

VAKT

What is VAKT?

VAKT stands for **Visual, Auditory, Kinaesthetic, and Tactile**—a multisensory teaching approach designed to engage multiple pathways in the brain to enhance learning. It is especially effective for students with diverse learning needs, such as those in special education settings, as it supports differentiated instruction and reinforces understanding through repeated, varied sensory input.

Components of VAKT

- **Visual (Seeing)**
 - **How it's used:** Learners observe and interpret information through images, colour-coded charts, diagrams, printed words, or videos.
 - **Examples in the classroom:**
 - Displaying picture schedules or social stories.
 - Using flashcards, visual timetables, or mind maps.
 - Demonstrating concepts on the interactive whiteboard or through PowerPoint slides.
- **Auditory (Hearing)**
 - **How it's used:** Learners listen to spoken words, sounds, songs, and rhythms to process information.
 - **Examples in the classroom:**
 - Reading aloud or storytelling with varied tone and rhythm.
 - Using rhymes, chants, or auditory cues to support memory.
 - Engaging students in verbal discussions or echo reading.
- **Kinaesthetic (Moving)**
 - **How it's used:** Learners engage in whole-body movement to understand and remember concepts.
 - **Examples in the classroom:**
 - Role-playing, dramatizations, or gesture-based learning (e.g., using actions for sight words).
 - Movement breaks that incorporate learning (e.g., hopscotch with numerals).
 - Using body movements to represent letters, shapes, or maths operations.
- **Tactile (Touching)**
 - **How it's used:** Learners use their hands and sense of touch to explore and interact with materials.
 - **Examples in the classroom:**
 - Tracing letters in sand, shaving cream, or textured surfaces.
 - Using manipulatives for counting, sorting, and sequencing.
 - Craft and hands-on learning projects (cutting, gluing, building).

Why VAKT Works in Special Education

Multisensory reinforcement:

Helps embed knowledge in long-term memory by engaging more than one sense at a time.

Neurodiversity-friendly:

Supports students with Autism Spectrum Disorder (ASD), ADHD, intellectual disability, speech and language disorders, and sensory processing challenges.

Reduces cognitive load:

By presenting information in multiple formats, learners can access content through their strongest modality and reinforce it through others.

Increased engagement:

Active participation increases motivation and reduces passive learning.

Tips for Implementing VAKT in the Classroom

The VAKT way of teaching

A multisensory teaching approach designed to engage multiple pathways in the brain to enhance learning.

1.



VISUAL

2.



AUDITORY

3.



KINESTHETIC

4.



TACTILE

An especially effective strategy for students with diverse learning needs.