

Multisensory Activities for parents to support learning at home.

Using multiple senses at once stimulates a “full brain” experience and enhances the ability to retain information. When children can see something as it is explained, and hear about it, and then do it using hands-on activities, they are much more likely to retain the new information.

Visual activities can include demonstrating including online instructions, visual information through information sheets and looking at information in books. Visual support for recapping/revision can include mind maps and spider diagrams. Information cards with key words/information on one side and explanations on the other. This allows students to self-check answers.

For auditory activities, discuss new information. Use videos with auditory commentary. Encourage discussion with a sibling or parents. Ask your child to repeat/explain answers aloud. Discussion allows students to organise and clarify their ideas.

Kinesthetic activities can include an array of hands-on activities such as manipulating cards with information on to put them in order. Writing or typing information. Acting out information, such as the story in a book or the facts in a history lesson.

Using the various senses together stimulates a broader experience for the student and has a stronger effect on the ability to retain the learning.

For students with concentration problems brain breaks can be very useful. The following website has some great ideas:

<https://minds-in-bloom.com/20-three-minute-brain-breaks/>