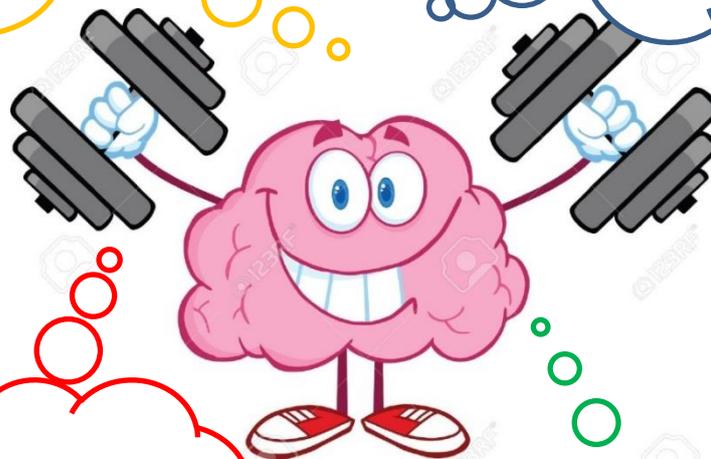


We are building our learning power...

Close your
eyes and
visualise!

I learn
from my
mistakes.



I bounce back
when things
get tough!

I love working
in my class.

How can you support your child?

A parent's guide:

Part 1 - Ready to Learn

How does Building Learning Power work?

Building learning power is helping our children by creating a positive culture in our classrooms, and in school more widely.

Children develop the characteristics of effective learners enabling them to feel more confident and creative about their depth of understanding and application of learning.

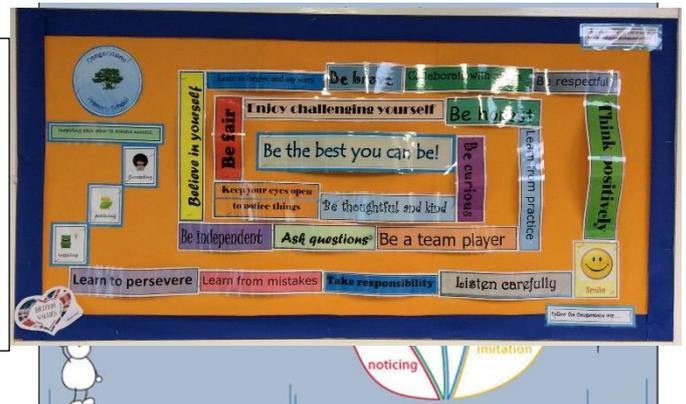
Building Learning Power helps children to;

- Feel confident in their learning ability-
- Develop resilience
- Think harder and challenge themselves more
- Find learning more enjoyable
- Enjoy being curious and asking questions
- Understand their voice and opinions are valued, when we are respectful to each other
- Do better in external examinations
- Become life-long learners
- Be the person they aspire to be
- BE HAPPY

Professor Guy Claxton

<http://www.buildinglearningpower.com/about/professor-guy-claxton/>

If we think of the brain as a type of muscle, then with practice and hard work and we can develop and strengthen it.



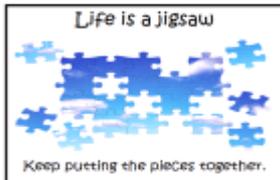
The children discuss each area and we use the four posters we developed to help us to think about each area

We have been using the posters to think about how we:

- Challenge ourselves to move out of our 'comfort-zone'
- Learn best; which is our favourite style of learning? e.g. do we benefit from visual aids?
- Can use mistakes to help us learn - e.g 'stretch mistakes'

- Develop our areas of weakness- children often point out they get distracted easily, so what can we put in place to manage these?
- Can achieve our 'ideal' self - 'Be the best we can be'

What can parents do to help?

<div style="display: flex; justify-content: space-between;"> <div style="width: 20%;"> <p>Absorption</p>  </div> <div style="width: 50%; text-align: center;"> <h1 style="color: red; text-decoration: underline;">Resilience</h1> </div> <div style="width: 20%;"> <p>Managing distractions</p>  </div> </div> <ul style="list-style-type: none"> • Do I really get stuck in with my work? • Time flies when I am zoned into my work • Can I manage distractions so I can really concentrate in all lessons? • Do I try and try again, even when things are tough? • When do my senses help me to learn? <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 20%;"> <p>Perseverance</p>  </div> <div style="width: 40%; text-align: center;">  </div> <div style="width: 20%;"> <p>Noticing</p>  </div> </div>	<h3>Build resilience</h3> <p>Help your child understand;</p> <ul style="list-style-type: none"> • learning requires hard work • we all find some aspects of learning more difficult than others
<div style="display: flex; justify-content: space-between;"> <div style="width: 20%;"> <p>Questioning</p>  <p><small>Playing with situations</small></p> </div> <div style="width: 50%; text-align: center;"> <h1 style="color: yellow; text-decoration: underline;">Resourcefulness</h1> </div> <div style="width: 20%;"> <p>Making links</p>  <p><small>See how things fit together</small></p> </div> </div> <ul style="list-style-type: none"> • Do I ask questions in every lesson? • Can I make links between different lessons? • I am good at imagining in my head? • Do I make the most of my time in class? • What do I understand at the end of a lesson? <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 20%;"> <p>Imagining</p>  <p><small>Using your mind's eye</small></p> </div> <div style="width: 20%; text-align: center;">  </div> <div style="width: 20%;"> <p>Capitalising</p>  <p><small>Making good use of resources</small></p> </div> <div style="width: 20%;"> <p>Reasoning</p>  <p><small>Thinking methodically</small></p> </div> </div>	<h3>Make links</h3> <p>Encourage your child to;</p> <ul style="list-style-type: none"> • ask questions • make links between their learning • make links between other aspects of life <div style="text-align: right; margin-top: 10px;">  </div>
<div style="display: flex; justify-content: space-between;"> <div style="width: 20%;"> <p>Interdependence</p>  <p><small>Balancing self-reliance with being sociable</small></p> </div> <div style="width: 50%; text-align: center;"> <h1 style="color: green; text-decoration: underline;">Reciprocity</h1> </div> <div style="width: 20%;"> <p>Collaboration</p>  <p><small>Working and learning together</small></p> </div> </div> <ul style="list-style-type: none"> • Do I know when to work on my own and when I need help? • Can I work well in a group? • How well do I listen to others and try to understand their ideas? • When is it useful to copy and when is it not a good idea? <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 20%;"> <p>Listening/Empathy</p>  <p><small>Getting in others' minds</small></p> </div> <div style="width: 40%; text-align: center;">  </div> <div style="width: 20%;"> <p>Imitation</p>  <p><small>Picking up others' habits and values</small></p> </div> </div>	<h3>Develop interdependence</h3> <p>Help your child to realise:</p> <ul style="list-style-type: none"> • they can often do their homework on their own • they can often do lots of things on their own • but it's important to ask for help if they need it

Planning
Working learning out in advance

Reflection

Revising
Changing and adapting along the way

- Am I well prepared for my lessons?
- Can I change my work to make it better?
- Can I pick out the key points in each lesson?
 - How do I learn best?

Distilling
Drawing on earlier lessons and learning

I learn from my mistakes.

Meta-learning
Understanding how I learn best

Learn from mistakes

Help your child to understand;

- mistakes are an important part of challenging yourself
- *if you don't challenge yourself and move out of your comfort zone, then you won't make mistakes and capitalise on your learning*

Responsibility
Is our 5th R

Our first Golden Rule is

We are responsible for our actions and our behaviour.

We don't make excuses.

This means we are responsible for.....

- ...making the most of our learning opportunities
- ...our belongings
- ...looking after our school environment
- ...what we do and say
- ...being a good role model

Responsibility was a word we kept coming back to so we designed our own poster for responsibility.

Encourage your child to be responsible for understanding

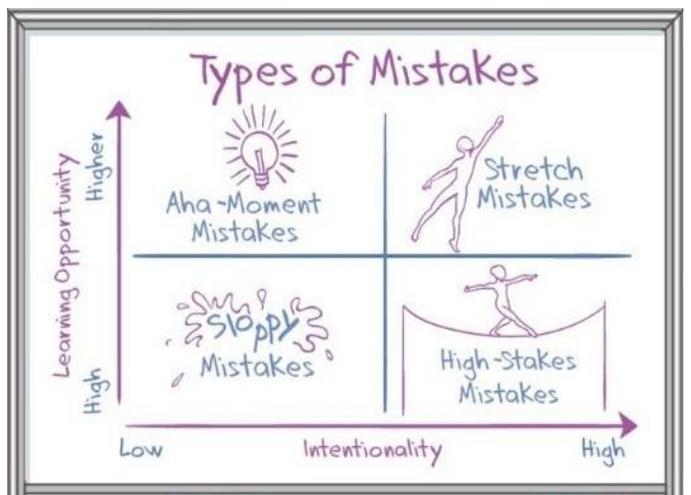
- they are responsible for their actions and behaviour and organising
- their homework and when it needs to be handed in
- what they need to bring to school each day

We have noticed that BLP has helped our children to become more motivated, resilient and focussed on their learning.

10 Things That Will Happen When You Start Stepping Out of Your Comfort Zone

by @OscarNowik bit.ly/10comfortzone

- You'll start growing quickly
- You'll begin to love challenging yourself
- You'll realize all your fears are fictional
- You'll replace regret with excitement
- You'll laugh at your past self
- You'll find out more about your strengths & weaknesses
- You'll boost your self-confidence
- You'll create a new source of satisfaction
- You'll realize the only way to success leads through discomfort
- You'll begin inspiring people around you



Inspiring each other to achieve success