

## Learning Style Results - Kinesthetic

### Description

Kinesthetic learners often have a hard time sitting still. They learn by doing, experiencing and experimenting.

### Ideas for Adults

- Get a [loose leaf](#), [wide margin](#) or [life application](#) Bible. As you read the Bible write down comments, notes, reactions and more. The key is to interact with the text.
- Use your finger as you read. Follow along with each word.
- Get moving. Every 10 minutes or so, take a break to stretch. While you're stretching, think about what you just read.
- Get some play dough. It's not just for kids. By molding things that you are learning out of clay, you can have fun and learn more about God's word.
- Build models. For example, if you're reading about Joshua marching around Jericho seven times and the wall tumbling down, build the city, the wall and the soldiers. Then, make it happen. As you are playing the scene out, put yourself in Joshua's shoes – what would it have been like? What lessons might God want you to learn?

### Ideas for Kids

- Get a [Bible with hands on learning opportunities](#) for your child to give him as many opportunities as possible to interact with the text.
- Whenever you have family worship or a time when your kinesthetic learner has to sit and listen, give her a fidget. A fidget is something to keep her hands moving like play dough, a stress ball or even blocks.
- Play lots of games. Bible trivia games and role playing games work well. Sword drills are great too. Tell your children a Bible text to look up and see who can find it the fastest.
- Give your kinesthetic learner a chance to act out or recreate a Bible story or lesson. Don't forget to discuss questions that put your child in the shoes of the Bible characters and stories.
- Provide your child with play dough, Legos and other art supplies to let him create things while he thinks of them while reading. Then have him share all about his creations.
- When learning memory verses, have your child write the verse out multiple times.
- Cut a memory verse out word-by-word. Mix up the words and encourage your child to put the pieces back together.