

## Visual Auditory Kinesthetic Method

### VAK

#### **What is "VAK" and why is it important?**

"VAK" (Fernald, 1943) is a strategy that helps your child remember the appearance of words through a visual, auditory, and kinesthetic approach to learning. With "VAK," your child looks at the word, says it, and then must write it from memory. Writing helps your child remember the word because he must perceive it accurately to read and write it.

#### **How can I use "VAK" with my child?**

Select a few words that your child has difficulty learning. The words may be chosen from his "Word Bank" or reading material. Write the word on a card. Pronounce the word and have your child look at the word and pronounce it several times. Your child should close his eyes and create a visual picture of the word in his head. He should see the word in his "mind's eye." He then compares his mental picture with the word card.

Your child should try and write the word from memory. He then compares his written version with the word card, noting inaccurate parts. Your child continues to repeat the process of seeing the word, saying it, and producing it from memory until he is accurate.

Your child can place the word card in his "Word Bank" for continued practice and review. Your child can read "Structured Language Experience Stories" or other passages to practice recognizing the word in context.



*Visual Auditory Kinesthetic Method (VAK) – Word Cards*
