physical or tactile activity
☐ Has a hard time sitting still for long periods
☐ Tends to swing their foot when sitting in a chair
☐ Tends to pace while talking
☐ Has trouble explaining themselves verbally
☐ Tends to not look right at you when you are talking
☐ Feels the rhythm in music or percussion
☐ Can become overwhelmed with a long task
☐ Can’t remember the details but does remember the bottom line
☐ Likes to find their own way through a task, figuring out as they go
☐ Needs to understand how the lesson is relevant to them
☐ Delayed in learning reading, writing, spelling or math
☐ Has difficulty processing verbal directions
☐ Can visualize ideas and solutions
☐ Tends to act out when pressed or under stress, sometimes physically and aggressively
☐ Appreciates time alone when stressed
☐ Has trouble hearing when under stress
☐ Gets into fights when frustrated
☐ Tends to tune out when expected to listen for awhile
☐ Has trouble explaining things with words
☐ Tends to look off in space when trying to remember something
☐ Performs best for a teacher who likes them

Number of items checked: ___________

5 and under: your child displays some kinesthetic tendencies
6 - 15: your child exhibits a lot of kinesthetic attributes
16 or more: your child is highly kinesthetic

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