

The Feynman technique

Metacognitive skill targeted: revision, thinking in a new way, memorisation, self-learning

Age group

10+ years old

Activity Description

In this activity, you will explain a topic to a friend.

You will use simple words, as if you were talking to a 6-years-old child.

This is what we call the Feynman technique.

Instructions

You'll work with in pairs.

One of you is the **“teacher”** and the other is **“learner.”**

You each receive the ‘question sheet’ for your role.

Before completing it, read the following instructions:

1. Select a topic:

Choose something from a lesson you've recently learned.

2. Be the teacher:

Explain the topic to your partner as if they were younger than you.

a. Use simple words.

b. Give examples.

3. **Get feedback:**

Your classmate asks questions like:

- a. I didn't understand this part—can you explain it differently?
- b. “What does that word mean?”

4. **Repeat and improve:**

Now that you know what was unclear, try again.

- a. Add better explanations or examples.
- b. Use even simpler words.
- c. Make it clearer.

Repeat this step until you are both convinced with your explanation.

5. **Switch roles:**

Now it's your classmate's turn to be the teacher with a new topic.

Useful Tips

Here are some questions to help you reflect on your exercise:

- 1. What part was hardest to explain?
- 2. What helped you explain it better the second time?
- 3. What did you learn by being “the teacher”?

The Feynman technique

"Teacher"
sheet

1

Pair up and distribute the roles:

"Teacher":

.....

"Learner":

.....

2

I write a short summary of what
I understood:

.....

.....

.....

.....

3

My classmate's strengths/ what I liked:

.....

.....

.....

4

Tips for my classmate:

.....

.....

.....

The Feynman technique

"Learner"
sheet

1

Pair up and distribue the roles:

"Teacher":

.....

"Learner":

.....

2

Pick a topic you've learnt:

.....

3

I write simple keywords to explain the topic:

.....

.....

.....

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4

I write examples that support my ideas:

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