

# The HeART of Learning™

Everyone learns differently. Some of us are very visual and need to see things in person. Others do better when we can use our sense of hearing more. We even like having music playing in the background while we do homework. Some of us need to move around and others need to write down what we are learning or “do it or build it” to learn it. It’s a good idea to know how you learn best so you can enjoy learning more and have fun.

Try checking off the statements in the following list that feel true for you. And write your own in at the bottom if you like.

Here’s to being Brilliant U!



Be Brilliant U

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# I Learn Best When

- I am aware of what is happening for me right now.
- I am not stressed.
- I am not comparing myself or competing with others and others are doing the same.
- I do not have to get the answer right in order to feel good about myself.
- I am valued member of “working together” on a team.
- My brain is turned on.
- I am imagining and wondering.
- I am using ALL of my senses.
- I am taking in my experience and information both with and without words.
- I am curious and ask all sorts of questions.
- I have a study partner.
- I am happy and content.
- I am well rested and fed.
- I am awake and energized.
- I am doing and building.
- I feel seen, heard and valued.
- I relax and breathe.
- I am able to wiggle and move.
- I am listening to music.
- I am using both my creative and thinking brain.
- I trust my teacher, parent or learning facilitator.
- I feel there is someone there to help if I need it.
- I can be alone in a quiet peaceful room.
- I can take frequent breaks.
- I am standing up.
- I can repeat back what I’ve just learned.
- I have an organized study space and all the tools I need within reach.
- I take a moment to breathe and focus before I start working.
- I can take all the time I need.
- I know that it is all ok, that I am ok and perfect just the way I am.

You can even make a list of some of the ways YOU learn best?

Feel free to share this with your teacher, your parents, family or other people in your life that could help you and support you in your learning process.