



#### Lecture – 35 Minutes

Introduction to Universal Design for Learning and learning styles.

#### Activity 1

After every 10 minutes of the lecture presentation the group will stop for 2 minutes and have a break:

2 min - First break – two minutes to stand up and follow brain gym activities

2 min - Second break – two minutes to sit and listen to music

2min - Third break – two minutes to look at short clip on you tube

#### Activity 2 – 35 Minutes

A) Introduction to sound recording app.

1) Think of the following questions and prepare your answers

- What are the characteristics of kinaesthetic learning style?
- What are the characteristics of auditory learning style?
- What are the characteristics of visual learning style?
- Which learning style do you think you have and why?
- There are three main principles of UDL:

**1. Provide Multiple Means of Representation**

**2. Provide Multiple Means of Action & Expression**

**3. Provide Multiple Means of Engagement**

Which of the above principles best fits your learning style?

B) Use the sound recording app to record your answers to the questions above.

## Reflections: 20 Minutes

Which break did you enjoy the most?

How did it impact on the presentation?

Any thoughts on your engagement before and after the breaks?

Have you thought about any of these principals before?

What do you do already? Can you see how the person centred ways of working fit-in?