



Transcript of *KNOW YOUR OWN MIND* from *Finding Your Voice with Dyslexia and Other SpLDs*, p 57

This is a recording based on the instructions in the published book. Here we use 'red' as an example in the centre of the page; the figure in the book uses 'cup'. The transcription is taken from the video recording rather than the text in the book. It does not include repeated words or non-words such as um and yup etc.

Full length 10:19 mins

Ginny speaking; Sally doing the exercise during the first part. Discussion between Ginny and Sally for the second part.

The exercise

Ginny:

0:00

This is an exercise that you can use to explore how you think well and what connections your mind naturally makes between different ideas.

0:17

You're going to write down in the middle of a piece of paper, a colour or a shape and then you can draw a circle around it, rather like we have in our example page. Round the spokes, like the spokes of a wheel, you're going to write ideas that are connected to your shape or colour that's in the middle and you're going to make sure that you don't spiral out.

So if you choose something like the colour red you don't go:

- red picnic blanket
- what's the weather going to be like tomorrow
- have we got enough food for the picnic we're planning
- I need to go shopping

so all those ideas have spiralled out from the red picnic blanket and you don't write them down.

What you do after you have written picnic blanket down is you come back to your colour red in the middle and you think about the next thing that's associated with red. It doesn't matter what the associations are it's just so that you know that it is associated with the colour or shape that you have written down in the middle.

1:32

You're going to have a minute and a half to collect ideas and then I will say "pen down" and for another minute just try to keep your mind focused on the colour or shape that you've written in the middle and see how easy it is for you to keep it there and not let it wander.

1:55

Right so, so your minute and a half for collecting ideas starts now.

3:32

Okay pen down. And you're just keeping your mind focused on the shape or colour that you've written in the middle.

4:34

OK so that's the end of that minute of just ...



4:40

Reflection on the 2nd part of the exercise

Ginny: and how easy did you find it to keep your mind ...

Sally: Oh yes it was pretty straightforward but I feel frustrated and didn't have enough time to write all the words that are now filling my head but that's you know that's part of the exercise so that's fine.

Ginny: and you can if you want to go on longer than the minute and a half

Sally: Oh

Ginny: individually

Sally: yes sure

Ginny: so that you get all the information that you want

Sally: yes so there are other spike/ spokes on the wheel that I've not been able to complete

Sally: that's fine.

Discussion about the first part of the exercise

5:20

Ginny: that's fine so now let's think about the connections; so what ... the suggestion in the instructions are that you now then think about what were the connections that brought these particular things to mind

Sally: I chose the colour green for the middle there we go

5:43

Ginny: so then you tell me I'll write with your pen

Sally: let's do a clockwise shall we? So grass that's direct colour connection and I suppose I'm thinking of looking out of my dining window onto the lawn

Ginny: so are you seeing it

Sally: Oh I'm seeing everything actually

Ginny: OK so it's all visual

Sally: yes

Ginny: all visual OK

Sally's descriptions of the connections

6:17

Sally: so trees because I can remember walking a few days ago down the Wye valley and there some of the paths are through woodland and you get this huge overall underwater green feeling so a recent walk

6:33

Sally: leaves yes just recently in the gardening aspect we're looking at leaves to see what to identify the plant and you are sort of close up and feeling them and they are very green obviously but also it's the texture of them and whether they're furry or bristly or spiky or big or pointed that was all there

6:58

Sally: the wallpaper takes me back to my home hall where I've got a William Morris wallpaper at the bottom the dado is dark green and above that is what they call I think it's Willow Tree and it's mainly green so that's a kind of direct home connection



7:17

Sally: the next one is a dress I wore for my sister's wedding bright lime green I was only a teenager and it was quite not daring exactly but it was quite fun

7:35

Sally: dinner service that's my parents' wedding present from I think one of their parents so my grandmothers' family and it's mainly it's not great it's white with green lines around the edge and as a child we ate every main meal off the dinner service with the green pattern circles

8:00

Sally: slime yes some of the boys I used to teach would bring slime in a little box bright green and it was for them to fidget with so that was something that they like and

8:13

Sally: then I've got an apple tree one of which has green apples all the others have they turn pink or red or something but this is a an apple tree that just has green apples so it's my garden and I suppose it's to do with food

Observations from Sally's descriptions

8:31

Ginny: so the thing that two things come out really strongly from this is that you're seeing everything and everything is connected to you

Sally: yes it's a personal

Ginny: so it was personal and it's experiential

Support implications and differences

8:58

Ginny: so if we were you know if I was supporting you and seeing what strategies would work in your study or in your employment it would be definitely looking for visual strategies things that have personal connection to you and things that draw on your own experience so just by exploring the connections that have evolved out of that discussion we get some insights into how you think

Ginny: now if I had written exactly the same words down the way in which they came to mind would be completely different because we know that we work differently

Sally: yes absolutely yes

Ginny: this sort of exercise shows that really brilliantly

Sally: that's an insight for me actually it's interesting isn't it

Ginny: and that's why I think this is a really powerful exercise to do

Sally: for sure

List of thinking options

10:06

Ginny: many other options for ways to think can be found on this website in the template *E1: LIST OF OPTIONS FOR THINKING PREFERENCES*