

Learning Spaces

Create your own at-home comfy space to encourage a daily learning habit. What do you need to learn and how can you make your space unique to you?

How-to video

<https://youtu.be/Zk9GuUwDpg4>



Materials:

- **The materials will change depending on how and what you want to learn! In the how-to video, Kelsey uses things like books, highlighters, blankets, paper, pens, and pencils. But you might need a tablet and headphones, snacks, and a pillow fort!**

Steps:

1. Create a list of 3-5 current events you are curious about. Your list can include terms or phrases you have recently heard that you are unsure about. Or you can explore something you have seen on the news or in media that might be confusing.
2. Explore how you can learn best. Learning can happen through watching movies, reading books, listening to podcasts, etc. You can even create a library of resources you can use. Maybe you create a playlist of podcast episodes, or a special bookshelf set aside just for learning.
3. Identify when you think you learn best. Maybe your brain is fuzzy in the morning, but sharper in the afternoon, or you are a night owl and you think and learn best after dinner. It might take some trial and error, and that's okay!
4. Create a space in your home that's unique for your learning style. What does your space look like? Are there snacks and drinks? How do you make it comfortable and inviting? What type of tools do you need? Pencils and highlighters? Clay? Headphones? We all need different things to learn!
5. Use your space and resource library daily to learn what you are curious about.
6. Once you have taken some time each day, find ways to reflect on what you have learned. Maybe it's through talking with family and friends, journaling, making a video, creating art.



7. Create a system for tracking your new learning habit!
8. Repeat the process and figure out what does and doesn't work for you. Maybe you need to change the time you learn, or try a different method of learning, or even combine methods.
9. Keep being curious—see where these learning and reflecting habits take you next. Let that lead to learning and reflecting.

Caregiver tip:

This is a layered activity! It combines habit-forming, exploring the best ways we learn as individuals, and leaning into and exploring important and sometimes uncomfortable topics. Creating space and time for these things will lead to a lifelong habit of learning and working toward change.

Consider taking some time to do these activities as a family. You can try [listening to a podcast](#) while you work on an art project, [switch-up your normal movie night](#), or include more [diverse voices](#) on your bookshelf.

You can also try making and filling out a [DIY habit tracker](#) and building in time during your day to talk about and digest what you've learned.

Working toward creating a unique and comfortable space for learning, as well as exploring new ways to learn can go a long way in creating positive feelings associated with a daily learning habit. Changes like this can be a lot to digest—so take these one at a time.