

Here is a table that both describes some of the basic processing differences for each of these sensory styles and shows how they might manifest in daily life.

	Visual	Auditory	Kinesthetic
Common expressions	see the picture, take a look, seems to me, point of view	rings a bell, loud and clear, manner of speaking, unheard of	get a hold of, get a grip on, get a feel for, keep in touch, off the cuff
Meaningful words	target, vision, clarify, show, insight, examine, reveal	resonate, click, answer, message, listen, discuss, debate, propose	grasp, powerful, reflex, pressure, tackle, tangible, wrestle, handle
Favorite activities	reading, watching TV or movies, writing, drawing, daydreaming	listening to music or radio, hearing or telling stories, singing, talking	dancing, walking, bicycling, sports, crafts, outdoor activities
Preferred instructions	seeing or drawing a map, charts, lists, visual presentations	hearing verbal directions, audio books, oral presentations	body gestures or leading the way, imitation, practical tasks
Project strategies	goals, plans, to-do lists	talking it through, using others as a sounding board	jumping right in, action
Memorization aids	visual cues, faces, spatial orientation, sketches, mind maps	names, words, sound patterns (rhythmic/ rhyming)	hands-on activities, practical applications

(Table adapted from *Accelerated Learning for the 21st Century*, by Colin Rose and Malcolm J. Nicholl [1997])

How do the three types of sensory processing fit in with Gardner's eight intelligences and the three centers of awareness during the three stages of development? Don't worry if you are confused—that's understandable!