

My Thinking Map: How Do I Learn Best?

Metacognitive skill targeted: I have a cool game for you where you'll create a map of your superpowers! This won't be just any map, but a special one that will help you understand how your own brain works when you're learning. You'll see what helps you remember things more easily, think, and solve problems. Thanks to this, you'll discover the secrets of your superpower – which is how you learn best!

Age group: 8-12 years old

Duration: 20-30 minutes

Materials needed:

- A large sheet of paper (e.g., A3 or bigger)
- A pencil
- Coloured pencils or markers
- An eraser (just in case!)

Activity Description

This exercise will help you see and understand your favourite and best ways to learn. You'll create a map that shows how your brain processes information and what makes learning easier and more fun for you.

Instructions:

1. **Get your big sheet of paper ready.** Lay this big sheet of paper in front of you.
2. **Central idea.** In the middle of the paper, draw a big cloud (it can also be a circle or a bubble – choose what you like!) and inside it, write or draw in capital letters "ME" or "MY WAY OF LEARNING". You can also draw your face or an emoji! This is your main idea.

3. **Main branches.** Now, think about a few big categories that help you learn. You can draw some lines coming out from your central cloud. Each line is a "branch." At the end of each branch, draw a smaller cloud and write one of these ideas inside it:

- What helps me remember? (e.g., "Remembering")
- What do I do when it's tough? (e.g., "Difficulties")
- How do I focus? (e.g., "Focus")
- When do I learn best? (e.g., "When I learn?")
- What motivates me? (e.g., "Motivation")

4. **Small leaves (details).** Now, from each of these branches, draw even smaller lines, and at their ends, tiny clouds. Write specific things inside them! For example:

- For "Remembering," you can add: "Drawing," "Singing songs," "Making flashcards," "Repeating out loud."
- For "Difficulties," you can add: "Asking the teacher," "Looking in a book," "Asking parents or a friend for help," "Taking a break."
- For "Focus," you can add: "Comfy spot," "Quiet," "Favourite music," "No distractions (like no phone/computer, no TV)."
- For "When I learn?," you can add: "After school," "In the morning," "In the afternoon," "Before bed," "Short sessions."
- For "Motivation," you can add: "Good grade," "Praise," "Understanding something new," "A reward," "Interesting topic."

5. **Add colours and drawings!** Use coloured pencils to make your map beautiful and clear. You can draw little pictures next to the words to help

you remember what they mean! For example, next to "Drawing," draw a small picture. This map is yours, it's meant to help you learn, and you should like it.

6. **Think: "This is me!"** When you're done, look at your map. Think:

- Is everything there?
- Does this map really show how I learn?
- Did anything surprise you while making this map?

Useful Tips:

- Don't worry! There are no right or wrong answers! This is your map and your thinking.
- If an idea seems a bit strange to you but you know it helps you, write it down!
- You can add as many branches and leaves as you want. Your map can be super detailed!
- If you're not sure about something, don't worry. Just write down what comes to your mind.
- You can talk about your map with your teacher, a parent, or a friend. Maybe they'll give you some cool ideas!

**MAP OF MY THINKING:
HOW DO I LEARN BEST?**
example semantic network

