



# Movement Learning Chart

## Kinesthetic Learner

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Make learning active and fun across subjects!

Perfect for kinesthetic learners who thrive through touch, motion, and hands-on play.

✓ *Try it out:* Use this chart during lessons or outdoor play to make learning stick (and wiggle)!

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### Subject



### Movement Activity



### How It Helps



Math

Do jumping jacks while skip counting

Builds rhythm and number memory



Spelling

Toss a bean bag for each letter in a word

Boosts muscle-memory and recall



Reading

Act out scenes from the story

Deepens comprehension and engagement



Science

Build models with clay, LEGO®, or blocks




Reinforces concepts with hands-on creation



Geography

Walk or run to different places on a large map

Encourages spatial memory and location learning

 Writing	Trace letters in sand, shaving cream, or rice	Strengthens fine motor skills + letter formation
 History	Role-play as historical characters	Builds empathy and helps retain events
 Vocabulary	Clap, hop, or jump for each synonym/antonym	Activates body and brain for stronger word connections

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## Kinesthetic Curriculum Resources

- [Moving Beyond the Page](#)  
Project-based, hands-on curriculum with movement, experiments, and creative activities.
  - [Tinker Crates / Kiwi Crates](#)  
STEAM kits that encourage building, crafting, and experimenting for active learners.
  - [Handwriting Without Tears](#)  
Multi-sensory writing program with movement-based strategies for letter formation.
  - [Action-Based Learning Games – OT Toolbox](#)  
Practical kinesthetic activities for strengthening memory, focus, and learning through movement.
  - [Learning Through Movement – Brain Gym](#)  
Exercises and activities designed to integrate physical movement with cognitive learning.
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Help us improve our resources — [leave feedback!](#)

