

Children's Ministry Toolkit: Discipleship

Learning Styles & Spiritual Types

VARK Learning Styles

Children learn in many different ways, and have dominant learning styles that are the method through which they absorb, understand, express, and remember their learning. The 4 styles of learning are:

- Visual (seeing)
- Auditory (listening)
- Read/write (combination of visual and kinaesthetic)
- Kinaesthetic (active/sensory, involving the whole body)

How can your activities and lessons strive to engage all four learning styles?

Spiritual Types

Children experience and encounter God in many different ways. The types of spiritual expression and connection can be grouped into four main types that are represented by [the Spirituality Wheel](#). This one is simplified for use with children.

Where do you find yourself on this wheel when you feel most connected to God? What about the individual children that you are journeying with?

