

## Visual

- Hand out sample jars from study(2)
- Calendar
- Opportunity to read on own, first reader picks what first
- Flyer, Pamphlet, Brochure
- Written word
- Pictures(3)
- Checklists or worksheets
- Infographics or graphs(2)
- Color
- Demos (Food, Garden) (2)
- Watching someone else
- Video(2)
- Flowcharts or Venn diagrams
- Flash cards(2)
- PowerPoint
- Visualize Ideas or concepts
- Presentations
- Posters
- Websites so user can decide where to go
- List(checklist), bullets, guide
- Food modules for nutrition
- Have a variety of sample items in a jar(plastic)to demonstrate visually
- See how the demos is done
- Check your eyesight regularly
- Show how to do process or equation on whiteboard, projector etc.
- Show results of poll, instant gratification of results
- Tri-folds
- Demonstrations, use food labels to teach people what they look for and how to reduce fats and sodium
- Show me end result and I will demonstrate
- Fat tubes to show amount of fat in different proteins
- Include pictures & visual examples in slide shows
- Write down key words idea or instructions
- Color coding
- Sitting in the front row
- Draw pictures, use images

## Auditory

- Discussions
- Different voices, accents
- Conversations
- Use cadence, modulation, vocal variety
- Use songs rhymes, jingles, catch phrases
- Having the info repeated
- Time to process what they heard
- Step by step instruction (Led by voice)
- Repeat back what was learned in own words
- Use of recorded material to repeat and rewind
- Opportunities for silence
- Good stories
- Inflection
- Voice intonation
- Quiet places to focus
- Read aloud
- Repeat
- Voice inflection (not monotonous) Auditory expressions
- Videos or something with auditory stimuli
- Read/Share out loud with group about topic
- Repeat key words/ phrases out loud
- Having background music-Playing tempo being important \*\*

\*\* Note: here's some information about background music:

<http://www.newmanagement.com/music/index.html>

## Kinesthetic or Tactile

- Movement based learning act something out
- Hands on practice
- Touching and feeling lesson material
- Cooking demonstrations
- Action to connect a thought to memory e.g. plant on my hand
- Busy items, fidget spinners, pipe cleaners, doodling
- Presentations
- Fidget toys
- Stretching
- Standing up and moving to a new location
- Walk through motions
- Activities where you're moving around (like the one we're doing now)
- Encouraged to stand or move more
- Movement breaks
- Acting
- Fidget items on table
- Poster topics and walk around, adding post it comments
- Role play activities