

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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