

# Characteristics of the Three Modalities

A person relies on their senses to perceive the world. Of the five senses, three are primarily used to perceive, store and retrieve reality: eyes, ears and touch. Each person has differing abilities in each mode.

Based on the sense preferred, the person is labeled as; **VISUAL**, **AUDITORY** or **KINESTHETIC**. A person communicates best with someone of the **SAME MODALITY**

## **VISUAL**

When

### **Action**

Eyes are up  
Listening Observant  
Quieter Talking  
More deliberate  
Energetic  
Memorizes by seeing

### **Some Behaviors**

Organized  
Neat, orderly  
Appearance oriented  
Good speller  
Rather read than be read to

Less distracted by noise  
Has trouble remembering verbal instructions  
Mind wanders with too much verbal

## **AUDITORY**

When

### **Action**

Eyes go side-ways and down to opposite side  
Listening  
Moves lips, says  
Talking  
Math & writing more difficult  
Energetic  
Spoken language easier  
Likes music.  
Learns by listening  
Memorises by steps/ procedure/sequence

### **Some Behaviors**

Talks to self  
Easily distracted  
Can repeat back  
When reading  
Hear rhyme  
Rhythmic pattern  
Can mimic tone, timbre, pitch

## **KINESTHETIC**

When

### **Action**

Down to the same side  
"handed"  
Touches people and stands close to them  
Memorizes by walking through it

### **Some Behaviors**

Responds to physical reward  
Larger physical reaction  
Moves a lot

Physically-oriented  
Early large muscle development

Energetic  
Learns by doing