



Starter

Learning rucksack

- Individual
- Pairs
- Small group
- Whole group

Uses: A practical and memorable way to introduce or revise a topic.

Resources: Pre-prepared bag with items in.

Time: 10-15 minutes.

What to do:

1. Assemble eight-ten items that represent key points from the topic to be studied.
2. The items represent things:
E.g. A watch might represent time management.
A bottle of mineral water might represent safe drinking water.
A plaster might represent the NHS.
3. Invite the participants to take an item out of the bag one at a time and offer an explanation of what it might represent.
4. Review all the items at the end.

Make it different:

- Show pictures of items instead.
- Put all the items on the floor and ask participants to pick up one each.

Points to make:

- There is great power in visual and tactile memory.
- Metaphor and representation are also powerful ways to remember and make sense of information and learning.
- Those participants who handled an item are more likely to remember it for longer because they were actually involved.