



# Kinesthetic Setup Guide

## Kinesthetic Learner

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Create a space where motion meets focus.

For children who learn best through movement, the right learning environment makes all the difference. Below are ideas to design a homeschool setup that supports kinesthetic learning styles — where fidgeting is fuel for learning.

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## Floor Pillows & Rugs

- Create cozy, low-to-the-ground learning zones using pillows, bean bags, or rugs. Great for reading, problem-solving, or just stretching out to think.
    - ✓ Encourages relaxed thinking and physical comfort
    - ✓ Ideal for floor games, puzzles, or manipulatives
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## Standing Desks & Wobble Stools

- Add wiggle-friendly furniture like standing desks, wobble stools, or balance cushions.
  - ✓ Supports fidget-friendly focus

- ✓ Improves core strength and posture during lessons
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## Learning Corners & Tool Stations

- Set up hands-on stations with letter tiles, flashcards, building blocks, or science kits.
    - ✓ Invites self-guided exploration
    - ✓ Makes transitioning between subjects more interactive
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## Movement Pathways

- Leave open space for physical activity between lessons. Use tape for hopscotch paths, balance beams, or place a yoga mat nearby.
    - ✓ Improves attention with intentional motion
    - ✓ Makes learning more playful and mindful
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## Bonus Tip: Add Audio

- Combine movement with listening using audiobooks, movement-based songs, or interactive audio lessons.
    - ✓ Engages both the body and the brain
    - ✓ Great for multitasking and memory retention
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## Kinesthetic Curriculum & Resource Recommendations

- [Moving Beyond the Page](#) – Hands-on, project-based curriculum with active experiments, art, and STEM activities.
- [Tinker Crates / Kiwi Crates](#) – STEM kits encouraging building, crafting, and movement-based learning.

- [Action-Based Learning Games – OT Toolbox](#) – Practical kinesthetic activities for focus, memory, and multi-sensory learning.
  - [Brain Gym – Learning Through Movement](#) – Movement exercises that integrate physical activity with cognitive skills.
  - [Handwriting Without Tears](#) – Multi-sensory approach to writing with movement-based exercises.
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