

Resources:

- Learning at my Best worksheet/ 4 blank sheets of paper/zones within the learning space
- Writing and drawing pens/pencils

Develops:

- Self-understanding
- Self-awareness
- Meta-cognition
- Communicating
- Collaborating

Learning At My Best

Modelling
how the learner
learns by drawing
or acting

Understanding how learners think and learn at their best can support self-understanding and promote positive relationships between group members. For educators, these insights can help you to design an enabling environment.

For young people, developing awareness of how they learn at their best and how they communicate this to others can support them in the future to recognise how they work at their best, and how they might communicate what reasonable adjustments to request in employment.

This activity can be carried out on the worksheet provided, but may work better with four large, blank sheets provided for drawing on and/or as a group share. The questions are based on Clean Language coaching, which uses questions with an uncommon structure. These are designed to promote thinking about thinking, so it's important to ask them as they are phrased on the worksheet.

In some settings, this activity could work well as a drama-based activity, where participants physically express learning at their best.

In a group setting, participants can learn about one another's needs and co-design an inclusive learning space.

When you are learning at your best, you're like what?

What do you need from others, for you to be like that?

What will others see or hear?

What does the learning space need to be like for you to be learning at your best?