

ADVICE FOR TACTILE LEARNERS

- ✘ Take frequent **study breaks**
- ✘ **Move around** to learn new things (e.g., read while you are using an exercise bike; model in clay to learn a new concept)
- ✘ **Stand up** to work
- ✘ Use bright colors to highlight reading material and turn it into **posters or models**
- ✘ **Skim-read** before reading in detail