

Tips for Teaching Your DOER

Kinesthetic learners, or "Doers," think and learn through touch and movement that involves their entire bodies. Doers enjoy feeling, discovery and action, and seek out opportunities to engage in these ways. They typically communicate with body language, large hand gestures, and loud voices. Doers will thrive when given the opportunity to experiment, get their body involved in learning, and get up and move while listening to instructions. They also learn well through repetitive activities.



Doer Teaching Strategy

Demonstrate the concept. Allow Doer to be involved in demonstration.

Have Doer repeat the demonstration.

Present pieces in small chunks allowing for hands-on learning and exploration throughout, and including practical, real world applications.

Allow Doer to critically think to put pieces together into the whole. Repeat demonstration if necessary.

Doer Study Tools

 *Create diagrams, fill out charts, and write things down. Remember, writing is physical.*

Use physical fidgets and movement tools like a squish ball, gum, etc. during sit still times.



Study while lying on the floor or bed, bouncing a ball, dancing, shooting baskets, etc.



Role play to understand events, relationships, and even literature.



Use breathing and relaxation techniques to unwind and get ready to learn.

When frustrated, move on and revisit the concept later after movement.

Doer Do's

- Move before learning. Physical exercise is critical for Doers to be ready to learn.
- Encourage movement in every lesson. Think hands-on projects, acting it out, etc.
- Find curriculum that encourages active learning and discovery.
- Allow them to stand, bounce their legs, or get up and down during a lecture or presentation.
- Plan for lots of group work, experiments, or projects that allow them to engage with learning, others, and what is around them.
- Demonstrate rather than explain. Then allow Doers to complete each part of a process one step at a time.
- Encourage the arts. Doers are often creative and thrive in all areas when allowed to create.
- Provide background music while studying to help them focus.

Doer Don't's

- Don't require your Doer to sit too long. They learn best while moving.
- Don't forget your Doer's emotions. Emotional connection enhances learning.
- Don't ignore sensory struggles. Try to eliminate what irritates your Doer so they aren't distracted.
- Don't look at their energy as a negative. Use positive words to encourage and praise their energy and excitement for life.
- Don't do too much at once. Keep teaching time short and sweet and then allow activity.
- Don't assess using one method or long essays. Vary the assessment type and keep them short.

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