

Kinesthetic Learners Checklist

Kinesthetic learners actually concentrate better and learn easier by moving or touching. They are natural discovery learners who grasp concepts when doing.

Check The Characteristics That Apply

- Fidgets when sitting or being quiet
- Moves automatically to the rhythm of the music
- Likes to doodles on paper
- Is drawn to feel textures
- Prefers movement games to games requiring being still
- Learns physical skills quickly
- Wiggles body, taps feet, or moves legs when sitting their feet.
- Likes to perform, act, dance, or participate in sports
- Has a good sense of timing
- Cannot sit still for long time periods
- Is well coordinated
- Likes science experiments
- Studies with noise or music in the background
- Likes role playing or pretend play
- Needs to take frequent study breaks

Each child is unique, so not all the characteristics fit every child. Plus, environmental factors may have altered some natural behaviors. However, if your child exhibits a majority of these characteristics, then he or she will benefit for active learning toys for kinesthetic learners. [Learning Toys for Kinesthetic Learners](#)