

## Kinesthetic learners

*You are kinesthetic learner!*

*And now that you know this, you can apply it consciously to your French learning. So often we set language learning apart, falling into the classical language classes, who only teach in a classical way, which may suit some but not all learners. This is why we can find learning French so hard, because we aren't learning it the way our brain works. It's like using Apple iOS system on an Android computer!*

*Once you are aware of HOW you learn, you can bring in new ways of memorising, hold on to and understand French words.*

*You will find on the following pages characteristics of the visual learner and ways to learn using your own operating system.*

*Remember that we are often a mix of a couple of styles, so do check out the others too.*

*Please do let me know how this worked for you, you can send me a message on facebook <https://www.facebook.com/createyourfrenchlife>, or through my website [www.nickyhoward.com/connect](http://www.nickyhoward.com/connect)*

# Kinesthetic learners

You learn better by doing something than by reading about it. You need to do a task hands-on, rather than just listen to a lecture, in order to learn how to do it. A kinesthetic learner might find that they need to participate in activities and use movement and a trial and error process to actively learn, rather than just passively receiving information.

As a kinesthetic-tactile learner, you retain information best by incorporating:

- Movement
- Building
- Story
- Visuals

Learning should be exciting, but for kinesthetic learners, movement is key!

## Characteristics of Kinesthetic Learners

- You learn best through movement, touch, and doing.
- You enjoy building, creating, and participating in activities that involve physical engagement.
- You often struggle with traditional, lecture-based learning environments that require long periods of sitting still.
- You excel in situations where they can actively participate rather than passively receive information.

Phrases that you might use when speaking:

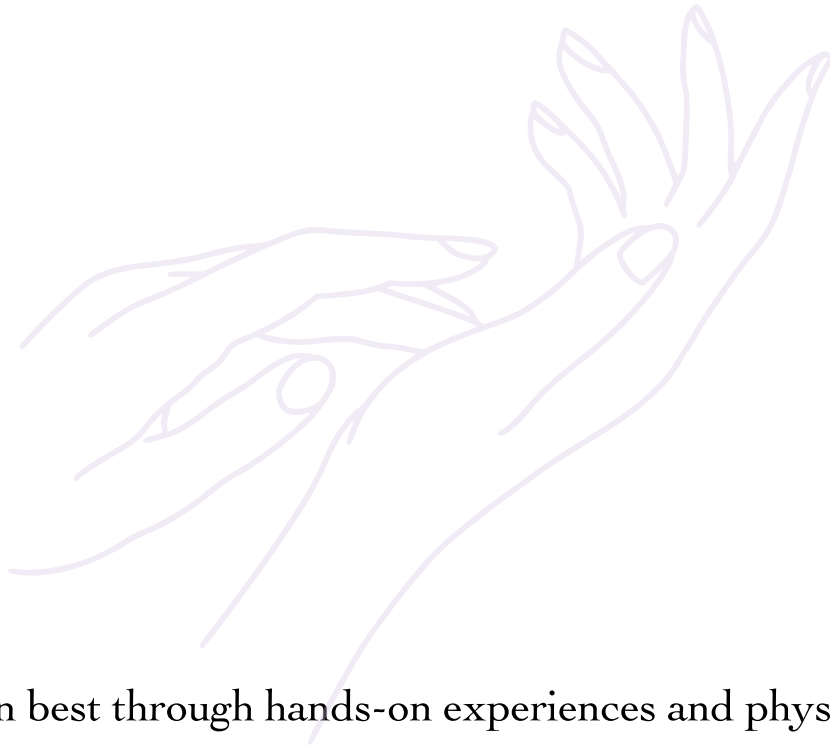
- I know how you feel
- That feels right to me.
- I can't get a grip on this
- Stay in touch.
- Get in touch with
- That doesn't sit right with me.
- I have good feelings about this.
- My gut is telling me'
- I follow your drift.

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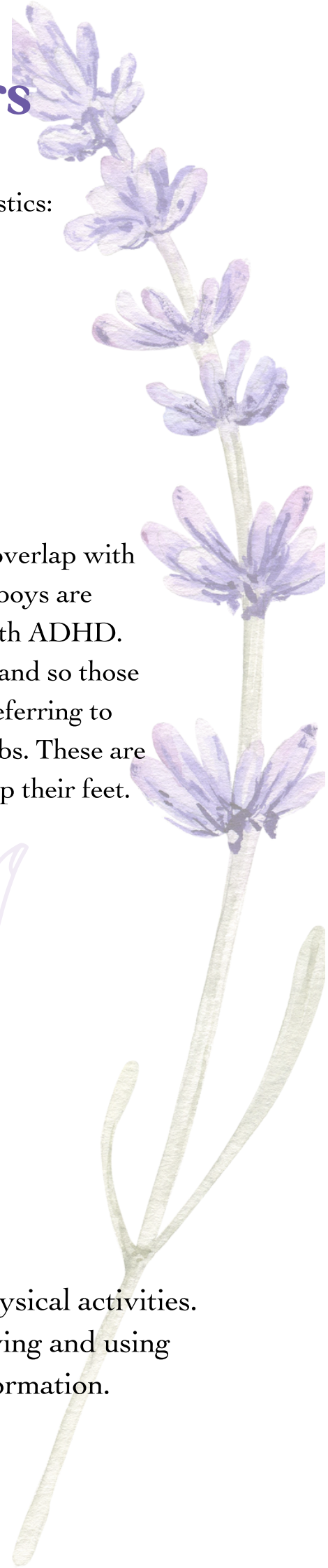
As a kinesthetic learners you usually share these characteristics:

- Highly coordinated
- Learn through hands-on activities
- Have a hard time staying still
- May have difficulty staying attentive
- Usually performers and athletes
- Lots of energy
- Strong motor energy

Some of the characteristics of kinesthetic learners seem to overlap with characteristics of students with ADHD. In both instances, boys are more likely to be kinesthetic learners or to be diagnosed with ADHD. This style of learning is the one that is least used in schools and so those who are kinesthetic may have had a hard time studying, preferring to leave and go into apprenticeships, manual and craftsman jobs. These are the children who fidget and the adults who click pens, or tap their feet.



You learn best through hands-on experiences and physical activities. They prefer to engage directly with the material, moving and using their sense of touch to understand and remember information.

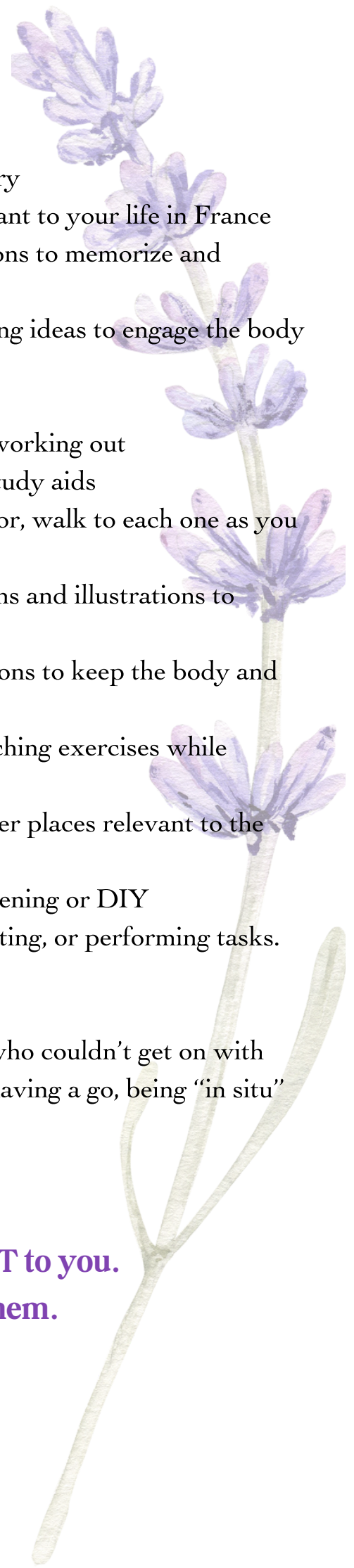


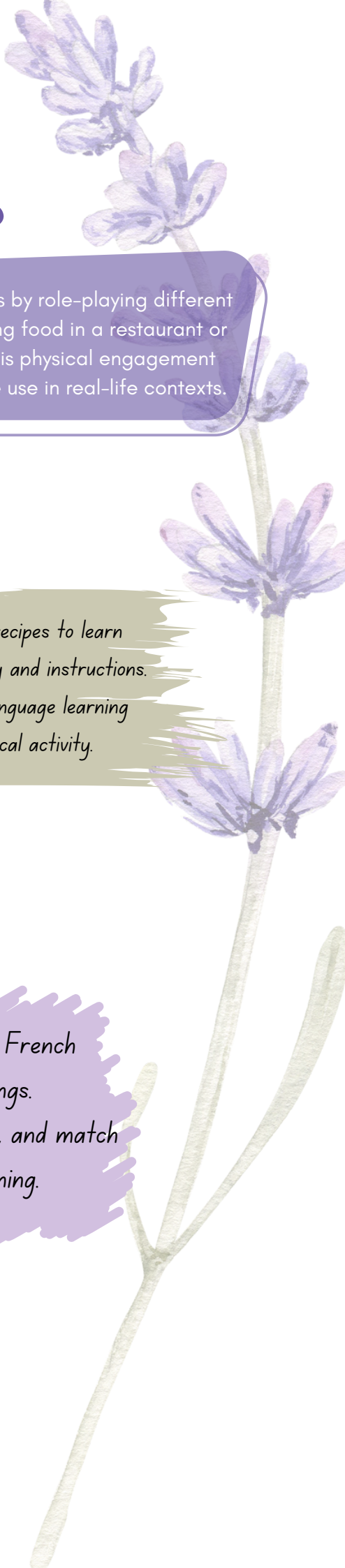
## Here are some tips to help you learn more effectively:

- Act out situations and verbs to remember the vocabulary
- Create role plays that mimic real-world scenarios relevant to your life in France
- Use hand gestures, body movements, and physical actions to memorize and understand verbs
- Walk around while reciting information or brainstorming ideas to engage the body and mind simultaneously.
- Use stress balls to manipulate while you study
- Listen to a French podcast whilst walking, running or working out
- Incorporate different textures and tactile materials in study aids
- Create flashcards and spread them out on a table or floor, walk to each one as you study.
- Write notes by hand instead of typing or draw diagrams and illustrations to reinforce learning.
- Take regular breaks to move around during study sessions to keep the body and mind engaged.
- Use exercise balls, standing desks, or even simple stretching exercises while reviewing material.
- Visit museums, historical sites, nature reserves, and other places relevant to the subject matter.
- Learn through doing a manual activity such as art, gardening or DIY
- Participate in group projects that involve building, creating, or performing tasks.

You learn by doing, you'll probably be the type of person who couldn't get on with learning French in the classroom, but felt much better just having a go, being "in situ"

**Ideas need to be PRACTICAL & RELEVANT to you.**  
**You need to DO things to understand them.**





Use Apps with Touch and Voice Features: Apps like Rosetta Stone and Babbel offer interactive exercises that require speaking and touching the screen, engaging multiple senses.

Practice French dialogues by role-playing different scenarios such as ordering food in a restaurant or asking for directions. This physical engagement helps reinforce language use in real-life contexts.

*Incorporate Gestures and Movements:*  
Associate French words with specific physical actions. For example, when learning verbs like "courir" (to run), physically act out the action.

*Follow French recipes to learn culinary vocabulary and instructions. This combines language learning with a physical activity.*

Write out new vocabulary and draw pictures that represent each word. The act of writing and drawing helps solidify memory.

*Make flashcards with French words and their meanings. Physically shuffle, sort, and match them to reinforce learning.*

Place labels on household items with their French names. Physically moving around and interacting with these labels helps reinforce vocabulary.

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Attend French-speaking environments, such as associations or clubs where you can practice speaking and listening in a real-world context.

Play games like charades or Pictionary with French words to make learning fun and physically engaging.

Take regular breaks to move around during study sessions. Use this time to review vocabulary or conjugate verbs while walking or stretching.



### To TAKE IN information use:

- All of your SENSES – sight, hearing, touch, taste, & smell
- A HANDS-ON approach
- TRIAL & ERROR – practice, practice, practice
- REAL LIFE examples & personal stories
- Displays, collections, photos, & videos of REAL things
- Autobiographies & documentaries

### To PRESENT information:

- focus on the REAL things that happened
- recall EXACTLY what happened
- use plenty of EXAMPLES when you present
- use previous EXPERIENCE as the basis for decision-making
- stay in the HERE & NOW

I hope you enjoyed this and found it useful!

Please do let me know by dropping me a line at

[nickyhoward.com/connect](http://nickyhoward.com/connect)

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Blessings  
Nicky

