

In this worksheet, you'll find some interesting ways you can utilize kinesthetic methods in language learning.

- Go for a swim, and each time you come up for air say a word (but be quick).

- While you're on a shopping trip walk around the store a few times and write down words of ingredients you want to learn.

- Play a high action sport like basketball, volleyball, soccer, etc. While playing you can focus on grammar and vocabulary.

- If you can, attend a language congress. You can meet people from all of the world, engage in various physical activities all while practicing your language skills.

- When you wake up, take a jog around the block while listening to podcasts.

- If you're a fan of the gym, 1 word per push-up would do you a lot of good. So would 1 word per sit-up, 1 per jumping jack, 1 per bench press. You get where I'm going with this...

These are just a few ideas, but by all means, let us know if you come up with some ideas of your own.