

## Kinesthetic-Tactile (KT)

(Learning through movement and touch)

These students ---

- **Remember best what they do and experience**
- **Have difficulty sitting still for long periods; easily distracted**
- **Need ways to move in the classroom**
- **Lose interest when not actively involved**

In many of our students, senses conflict or are confusing. We need to encourage them to use as many of their senses as possible, but, **one at a time**. The tutor can reinforce and expand the student's sense of touch and movement with a few simple exercises. All of the following exercises should be done with the eyes open, and then repeated several times with the eyes closed if appropriate for the activity.

- Use a finger and write in the air
- Trace numbers, letters or words using finger to follow large letters that may be made of sandpaper
- Use sand tray, sandpaper letters, rough wool, etc. to write on with finger
- Walk the number, letter or word
- Pace or walk when reading or thinking
- Tap or pound the table/desk arm as each letter of a spelling word is said
- Use scrabble tiles or magnetic letters to form words and sentences
- Use large paper, chalkboard, or white board that require larger muscle movement
- Use as many hands-on activities as possible