

SIMPLE, EFFECTIVE STRATEGIES

FOR STUDENT-CENTRED LEARNING



Walk and Talk

Incorporate movement into learning, physical movement helps energise the brain, increase focus, and encourage engagement



Pair and Share

Encourage learners to discuss key ideas in pairs or small groups, it helps the brain reinforce understanding and solidify learning through collaborative reflection.



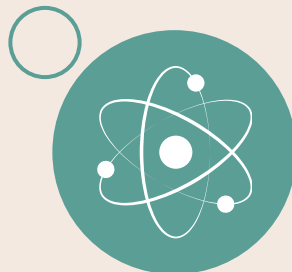
Visual Mapping

Encourage learners to create their own visuals to represent new information, helping them to process and retain content more effectively.



Reflective Journaling

Allow time for learners to write about what they have learned through journaling. Writing helps the brain process information deeply, making it easier to recall later.



Micro-Lessons

Break down content into short, manageable segments, followed by brief activities or discussions. This helps the brain absorb information in small bites.



Learning Stations

Offer different methods for interacting with content, such as videos, readings, or hands-on activities. Allowing learners to choose keeps the brain stimulated.

As educators, learning never stops! This checklist introduces **key principles from the TBR workshop, applying brain science** to make your teaching more impactful. **Check out the full details of TBR workshop,** and let's continue growing together!

