

# The Mayfield Loop Lesson 1

## Student Worksheet:

### EVALUATING OUR LEARNING SPACE USING THE MAYFIELD LOOP



Name:

Date:

#### 1. Entry Activity – First Impressions

Write **three words** that describe how this space feels to you right now:

Why do you think you chose these words?

#### 2. Contextual Data Snapshot

Circle or tick the option that best matches the space right now:

Category	Options
Time of day	Morning / Midday / Afternoon
Temperature	Hot / Comfortable / Cold
Light	Bright / Dim / Mixed
Air quality	Fresh / Stuffy / Breezy
Noise	Quiet / Moderate / Loud



### 3. Mayfield Loop Questions

Answer each question in 1–2 sentences.

**Emotional Pulse:** Are you content learning in this space today? Why?


**Agency:** Can you adapt this space to suit your needs? Why or why not?


**Positive Learning:** Where do you learn best in this space? Why?


**Friction:** Where is it hardest to focus? Why?


**Active:** Where do you feel most energised or playful?




**Rest:** Where do you feel calm or at ease?

**Avoidance:** Is there anything you avoid in this space? Why?

**Change:** If you could change one thing, what would it be?

**Keep:** What should never change here?



### 3. Spatial Mapping

Sketch the space below (or use the provided plan, if applicable).

Use colours or labels to show:

- Best learning zones
- Hard-to-focus areas
- Calm areas
- Energising areas
- Avoidance zones

*(Attach extra paper if needed.)*

## 5. Group Reflection

Discuss with your group and record:

One thing we would change:

One thing we would keep:

## 6. Final Reflection

What is one new insight you have about this learning space?