

Ways to support learning using each learning style

<p>Feeling</p> <ul style="list-style-type: none"> • Need to feel validated • Provided with choices and options • A good group atmosphere • Feeling secure and safe • Opportunity to share with others in small groups, dyads or triads. • Acceptance of the unknown • Be stimulated with new ideas and perspectives • Feelings and emotions are valued as okay • The use of humour and levity • Time and space to reflect and tune in to feelings 	<p>Watching</p> <ul style="list-style-type: none"> • Diverse, varied and flexible activities. • Energetic • Organisation • Modelling of techniques, examples, and role-plays • Discussions • Opportunities to put ideas into practice • Develop confidence first, before practicing • Demonstrations of skills/ideas
<p>Thinking</p> <ul style="list-style-type: none"> • Guidelines • Outlines • To be able to question • Useful reading material • Handouts, but not too many • Like time to think about what has been said • Like to be able to clarify ideas • Start out with a plan • The use of practical examples 	<p>Doing</p> <ul style="list-style-type: none"> • Tasks and activities to complete • Warm up games • Variation in the type of group exercises used • Experiential learning exercises • Practical focus • Clear opportunities for involvement • Demonstrations • Use of art, collage, drama, sculpture, games, role-play, video, drumming, small groups, puppets, guided meditation • Integration • Clear aims and objectives • Enjoyable