

## 101 “LEARNING STYLE”-BASED ACTIONS (VAK)

**Visual Learners:** Learn by seeing.

- Speech pattern: I “see”
- Likes colors, art, fashion, pictures, painting, visual art
- Dreams in color

Visual Learning Techniques:

1. Posting a word, in color, where you will see it every day
2. Posting a picture where they will see it every day
3. Creating a word map
4. Creating a Diagram (Venn Diagram, organization chart, cluster diagram, spiral diagram, circle diagram, block diagram)
5. Graphing data (histogram, run chart, bar chart, pie chart)
6. Creating a flowchart of a process
7. Creating a living process flow
8. Using Post It Notes to arrange ideas on a board (an Affinity Diagram)
9. Creating a story board
10. Creating an outline
11. Creating and/or following a written agenda
12. Using flipcharts
13. Using flash cards
14. Using cue cards
15. Using color to highlight information
16. Circling words
17. Putting stars next to words
18. Looking in the mirror while repeating information
19. Looking in the mirror while practicing a task
20. Uploading pictures that represent information to an electronic picture frame
21. Drawing a picture or doodling
22. Reading
23. Reviewing text with illustrations
24. Taking a photograph
25. Creating a Dream Board
26. Creating a collage
27. Collecting images
28. Watching a video
29. Visualizing or imagining (an object, a place, how to do something, what success looks like)
30. Reviewing illustrations



31. Painting
32. Creating a sculpture
33. Hearing or creating visual metaphors
34. Meditating with a mandala

**Auditory Learners:** Learn by manipulating language. Identifying Auditory Learners:

- Speech pattern: I “hear”
- Likes to read aloud
- Moves lips when reading
- Good at explaining things
- Likes music
- Follows spoken directions well

Auditory Learning Techniques:

1. Talking
2. Being coached
3. Being asked questions
4. Formulating questions
5. Brainstorming
6. Journaling
7. Presenting information orally
8. Mirroring language
9. Debriefing
10. Venting
11. Discussing the meaning of something
12. Group discussions
13. Support groups
14. Listening to a recording
15. Recording information and listening to it
16. Repeating information out loud
17. Reading aloud
18. Listening to a podcast
19. Listening to a lecture
20. Attending a speech or presentation
21. Working with a study group
22. Following spoken instructions
23. Incorporating music
24. Singing about something or making up a song about it
25. Chanting



26. Writing a song
27. Practicing a speech aloud
28. Listening to a guided meditation
29. Listening to guided imagery
30. Hearing or creating analogies
31. Hearing or creating metaphors
32. Telling a story
33. Hearing a story
34. Listening to or creating case studies

**Kinesthetic Learners** : Learn by moving, doing, and touching.

Identifying Kinesthetic Learners

- Speech pattern: I “feel”
- Has trouble concentrating without movement
- Fidgets, can’t sit for long
- Moves in their chair
- Good at sports
- Likes adventure books and movies

Kinesthetic Learning Techniques:

1. Role playing
2. Acting something out
3. Playing
4. Walking or running while repeating information
5. Walking or running while listening to information
6. Finding an object that represents a concept
7. Holding an object that represents an object
8. Highlighting information
9. Typing up notes
10. Writing information down – to move the hands
11. Drawing pictures, doodling – to move the hands
12. Visualizing the steps to a procedure or physical task
13. Doing experiments
14. Exploring the world
15. Dancing a concept
16. Mirroring movements
17. Walking meditation
18. Tracing meditation
19. Building a model



20. Tracing a word something in the sand
21. Tracing an object in the sand
22. Drawing a picture
23. Journaling
24. Creating a sculpture
25. Creating a flowchart
26. Positioning objects
27. Using puppets to tell a story
28. Going to a museum
29. Being in nature
30. Creating or hearing sports metaphors
31. Doing a puzzle
32. Shadowing someone while they do a job
33. Playing a game