



## VIRTUAL CHILDCARE PARENT SUPPORT SERVICES

## VOLUME #164 DIFFERENT LEARNING STYLES IN YOUR CHILD SERIES #4 - KINESTHETIC LEARNERS

### HELLO PARENTS,

Kinesthetic learning is learning by doing, where information is gathered and processed through touch and movement. Kinesthetic learners engage their whole bodies to process new information, and prefer to be active participants rather than passive observers. The best way to stimulate their interest is through personal experiences, hands-on practice, and tangible examples. In this newsletter, we provide activities that support kinesthetic learners in developing their strengths and interests.

### ACTIVITIES

#### INFANTS (3 – 18 MONTHS)

##### FEEL WITH YOUR BODY

###### MATERIALS:

- Collection of fabrics with different texture. For example, a tea towel, a piece of felt, a silky scarf, etc.

###### DIRECTIONS:

- Place the fabrics on the floor.
- Hold your child upright (with hands under their arms) and let their feet touch one piece of fabric at a time.
- Sit your child on the floor and encourage them to explore the fabrics with their hands.
- If your child is in the crawling stage, let them crawl over the fabrics.
- Comment on what your child is doing and how the fabrics may feel on their skin.

[Click here](#) for more activity ideas.

#### TODDLERS (19 MONTHS – 2.5 YEARS)

##### SHAPE TOSS

###### MATERIALS:

- Tape
- Construction paper in different colours
- Scissors
- Soft ball

###### DIRECTIONS:

- Cut the construction paper into different shapes, such as circles, squares, triangles, etc.
- Tape these shapes on the wall.
- Call out a shape, encourage your child to look for it on the wall and then throw the ball at it.
- Take turns calling out the shape and tossing the ball.
- To make this game more challenging, you can tape the shapes high up on the wall or stand further away to throw the ball.
- You can also change this game to colour toss, calling out the names of the colours instead of shapes.

[Click here](#) for more activity ideas.

#### PRESCHOOLERS (2.5 – 5 YEARS)

##### DANCING CHALLENGE

###### MATERIALS:

- Music pieces with different tempo
- Tissues

###### DIRECTIONS:

- Place paper tissues on your and your child's shoulders.
- Put the music on and start dancing.
- The challenge is to keep the tissues on your shoulders while dancing.
- Play music with different tempos, alternating between slow and fast pieces.
- Ask your child to put the tissues on different parts of their body to make it more challenging.

[Click here](#) for more activities.

#### JK/SK (4 – 6 YEARS)

##### BALL ROLL MATH

###### MATERIALS:

- Ball

###### DIRECTIONS:

- Have your child sit on the floor with their legs out.
- Roll the ball to your child while calling out a math problem. For example,  $2+2=?$   $3-1=?$  etc.
- Encourage your child to catch the ball and call out the answer as they roll it back to you.
- To extend your child's interest, practise other math problems.

[Click here](#) for more activity ideas.

#### SCHOOL-AGERS (6 – 12 YEARS)

##### INVISIBLE INK EXPERIMENT

###### MATERIALS:

- Lemon juice
- Small bowl
- Cotton swab
- White construction paper
- Blow dryer

###### DIRECTIONS:

- Pour the lemon juice into a small bowl.
- Dip the cotton swab in the juice and use it as "ink" to write or draw on the white construction paper.
- Allow the lemon juice to air dry completely.
- The "ink" will fade away as it seeps into the paper becoming invisible.
- Warm up the paper by using the blow dryer on low speed.
- Observe what happens: you will be able to see your writing or image appear once again.
- Now you can do some research to find out why you can see the "ink" after warming up the paper.
- Share your findings with family and friends.

[Click here](#) for more activity ideas.



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#### A TIP FOR TODAY

- Provide your child with hands-on learning tools, such as: an abacus, modeling clay, blocks, etc.
- Incorporate songs with actions and games with movement into your child's daily routine.
- Engage your child in household chores and cooking activities.
- Incorporate frequent active breaks while your child is studying to increase their focus.