

My VAK Profile

Thinking Skills

Name _____ Form _____

Tick the statements that describe you.

V

1. ____ I remember faces better than names
2. ____ I recognise places easily
3. ____ I picture things in my mind when I'm speaking
4. ____ I like my own space to be neat and tidy
5. ____ I like colourful clothes
6. ____ I like reading, and drawing pictures and doodling
7. ____ I am usually good at spelling
8. ____ I learn well from pictures and diagrams
9. ____ I like using Mind Maps and Spider diagrams

A

1. ____ I like to talk and discuss things
2. ____ I enjoy parties
3. ____ I am good at remembering what I've been told
4. ____ I enjoy background music while I am working
5. ____ I sometimes sing or talk to myself when I'm doing something
6. ____ I prefer to talk rather than watch TV
7. ____ I like to have things explained to me
8. ____ I like making up rhymes and poems
9. ____ I learn well by talking and discussing

K

1. ____ I like making things, and being physically active
2. ____ I can remember things from my childhood
3. ____ I usually talk fairly slowly, and move my hands about
4. ____ I get emotionally involved in books, films and TV programmes
5. ____ I like to try something for myself, rather than be told how to do it
6. ____ I like my clothes to be comfortable
7. ____ I like to stretch out and make myself comfortable
8. ____ I like trying new things
9. ____ It helps me to "play" with something - like a pencil - when I'm thinking or listening.

Now, put your chosen statements into a **poster** to describe you as a VAK learner. Organise your poster to show all the positive things about you and your VAK Thinking styles.

Suggestions.....use plenty of colour.....cut out pictures from magazines.....stick on things for people to touch.