

Homeschooling: A Natural Fit for the Kinesthetic Child

Touch the Future – Stephen Guffanti, M.D.

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Talking Points

- ❖ Kids who learn through movement – kinesthetic learners – are often considered ADHD.
- ❖ Stephen Guffanti, MD notes that “Because kinesthetic learners move when they learn, kinesthetic learners immediately have five of the nine criteria doctors use to diagnose ADHD; a score of 6 will give the child the label “ADHD.” (63)
- ❖ When children are placed on medication for ADHD (and other diagnosis) it only suppresses some of the behaviors and it interferes with the child’s ability to learn. The label isn’t helpful to the child. (Refer back to “Diagnosis: Does It Help or Hurt?” by Rebecca Thompson, M.S. from earlier in the magazine.)
- ❖ When teachers force kids to stop moving when learning, if that’s what they do to learn, they are effectively shutting off their brains. Movement helps kinesthetic learners process information.
- ❖ Guffanti closes his article with: “In the classroom the kinesthetic perception is not usually served—it’s just labeled ADHD. In cases like these, a homeschool environment might produce much better results.” This article tells the stories of children who both began homeschooling, for different reasons, and began to see improvement in their learning abilities and motivation.

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

If you are considering homeschooling, there are some marvelous resource sites. Each U.S. state has its own regulations for homeschooling, so please check with your local school district and read the homeschool law in your state. The Homeschool Legal Defense Association compiles a legal analysis of each U.S. state’s homeschool law at <http://www.hslda.org/hs/state/>

An infographic describing “The 7 Styles of Learning” <http://www.edudemic.com/styles-of-learning/>

What the research says about movement and learning

<http://movementandlearning.wordpress.com/about/>

“Schoolhouse, Rocked” by Peter Gray, Ph.D.

<http://pathwaystofamilywellness.org/Inspirational/schoolhouse-rocked.html>

“Erasing Misconceptions: Setting the Record Straight on Six Homeschooling Myths” by Laura Grace

Weldon <http://pathwaystofamilywellness.org/Inspirational/erasing-misconceptions-setting-the-record-straight-on-six-homeschooling-myths.html>

“Movement is Life & Chiropractic Delivers” by James L. Chestnut, B.Ed., MSc., D.C.

<http://pathwaystofamilywellness.org/Inspirational/movement-is-life-a-chiropractic-delivers.html>

Other resources that you may find helpful:

<http://www.navigatingbyjoy.com/>

<http://thepioneerwoman.com/homeschooling/>

<http://sandraddodd.com/>

<http://www.parents.com/kids/education/home-schooling/best-homeschooling-resources-online/>

<http://www.johnholtgws.com/>

<http://www.educationrevolution.org/store/>

<http://www.alfiejohn.org/index.php>

<http://www.homeschoolnewslink.com/>

<http://homeedmag.com/>

<http://www.unschooling.org/>

<http://www.alternative-learning.org/>

<http://learninfreedom.org/>