

# Kinesthetic



**Kinesthetic learners learn best through movement and hands-on experiences.**

You're someone who best acquires information through physical activities and touch. Kinesthetic learners need the experience of movement to absorb knowledge. Therefore, you may struggle in situations with a lot of reading or lectures. You may have trouble sitting still because you thrive on direct experiences such as hand-on art projects, role-playing, and skits. The type of creative art expression that would best fit your learning style involves some kind of movement or tactile projects. For artistic expression, you may prefer dance, theater, performance art, ceramics or pottery, woodworking or carving, or textile arts such as knitting or weaving.

