Help Your Child through Natural Learning by Pooja Sharma

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Kinesthetic learning is used by educators as a teaching method for those kids who face difficulty in paying attention due to their hyper-active nature. A fine line separates an ADHD kid from a kinesthetic learner, though both have similar symptoms. But major difference is that a kinesthetic learner requires no medication rather an innovative teaching method that helps him in learning better.

Kinesthetic learners are often characterized as learners with strong sense of timing and body movement. They work well with their hands and are good at repairing work, sculpting, art, or working with various tools. They often move their legs when they sit, wiggle or tap their feet continuously. They cannot stay still for long and are often described as being â€˜on the goâ€™ person. They learn through movements and are good performers as athletes, actors, or dancers. They prefer to study in small groups and take frequent breaks. Mostly, they study with music on in the background. They learn most by experiments and field trips than classroom teaching.

Kinesthetic Learning and its Benefits

Such learning is associated with positively harnessing bodily movement in order to grasp learning in a better way. The children are expected to adopt â€˜the doingâ€™ approach and exert physical involvemer in manipulating objects and doing activities like gyming, aerobics, dance, drama, mime, craft etc. Kinetic learning involves use of activity-based study tools, like role-playing or model building etc.

Such active involvement proves to be enjoyable for kids and they learn better, faster and simpler. Also, it helps them to develop sense of timing and improved physical coordination. The outcome is usually the result of close association of body and mind.

Such kids are more of physical learners who learn best by doing and moving things. They are able to perform well when they are able to move, touch, explore and create in order to learn. Such children love to indulge in physical activities. Also they prefer in showing rather than telling. These children always prefer to try it themselves first i.e. getting hands on experience. A fine example of kinesthetic learner would be - a child who usually reads a book with his left hand while bouncing basketball with the other. Learning is most for these children in lab classes, props, skits, and field trips.

Therefore, by using unique, engaging, expressive, and explorative classroom activities, kinesthetic learners enhance their comprehension skills and concrete better in order crack-down complex problems.

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