

Learning Styles

Tick the boxes that describe you. Then find out what sort of learner you are.

I learn better when I can discuss my ideas.	<input type="checkbox"/>	I remember things during lessons when there are pictures or diagrams to look at.	<input type="checkbox"/>	I can concentrate more in lessons where we move around.	<input type="checkbox"/>
I often fiddle with something I have found lying around.	<input type="checkbox"/>	I often whistle, hum or sing to myself.	<input type="checkbox"/>	I often doodle while I'm thinking.	<input type="checkbox"/>
When learning a new skill, I like to get on with trying it.	<input type="checkbox"/>	When learning a new skill, I remember things better if someone explains it to me.	<input type="checkbox"/>	When learning a new skill, I need to see someone show it to me first.	<input type="checkbox"/>
When the adverts are on TV, I go and do something else.	<input type="checkbox"/>	When the adverts are on TV, I watch them.	<input type="checkbox"/>	When the adverts are on TV, I sing along to them.	<input type="checkbox"/>
I enjoy listening to stories.	<input type="checkbox"/>	I enjoy reading stories.	<input type="checkbox"/>	I enjoy drama and acting stories out.	<input type="checkbox"/>
I am good at trying out new skills.	<input type="checkbox"/>	I am good at remembering people's names.	<input type="checkbox"/>	I am good at remembering people's faces.	<input type="checkbox"/>

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

I learn best when teachers get us to do something.

I learn best when the teacher draws diagrams.

I learn best when the teacher explains things to us.

I usually get into trouble for talking in class.

I usually get into trouble for doodling on my books or paper.

I usually get into trouble for fidgeting and rocking on my chair.

If I am on a long journey, I read a book.

If I am on a long journey, I like it when we stop to stretch our legs.

If I am on a long journey, I like to listen to music or chatter.

I gesticulate with my hands when I'm talking.

I sometimes use unusual words when I'm talking.

I doodle when I'm talking on the phone or thinking about something.

I would choose to go outside and play.

I would choose to watch TV.

I would choose to listen to music.

I like to look out of the classroom window.

I can often hear things going on outside the classroom.

I lose concentration if I have to sit still for too long.

I would like a job where I fix things.

I would like a job where I can talk, sing or play an instrument.

I would like a job where I am drawing or designing something.

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What Sort of Learner Are You?

Count up how many Visual, Auditory and Kinaesthetic answers you have ticked. Put the number in the box below:

Visual:

Auditory:

Kinaesthetic:

Whichever answer you have ticked the most, that is your strongest learning style.

Visual: You learn best by looking at things. You understand things best when you look at pictures or diagrams of what you have to learn and you like to explain your thinking by drawing. You might find it useful to remember the shapes of words when you are spelling and use colour when writing or drawing to help you remember things.

Auditory: You learn best by listening to things. You remember things that people tell you and it helps if you say or sing things to yourself to learn them. You might find it helpful to sound your words out when you are reading and say your spellings out loud before writing them down. You could also try recording yourself speaking to help you learn things or write sentences. You could even try making up songs for your times tables!

Kinaesthetic: You learn best by trying things out. You like having things to count and feel as you learn and you remember things best when you are moving about. It might help you to trace sounds or words in the air as they are being spoken to help you learn your spellings and use counters or beads to help you with maths.

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I learn better when I can discuss my ideas.	auditory	I remember things during lessons when there are pictures or diagrams to look at.	visual	I can concentrate more in lessons where we move around.	kinaesthetic
I often fiddle with something I have found lying around.	kinaesthetic	I often whistle, hum or sing to myself.	auditory	I often doodle while I'm thinking.	visual
When learning a new skill, I like to get on with trying it.	kinaesthetic	When learning a new skill, I remember things better if someone explains it to me.	auditory	When learning a new skill, I need to see someone show it to me first.	visual
When the adverts are on TV, I go and do something else.	kinaesthetic	When the adverts are on TV, I watch them.	visual	When the adverts are on TV, I sing along to them.	auditory
I enjoy listening to stories.	auditory	I enjoy reading stories.	visual	I enjoy drama and acting stories out.	kinaesthetic
I am good at trying out new skills.	kinaesthetic	I am good at remembering people's names.	auditory	I am good at remembering people's faces.	visual
I learn best when teachers get us to do something.	kinaesthetic	I learn best when the teacher draws diagrams.	visual	I learn best when the teacher explains things to us.	auditory
I usually get into trouble for talking in class.	auditory	I usually get into trouble for doodling on my books or paper.	visual	I usually get into trouble for fidgeting and rocking on my chair.	kinaesthetic

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If I am on a long journey, I read a book.	visual	If I am on a long journey, I like it when we stop to stretch our legs.	kinaesthetic	If I am on a long journey, I like to listen to music or chatter.	auditory
I gesticulate with my hands when I'm talking.	kinaesthetic	I sometimes use unusual words when I'm talking.	auditory	I doodle when I'm talking on the phone or thinking about something.	visual
I would choose to go outside and play.	kinaesthetic	I would choose to watch TV.	visual	I would choose to listen to music.	auditory
I like to look out of the classroom window.	visual	I can often hear things going on outside the classroom.	auditory	I lose concentration if I have to sit still for too long.	kinaesthetic
I would like a job where I fix things.	kinaesthetic	I would like a job where I can talk, sing or play an instrument.	auditory	I would like a job where I am drawing or designing something.	visual

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