

Kids Learning



Thank you for downloading the Learning Styles Guide.

I am super excited to help you learn everything you ever wanted to know about learning styles.

Use the guide and activities to discover your child's learning styles and then follow the 5 essential steps to boost and develop their education successfully.

Helpful links

- [Learning styles post](#)
- [Learning style activities post](#)
- [Kids learning toys](#)
- [HealthyFamilyandMe blog](#)

Enjoy the guide and let me know via email if you have any questions, concerns or comments.

Best wishes

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Learning Styles Guide

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5 Essential Steps

to successfully educate your child with learning styles

1

Understand the different learning styles

- ✓ and know that there is no wrong or right one
- ✓ even if your child prefers a different style to your own!

2

Discover the preferred and lesser used learning styles

- ✓ by exposing kids to activities from all the different styles

3

Develop the preferred style further

- ✓ and use this learning style for more difficult tasks

4

Introduce and Improve the lesser used learning styles

- ✓ to ensure more efficient learning capabilities now and when older

5

Improve overall learning capacity, skills and memory

- ✓ by continually exposing kids to different learning style activities
- ✓ and thereby empowering them with the ability to adapt more easily to different learning environments
- ✓ boost their brain power and memory skills with superfoods



Learning Activity Instructions

1. Print the learning styles guide pages

2. Follow the instructions per activity

3. Observe your child closely while completing the activities

- ✓ Discover the preferred and lesser used learning style by noting the following criteria during each activity
- ✓ creative initiative displayed
- ✓ activity enjoyed
 - indications of preferred learning style
- ✓ a lot of guidance needed
- ✓ limited interaction or interest in activity
 - indications of lesser used learning style

4. Discover the preferred learning styles

5. Discover the lesser used learning styles

6. Continue to follow the 5 essential steps on page 1 to improve learning skills





The letter, number and shape Activity

1. This activity will teach kids

- ✓ the letters of the alphabet and numbers or shapes
- ✓ whilst you discover their preferred learning style
- ✓ and develop new learning styles

2. This is an activity that can be used for all ages

- ✓ for kids younger than 4 years of age, use shapes rather than numbers and letters

3. Give your child the freedom to

- ✓ choose the way they want to manipulate the activity
- ✓ without instruction
- ✓ in order to easily discover the preferred learning style

4. Follow the step-by-step example of this activity

- ✓ in the [Learning Style Activities Post](#)

5. Activity Tips

- ✓ with younger kids only do one or two of the activities at a time
- ✓ space them over a couple of days to really get them engaged and help you discover their strengths and weaknesses



The letter, number and shape activity instructions

1. Write or print out big font letters on cardboard
2. Visual learning style
 - ✓ give your child the numbers, letters or shapes to look at and let them trace the outline with their fingers
3. Tactile learning style
 - ✓ have them cut the letters out with scissors
 - ✓ provide stickers, flat glass beads, shells or pasta to stick onto the letters to decorate
4. Auditory learning style
 - ✓ talk about the name of the letter and words that start with or contain the letter
 - ✓ always focus first on the letters in their names
5. Auditory and verbal learning styles
 - ✓ sing a song pertaining to the relevant word
6. Verbal reading and writing learning style
 - ✓ ask kids to repeat the letter names after you and
 - ✓ try to replicate the letter on paper
 - ✓ when older than 6 years, let them practice writing these words
7. Visual learning style
 - ✓ print pictures of objects starting with the relevant letter and
 - ✓ have your child group them with the corresponding letter
8. Interpersonal learning
 - ✓ do some of the activity with them
9. Intrapersonal learning
 - ✓ leave them to do some on their own
10. Remember to note engagement for each activity
 - ✓ in order to discover preferred and lesser used learning styles
 - ✓ use the criteria mentioned in step 3 on page 2 of this guide





The fun fact sheets Activity

1. The Fun Fact Sheet series is an

- ✓ easy and fun way for the kids to learn about their bodies

2. The sheets are designed to

- ✓ educate kids with the help of various learning styles

3. They can also help you discover

- ✓ your child's preferred and lesser used methods of learning and
- ✓ assist you in improving their overall learning capacity, skills and memory

4. This is an activity that can be used for all ages

- ✓ For kids younger than 4 years of age, use shapes rather than numbers and letters

5. Give your child the freedom to

- ✓ choose the way they want to manipulate the activity
- ✓ without instruction
- ✓ in order to easily discover the preferred learning style

6. Read more about this activity

- ✓ in the [Learning Style Activities Post](#)

7. Activity Tips

- ✓ with younger kids only do one or two of the activities at a time
- ✓ space them over a couple of days to really get them engaged and help you discover their strengths and weaknesses



The Fun Fact Sheet

Activity Instructions

1. Prior to instructing the kids, give them one fun fact sheet and
 - ✓ ask for suggestions of what they would like to do with it
 - ✓ this will give you a great first impression of their learning style of choice
2. Visual learning style
 - ✓ if you printed the sheets in black and white, start with having the kids color the sheets
3. Tactile learning style
 - ✓ give them one of the sheets to cut the facts out with child-safe scissors
 - ✓ ask them to arrange the cut pieces on top of the uncut page, trying to find its position based on color and size
4. Auditory learning style
 - ✓ read the facts with the kids or let them read it out aloud
 - ✓ have them repeat the facts, and try and see how many they can remember
5. Verbal reading and writing learning style
 - ✓ have kids older than 6 years of age, re-write the facts
6. Interpersonal learning
 - ✓ do some of the activity with them
8. Intrapersonal learning
 - ✓ leave them to do some on their own
9. Remember to note engagement for each activity
 - ✓ in order to discover preferred and lesser used learning styles
 - ✓ use the criteria mentioned in step 3 on page 2 of this guide



The *Fun Fact* Sheet For *Brilliant Kids*

My skin...



on my head has
about 100,000 hairs

on my fingers are
unique – finger prints

is the thinnest
on my eyelids

is waterproof

keeps me
warm in winter

is the largest organ
in my body

makes new cells
every day

keeps germs out

keeps me cool
in summer

looses 43 million
cells every day!

cells die and make
dust in the house

is all over my
body

is damaged
by sunlight

is the thickest
under my feet

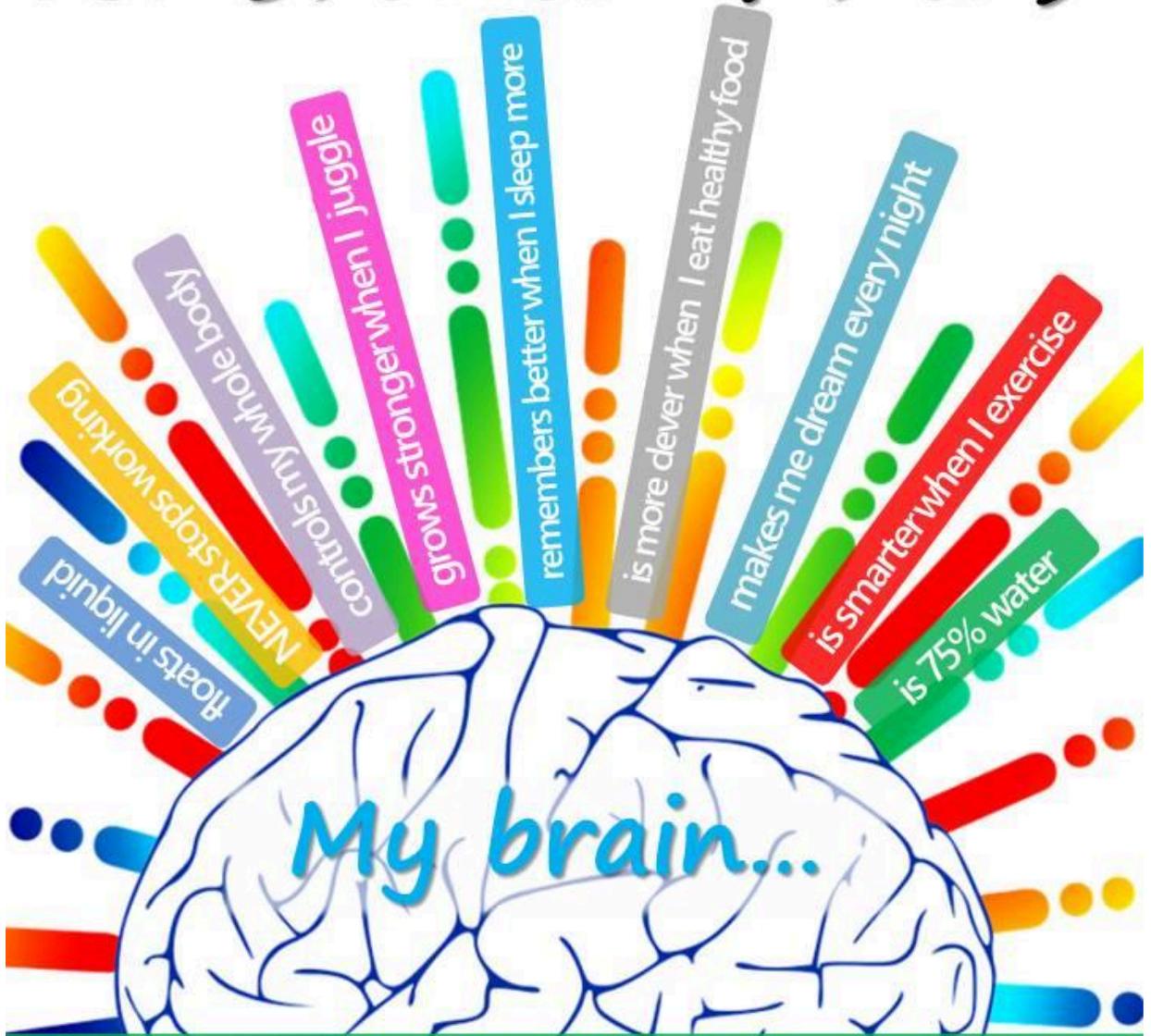
The *Healthy Skin* Power Boost



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The *Fun Fact* Sheet For *Brilliant Kids*



The *Mega Memory* Power Boost



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