





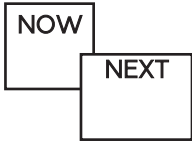









# My learning mood board

## Who is this resource aimed for?

For children that want explore more things about their learning preferences are want to explore this more with a grown up.

- We all like to learn and work in different ways.
- We might find that we are better able to concentrate in class.
- For example, some people like complete silence, whilst others may need background noise.
- This worksheet is to help you think about the things that you might find helpful!

Have a look at some of the ideas below and put a tick with the things that you know help you, a cross with the things that do not help you and question mark for the things you would like to try.

 <p>Using ear defenders</p>	 <p>Having a fidget toy in my pocket</p>	 <p>Having some noise in background</p>	 <p>Working in complete silence</p>	 <p>Using now and next cards so I know what I have to do now and then next</p>
 <p>Having all of my equipment in front of me before I start</p>	 <p>Using a checklist and tick things off as I finish</p>	 <p>Making a good plan before I start</p>	 <p>Starting my work straight away</p>	 <p>Another person writing down what I need to do</p>
 <p>Having someone help me with my work</p>	 <p>Being left on my own to do work</p>	 <p>Using a timer so I can see how much time I have got left</p>	 <p>Sitting on my own at a desk away from other children</p>	 <p>Sitting in a group with other children</p>

Can you think of any other things not mentioned above that may be helpful?

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