



Good experiences of learning



Think of something you have learned how to do. It can be anything (baking a cake, wiring a plug, using a computer). Think about these questions:

- What did you learn?
- Who taught you?
- How did they teach you?
- What was good about the way they taught you?
- What helped you remember what you had to do (did you write it down, read instructions, do the action with the person teaching you)?

Talk to the person next to you. Tell them your answers to these questions.





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Makes it harder to learn 	Makes it easier to learn. 
You are tired.	You have had a good night's sleep.
You are hungry.	You know your teacher well.
Your teacher keeps changing.	Your classroom is quiet.
Your classroom is cold.	You are relaxed in class.
Your classroom is noisy.	You get to know the other people in your class.
Your mobile phone keeps ringing.	You know what is going to happen in your lesson (for example what you will learn about, what to do if you don't understand something, when the break is).
Your feel sick.	You feel ok to tell your teacher if you don't understand something.
You are worried about something.	You know how to calm down if you get frustrated.
People come into your classroom unexpectedly.	



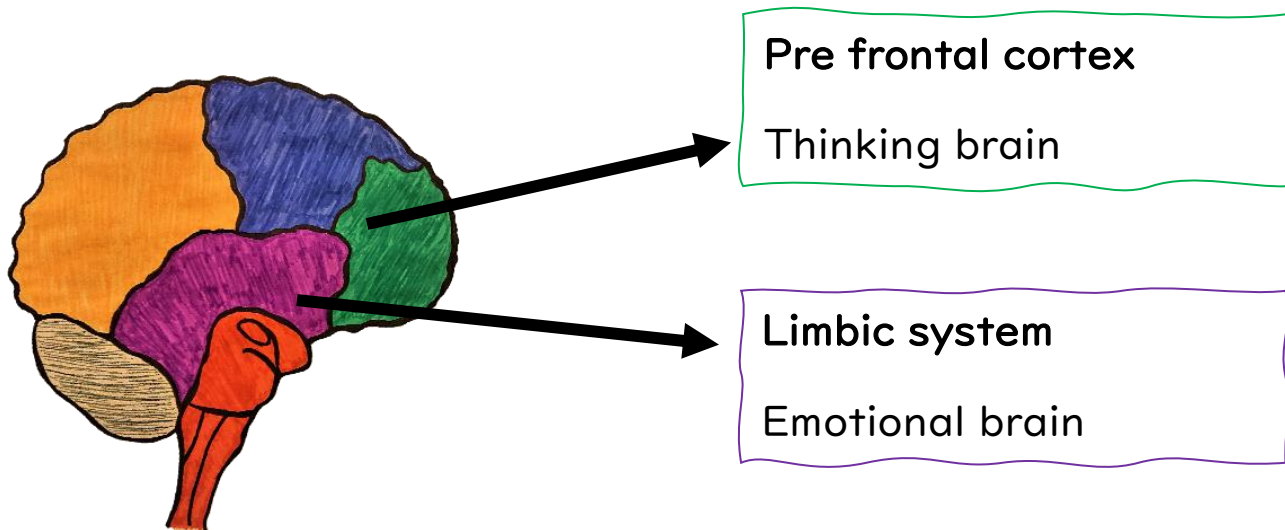
Pre frontal cortex

Thinking brain

Limbic system

Emotional brain

Learning and our brains.



We use different parts of our brains for different things. The **pre frontal cortex** (thinking brain) is the part of the brain we use for many of the things we need to learn. These include:

- Concentrating
- Managing our emotions
- Planning for the future
- Making decisions
- Problem solving
- Managing information.

The **limbic system** (emotional brain) is the part of the brain that helps us to look for any threats around us and to know if we are safe. This can be threats to our safety (for example a dangerous animal) but it could also be feeling cold, hungry or worried about something.

If we are stressed, or if stressful things have happened to us in the past, our **emotional brain** can become over active. This is natural. It's our brain and body trying to keep us safe.

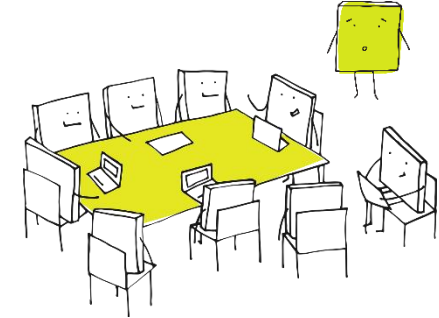
It can mean that we keep feeling stressed or unsafe, even when things are calm, and we are safe. Some people may:



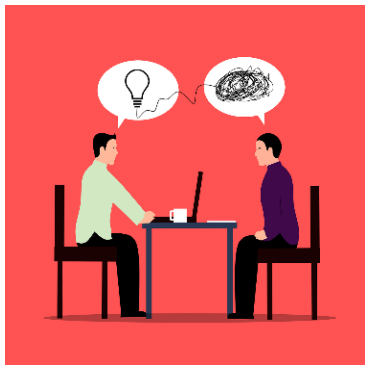
have problems sleeping.



find it difficult to relax.



find it hard to feel comfortable with other people.



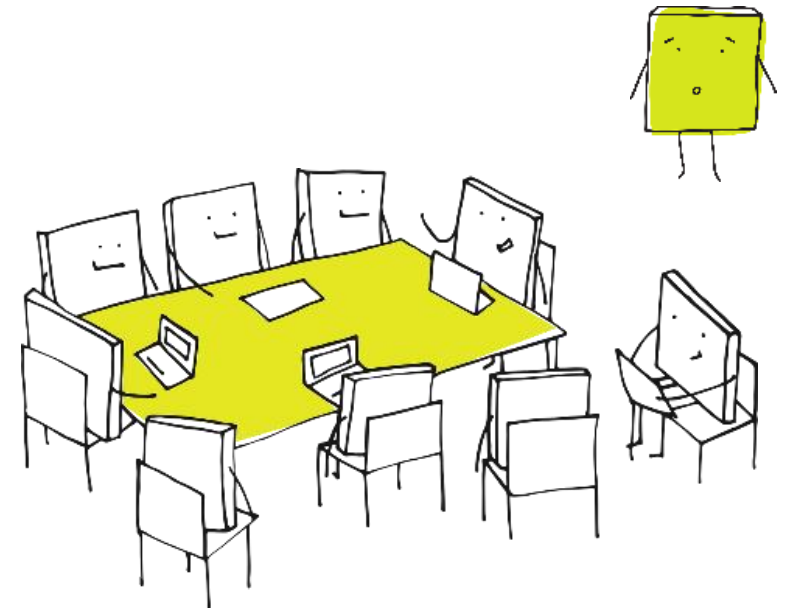
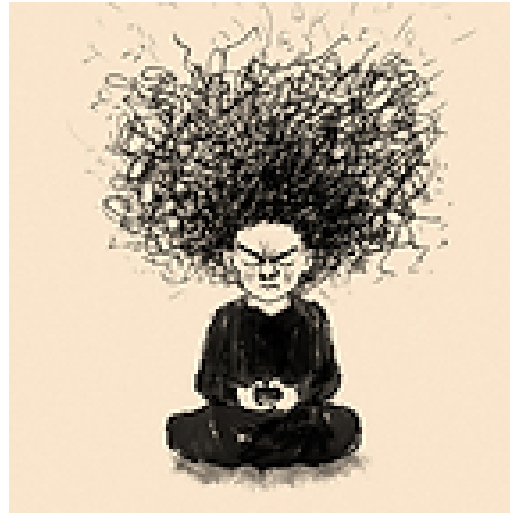
find it hard to concentrate and remember things.



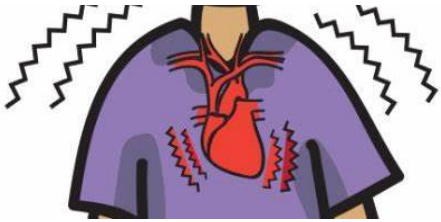
feel 'on edge' /panicky.



feel disconnected from themselves or the world around them.



What happens when you are stressed? Tick the pictures that are true for you and write your own ideas.



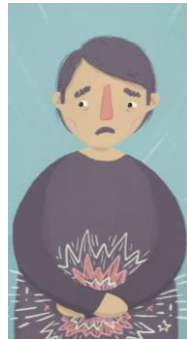
heart beats fast



sweat



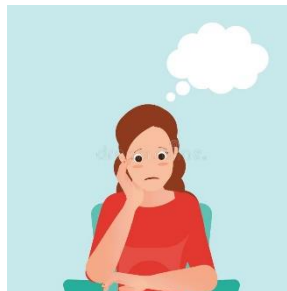
need to move



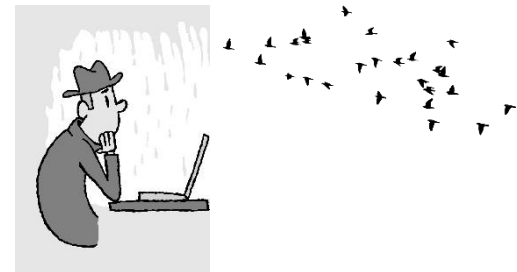
get stomach pain/feel sick



get annoyed/angry/upset



day dream/switch off



get distracted

When I'm stressed I...

To be able to study and learn, we need to feel relaxed and calm, so that the thinking brain can come back online. What helps you relax? Tick the pictures and write your own ideas.



gardening



watching TV



going to the park



exercise



listening to music



talking to family/friends

These things help me relax...

Getting ready for learning-relaxation activities.

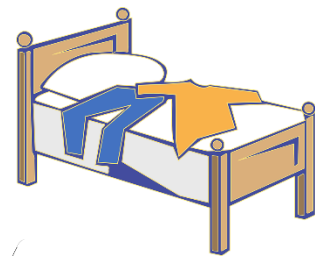
Before you start to study ask yourself, 'How do I feel?'

Notice how your body feels. Is it relaxed? If not, try doing one of the things that helps you relax. You could also try the ideas below.

5, 4 ,3 ,2, 1 grounding activity

Focus on where you are. Find:

✚ 5 things you can see



✚ 4 things you can touch



✚ 3 things you can hear



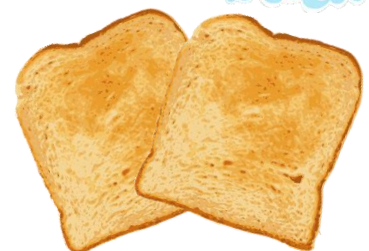
✚ 2 things you can smell

(or a smell you like)



✚ 1 thing you can taste

(or a taste you like)



Make

Draw, doodle, colour in, make a paper plane.

Notice the colours and shapes.

Don't worry about what it looks like.

This is just for you.



Move.

Throw a ball, go for a walk, exercise.

Notice what you can see, hear and touch.



Make a hot or cold drink.

Notice how it feels in your hands (be careful not to burn yourself).

Notice the taste as you drink.



Listen carefully.

To music you like.

What instruments can you hear?

To the sounds around you. What can you hear?

