



# Selecting Learning Activities

Learning activities are the most creative part of planning an NE session. It is important to assess an activity's relevance and usefulness when deciding which ones to include in your groups. Think about each potential activity as it relates to the session focus. Clear session objectives will help you select meaningful activities.

## Considerations when selecting a specific activity:

- The activity clearly fits the learning objective(s) identified for the session.
- The activity engages participants and promotes active learning.
- The activity incorporates all aspects of Adult Learning Theory – RISE (**R**espectful, **I**mmediately meaningful, **S**afe, **E**ngaging).
- The steps to complete the activity can be easily explained to the group.
- The activity effectively uses session time.
- The activity fits with the group size.

# Learning Activities

## Considerations when deciding which combination of activities to use in the session:

- Include a variety of activities that appeal to different learning styles (See, Hear, Read, Do).
- Include activities that involve your secondary audience.
- Arrange the activities in a logical sequence that facilitates learning.

## Your ideas:

