

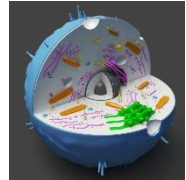
Kinaesthetic Note-taking

Where the brain processes information by actively doing and or feeling something.

Writing information down or reading text books is not always the best way for this style.

- Information is often better in a 3D form. For example, watching a movie, clip on YouTube.
- Short bursts of activity are best for the Kinaesthetic brain. Keeps the body moving.

➤ Try some of the following:



- Walking with your notes
- Recalling facts whilst playing football
- Jumping on a trampoline
- Perhaps act out the information
- Make a story board of information
- Perhaps build a model if appropriate



Remember feeling confident will help you be confident. Recognise when you feel things are going well so that you become familiar with that good feeling.