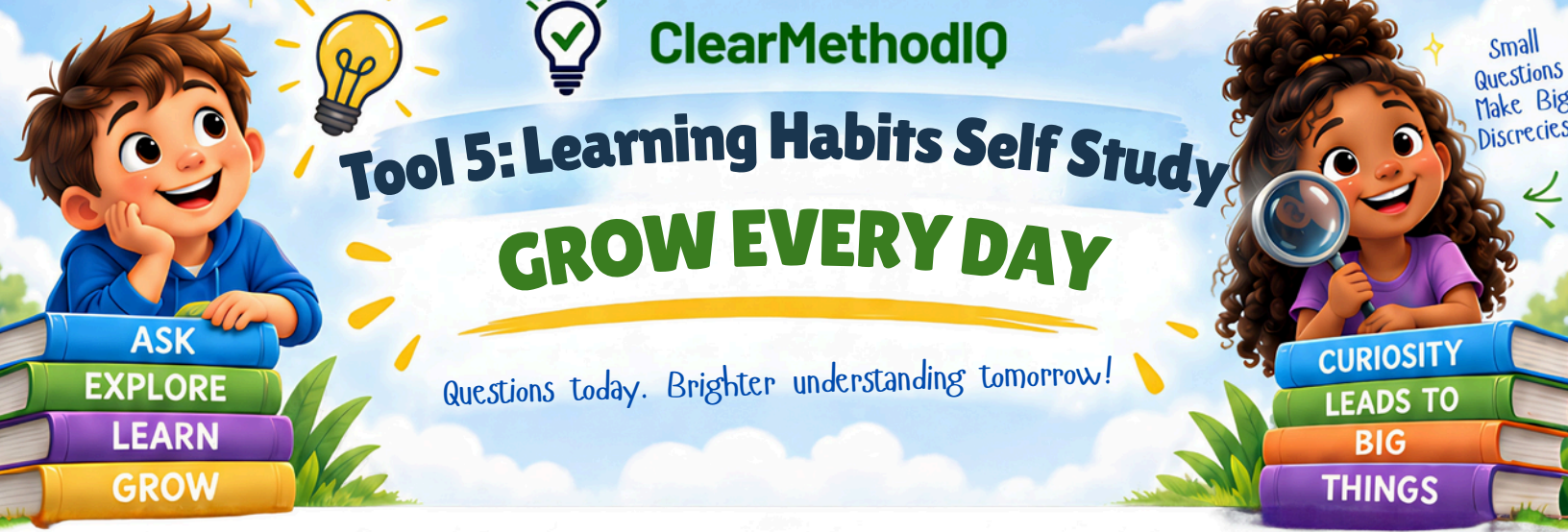




Name: _____

School / Class: _____

Q1 My learning space

Where do you learn best?

- ☐ At my desk
- ☐ On the floor
- ☐ In a quiet room
- ☐ With soft music
- ☐ In a group
- ☐ Somewhere else: _____



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Write or draw what's tricky, confusing, or on your mind:

Q2 How I like to learn

Check the ways that help you understand things:

- ☐ Drawing pictures
- ☐ Talking it out
- ☐ Reading and re-reading
- ☐ Watching someone show it
- ☐ Making flashcards
- ☐ Using a computer or AI to help
- ☐ Something else: _____

Q3 What happens when I don't get it?

How do you feel when something doesn't make sense right away?

- ☐ Frustrated
- ☐ Curious
- ☐ Sad
- ☐ Okay with it: _____

Empty it out.
Make sense of it.
Grow from it. 



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What do you usually do when something doesn't make sense?

Q4 Something I didn't understand at first

Can you think of a time when you didn't understand something at first, but then you figured it out?

WHAT HELPED YOU FIGURE IT OUT?

Empty it out.
Make sense of it.
Grow from it. ♡



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Q5 My learning plan

When I learn best, I usually:

☐

Sit quietly

☐

Talk it out

☐

Draw or use my hands

☐

Move around

☐

Something else: _____

One new learning trick I want to try:

One thing I'm proud of learning:

Empty it out.
Make sense of it.
Grow from it. 



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