

Multisensory Learning

Albert Einstein said, “Learning is experiencing. Everything else is just information.” The best way for students with dyslexia and/or ADHD to experience life is through multisensory learning.

Multisensory learning involves more than one of the senses at a time.

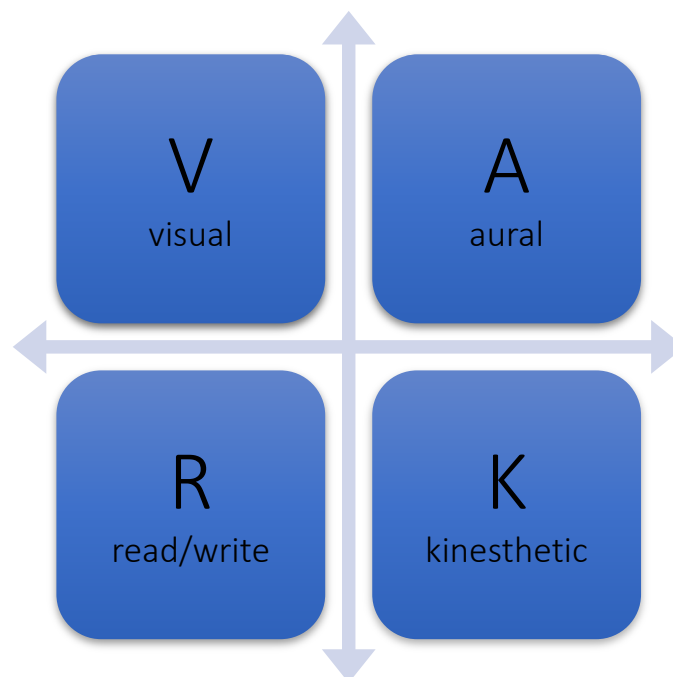
- auditory (hearing and speaking)
- visual (seeing and perceiving in color)
- kinesthetic/tactile (doing, moving, touching)

Multimodal Learning

VARK model

Multimodal learning involves more than one mode of learning at a time. Take an online quiz to find your best mode of learning.

- Visual (seeing)
- Aural (listening)
- Read/write (writing things down, making flashcards)
- Kinesthetic (doing, getting physically involved)



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