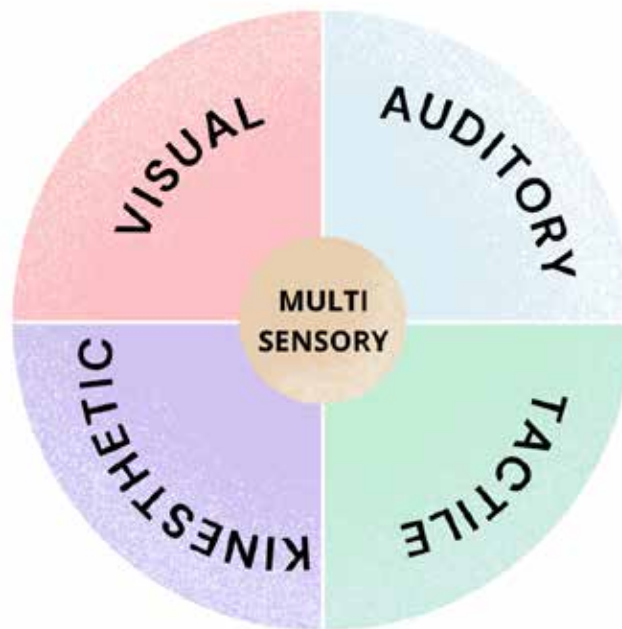


# LEARNING styles



## Learning Styles Definition:

Learning styles is a term that refers to different ways in which we learn, process, and retain information. All young children learn through meaningful hands-on experiences—through touching, doing/moving, and through seeing and hearing. Also, many of us use more than one style which is known as multisensory learning. As you observe children, you will begin to identify strengths and preferences that tell you something about their specific learning preferences. There are other learning styles but we are focusing on these five main styles for the purpose of this article and because these styles pertain to younger learners. This guide is intended to speak these (5) various learning styles!

There are also (2) other distinct differences with regard to how an individual likes to learn, or what type of (setting) they prefer and these include:

## ***A Multisensory Approach to Pediatric Treatment for Occupational Therapy Practitioners***

presented by Kelly Wilk-Downs, OTR/L - October 17, 2023

- 1) Individual or a “Solitary” Learning Preference-where a student prefers to study alone such as self-study or independent work stations for ready/studying. This type of learner likes more 1: 1 instruction from the teacher. These types of learners tend to be independent, introspective, and private. They enjoy thinking and reflecting on things. They tend to have strong concentration skills and can focus well on a given task. These children may enjoy journaling personal thoughts and feelings and tend to prefer to study alone in quiet, non-distracting spaces.
- 2) Group or a “Social” Learning Preference-where a student prefers to be amongst peers and they enjoy the group interaction and the comradery they get from a classroom situation. This type of learner enjoys sharing their ideas and learning what others think. Children with this particular learning style are good at both verbal and nonverbal communication and tend to understand other children as well. Many people like to be around the social learner and seek their advice when faced with challenging problems. The types of learners prefer to work through challenges in a group setting and will often stay after class to chat with peers. This type of learner enjoys role playing, peer study groups, and sharing what they have learned with others.

### **How Can You Determine a Child's Learning Style?**

The best way to learn about a child's learning style is to observe what they are doing. Their particular preferences, actions and interests will provide a great deal of information about how they are processing information. Sensory profiles are available online and in questionnaire format that can help you decipher and categorize how a student processes sensory information. There are, of course, standardized tests that are extremely beneficial. Also, there are learning style inventories available online in questionnaire format as well that provide valuable information on a child's affinity to learn using one style versus another.

If a child has developmental delays, you may find that you can often focus on what they are “not” yet doing. Instead, try to focus on the student's strengths, teach to their specific strengths and preferred activities. You will make more progress with learning if you appeal or speak to a child's specific learning style, so knowing this information is critical to your success as a teacher/therapist. Identifying a student's learning style will also increase their desire to learn and will motivate them for life. It is important to take inventory as well regarding a child's favorite toy, games/objects and activities that are meaningful to them.

***A Multisensory Approach to Pediatric Treatment for Occupational Therapy Practitioners***

presented by Kelly Wilk-Downs, OTR/L - October 17, 2023

You can do this by speaking with families and teachers. Examples of questions may include:

What is your child's favorite toy? Do they prefer quiet activities or lots of movement?

- Does your child like to read books? Are they drawn to sequences, numbers or patterns?
- Does the child sing, hum, or tap their hand and feet while sitting at their desk? If they hear something, will they remember it?
- Does the child like to draw pictures or doodle? Do they like to write class notes and then type them in order to learn?
- Is the child active and likes to move around during learning? Does the student learn best while holding onto a fidget?

Having a thorough understanding of both learning styles and sensory integration will provide the teacher and therapist with valuable information when it comes to a student's education. Using your keenest observational skills, sensory checklists, and learning style inventories will help fine tune what you may already suspect to be true about a student's specific learning style. It is always good to share your finding with parents so they have an understanding and will present information that appeals to their child's specific learning requirements within the home environment. Do not be surprised if you find that a child seems to have a combination of various learning styles as this is quite common.

Handout for the Therapro webinar  
**A Multisensory Approach to Pediatric Treatment for Occupational Therapy Practitioners**  
 presented by Kelly Wilk-Downs, OTR/L - October 17, 2023

Learning Styles	What you may observe	Strategies
<p>The <b>Visual Learner</b>- These children learn through the sense of “seeing.”</p>	<p>The <b>Visual Learner</b> prefers pictures for learning; images, diagrams, movies. They like doodling and drawing. Usually, students have good spatial awareness and understand maps and have a good sense of direction. They love doodling and drawing and the use of color to remember important aspects. Good at putting puzzles together. Recognizes patterns easily. Visual learners may tend to observe parents and teachers body language and facial gestures to “get a read” on content and learn through demonstration and descriptions. These students may excel in math and critical thinking. They may often understand or work complex math problems in their head. They find verbal instructions difficult to follow. They remember faces and notice details. They may be quiet in nature, neat or meticulous in appearance.</p>	<p>Use more pictures and less words when instructing. Decrease visual clutter at the desk when presenting a skill. Use highlighters to emphasize important points. Replace words with symbols- Writing in symbols <a href="https://goboardmaker.com/products/writing-with-symbol-s-bundle">https://goboardmaker.com/products/writing-with-symbol-s-bundle</a>. These students like to use colored graphs and diagrams and may even tend to “think in pictures” and have a well-developed imagination. Color code and categorize study notes. Too much movement or “visual clutter” is very distracting to these students. For readers, visual or written instructions may clarify verbal directions.</p> <p>Use highlighted or colored handwriting paper.</p>
<p>The <b>Auditory Learner</b>-These children learn through the sense of hearing.</p>	<p>The <b>Auditory Learner</b> students are drawn to music. They may play a musical instrument, sing, or even possess an innate ability to pick out one instrument within a symphony. They may hum, tap their fingers/toes, while working. Talks to themselves aloud, enjoys talking, is easily distracted. Memorizes sequentially, outgoing by nature. They understand directions best when they are told to them.</p>	<p>Listening in class with peers to lectures, use of audio tape, discussions, verbal debates, oral explanations. Auditory learners do well by recording a lecture and playing it back several times. Another strategy is to repeat important information out loud and (talk-back) to themselves. Have a student verbally explain information to a friend/classmate because hearing themselves will help their own learning. Join a discussion focused study group and actively listen.</p>



Handout for the Therapro webinar  
**A Multisensory Approach to Pediatric Treatment for Occupational Therapy Practitioners**  
 presented by Kelly Wilk-Downs, OTR/L - October 17, 2023

Learning Styles	What you may observe	Strategies
	Using music and rhythm can help the auditory learner.	Use mnemonic devices, songs, chants, rhymes. Try reading information aloud and use acronyms.
The <b>Tactile Learner</b> -These children learn through the sense of touch.	The <b>Tactile Learner</b> prefers “hands-on” experiences in classroom learning. Taking notes is a great example. They may like to sketch, draw, or doodle to help them remember important points.	Keep desk clear of distracting objects, cover the page if you’re not reading it. Use hand held line readers for reading. Trace spelling words as you practice them. Divide work into short study sessions and use a timer. Take notes by hand and type again to reinforce the learning.  Use manipulatives, better to touch the object you’re studying because these students learn through their tactile sense.  Sand trays, raised lined paper,
The <b>Kinesthetic Learner</b> -These children learn through the send of “doing” or “moving.”	<b>Kinesthetic learners</b> learn through movement and actually “doing” or participating in the activity. Kinesthetic learners learn through physical sensations and may have trouble sitting still for long periods. They like physical rewards. They like to touch people when they are talking. Will try new things readily and they dress for comfort. A hands-on approach that allows the child to actively explore their physical environment helps them learn best. They prefer to learn using their bodies, hands and sense of touch. This type of learner likes exercise and would prefer to “go for a run or walk” to work out problems that to sit and think	Wear earplugs if you’re distracted by noise, if you like sound then listen to soft music. When studying use a multi-sensory approach whenever possible. Use models, real objects, and materials that can be touched while learning.  Offer movement breaks or allow the student to stand during a lecture. Let these students run errands for the teacher or be allowed to get a drink or take a bathroom break.  Use manipulatives for these types of learners so they can feel objects as they are learning.

Handout for the Therapro webinar  
**A Multisensory Approach to Pediatric Treatment for Occupational Therapy Practitioners**  
 presented by Kelly Wilk-Downs, OTR/L - October 17, 2023

Learning Styles	What you may observe	Strategies
	<p>things through. The kids may be animated and are known to use their hands to gesture and exaggerated body language to communicate. They tend to be fully aware of the world around them. Sitting and paying attention to the teacher can be a challenge for these students. These kids may fidget and can't wait for an opportunity to get up and use the bathroom. These learners like dancing, woodworking, cooking, drama, etc.</p>	<p>Writing, drawing, and using flashcards can also be helpful for kids who have a kinesthetic learning style.</p> <p>Jump rope, clapping or movement games paired with counting or singing songs.</p> <p>Try movement games like an obstacle course while using flashcards or drawing a figure "8" on white board.</p> <p>Using a computer when studying or any type of a game or movement while learning is beneficial.</p>
<p><b><u>Multisensory Learning</u></b> is a way of teaching that engages more than one sense at a time.</p>	<p>Using sight, hearing, movement, and touch gives kids more than one way to connect with what they are learning.</p>	<p>Read it, Build it and then Write it! Air writing, arm tapping, and blending boards. Chinese jump rope paired with memorizing spelling words or making a song or rhyming verse to learn challenging concepts and then later explaining what you have learned to a peer or teacher.</p> <p>Incorporating any large movement activity for students involving dancing, bean bag tossing or other activities involving concepts, rhythmic recall and academic competition such as quizzes, flash card races and other learning games.</p>

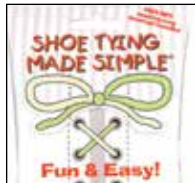
Presented to you by [Junction of Function](https://www.junctionoffunction.com/), Inc. 2021 all rights reserved.





## Related Products from Therapro

[click the title or photo to go directly to the product page](#)



### Shoe Tying Made Simple

From John Pagano. A pioneering book offering practical transdisciplinary interventions that help students with complex behavioral challenges.



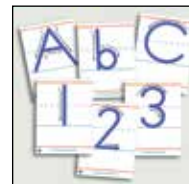
### Happy Senso Sensory Gel

HAPPY SENSO sensory gel stimulates multiple senses all at once. Hear the crackle and pop of the foam. Feel the smooth, cool texture. Smell the different scents. Watch the mounds of gel build and sink as you squish it with your hands.



### Games for Visual Perception

A variety of games and activities with a focus on Visual Perception.



### Tactile Alphabet & Number Card Set With Sandpaper Feel

These tactile cards (the size of playing cards) have a great sandpaper feel! This is a multi-pack that contains 3 sets of cards: Upper Case, Lower Case and Numbers.



### Wikki Stix Multi Sensory Resource

The 144 Wikki Stix were carefully chosen for their color appeal. The included Multi Sensory Resources Guide is a great resource for teachers and parents of children in standard K through 8 curriculum.



### Squiggle Wiggler Pen

Triangular in shape and weighted, this is a great tool for developing pen and pencil grasp. The pen vibrates, enhancing kinesthetic awareness of the hand.



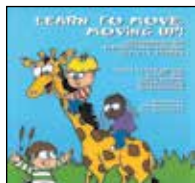
### Minute Moves Super Kit

The Minute Moves Super Kit is great for whole class involvement and enhancing collaboration between support staff and teachers by everyone agreeing to implement the ten Minute Moves routine throughout the school day when needed.



### Soft Wrist Weights

Soft weights made of blue fleece fabric for comfort stretch to fit over the wrists. No noisy scratchy Velcro closure. Helps to increase kinesthetic awareness during fine motor activities and can also be used for strengthening exercises.



### Learn to Move Moving Up!

An exceptional evidence-based resource. Presents from a sensory integration perspective a collection of activities for early-elementary children of all ability levels.



### The ABC's of Movement

The ABC's of Movement Activity Cards include 26 durable 5" x 7" alphabet cards, one instruction card and one logo card per set.