**What kind of learner are you?**

To give the test:

* Tell students it is a test they cannot fail – as some kids may have negative feelings due to anxiety. This is a test to see how they learn – do they learn best by seeing, listening or doing?
* To be successful though, they should go along with whatever you ask them to do – tell them that nothing you ask them to do can harm them – they are safe
* Tell them they will see, hear or act out a list of 33 words.
* Give them out the sheet to record their answers on. Ask them to have a pencil and the paper ready so that as soon as you finish going through the list they can start writing straight away.
* Make sure they have plenty of room around them to do the action words
* Emphasise that it does not matter how many words they remember, it is which ones they remember that you are more interested in

**Points to note:**

See how many kids had the first or last words – lots will – why? Because we easily remember beginnings and endings – and forget what happens in the middle! Results will vary depending on types of kids in your class, but you can often predict what some kids will get the most of (usually V or K words).

How kids can help themselves:

* Use mindmaps, do this using landscape as we have wider peripheral vision so work is easier to take in/ use lots of colour and pictures to explain
* Visualisation is an excellent learning tool, listen to stories and visual what they hear in their “minds eye”
* Pause for breaks – take your class outside for a brisk walk or run around the field

**Middle School VAK Assessment**

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| 1. Apple | A | Say |
| 1. Beetle | V | Say word and show picture and word |
| 1. Bird | K | Say word and flap arms like a bird |
| 1. Book | A | Say |
| 1. Bottle | V | Say word and show picture and word |
| 1. Bull | K | Action of bull using fingers for horns |
| 1. Car | A | Say |
| 1. Cat | V | Say word and show picture and word |
| 1. Circle | K | Draw a circle in the air |
| 1. Clock | A | Say |
| 1. Dance | K | Dance for a few seconds |
| 1. Drum | K | Beat table like a drum |
| 1. Fire | A | Say |
| 1. Gumboot | A | Say |
| 1. Gun | K | Pretend to shoot |
| 1. Hammer | K | Pretend to hammer |
| 1. Heart | V | Say word and show picture and word |
| 1. House | V | Say word and show picture and word |
| 1. Ice | K | Act cold |
| 1. Jump | K | Jump up and down |
| 1. Light | V | Say word and show picture and word |
| 1. Money | A | Say |
| 1. Pain | A | Say |
| 1. Punch | K | Pretend to punch |
| 1. Rock | K | Use arms to rock |
| 1. Rooster | A | Say |
| 1. Smoke | A | Say |
| 1. Snake | V | Say word and show picture and word |
| 1. Sun | V | Say word and show picture and word |
| 1. Table | A | Say |
| 1. Tree | V | Say word and show picture and word |
| 1. Triangle | V | Say word and show picture and word |
| 1. T.V | V | Say word and show picture and word |