

LEARNING STYLE GUIDE

THERAPIST HANDOUT GUIDE

Telehealth provides the opportunity to work with children remotely and in their natural environment. As a result, it is important to understand that everyone has their own "style" of learning. There are many learning models you can refer to when understanding a child's learning styles, but one of the simple examples is the VARK learning style model, which involves visual, auditory, read/write, and kinesthetic.

As you reflect on your treatment planning process, does your current approach to occupational therapy favor one type of learner? Most children benefit from a combination of approaches. As you plan your activities for your next telehealth session, consider the child's learning style and try a new approach.

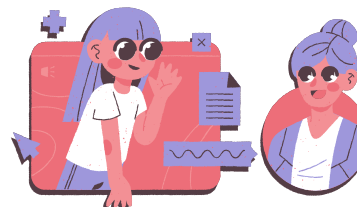
Visual

- Children who learn best visually may be known as visual learners. They learn when information is presented visually, either in written or images form. In an online setting, these learners may benefit from visual aids.
- The following are examples of strategies to help this learning style:
 - Use illustrated handouts with clear, step-by-step instructions.
 - Use visual schedules or first/then boards.
 - First, use the visuals and then, use words to go over the visual aids.
 - Model the activities for the child.
 - With child verbal and non-verbal feedback, provide clarification to instructions with the visual aid.
 - Use video links of an activity.
 - Decrease visual distractions.
 - Use color or changes in font sizes to highlight important information.
 - Use images with color and larger in size to associate with an object, then transition to smaller images.
 - Determine if you would like to present the visuals horizontally or vertically.
 - Horizontally prepares the child for reading.
 - Some children prefer vertical as it is easier to read.



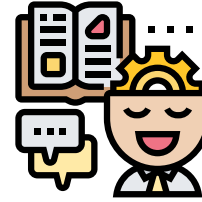
Auditory

- Children who learn best through hearing and listening may be known as auditory learners. They understand and remember information that is heard. These learners may benefit from listening to information presented differently in an online setting, such as through lectures, conversation, and music.
- The following are examples of strategies to help this learning style:
 - Explain the purpose of the activity.
 - Clearly explain the steps of the activity.
 - Use your voice tone and body language to help maintain the child's attention on the activity.
 - Have sing-a-longs with the child.
 - Use sound effects and music to help the child engage and have fun with learning the activity.
 - Engage in verbal games.
 - Ask the child to repeat the instructions back to you.
 - Record the child explaining or reading the instructions.
 - Ask the child to read the instructions to you.



Read/Write

- Children who learn best through written and spoken words may be known as verbal or linguistic learners. They learn through reading, writing, or speaking. In an online setting, these learners may benefit from activities influenced by language reasoning.
- The following are examples of strategies to help this learning style:
 - Offer written instructions in writing and provide them verbally.
 - Read instructions out loud.
 - Read where there is different intonation in the voice.
 - Incorporate educational or therapeutic games that have written words, such as word searches and crosswords.
 - Reenact activities to help the child act out information and talk about it in different ways.
 - Have the child reteach you the activity's instructions.



Kinesthetic

- Children who learn best through movement may be known as kinesthetic learners. They learn through hands-on experiences. In an online setting, these learners may benefit from having the opportunity to physically touch, move, and carry out an action.
- The following are examples of strategies to help this learning style:
 - Change up the therapy session to keep the child motivated.
 - Ask the child to visualize the steps before starting an activity.
 - Engage the child in interactive online activities, such as boom cards and Google slides.
 - Engage the child in activities that involve hand manipulation, such as play dough and tabletop games.
 - Reenact or act out a story or activity.
 - Integrate physical objects with the learning experience.
 - Incorporate movement activities, such as yoga and dancing, into the session.



For more information about telehealth, please refer to www.aota.com.

References

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