

Some activities you can do at home to help develop children's resilience.

- Build a tower taller than one metre.
- Play a game with balls or bean bags—how many can you throw into a bucket, hoop or chalk circle? Keep score. Can you improve your score?
- Use play dough to make 3 models—something with legs, something that grows and something you can find in the kitchen.
- Create patterns with beads, cubes, buttons, pencils etc.
- Make a jigsaw. Even harder—muddle up the pieces from 2 jigsaws and put them together.

Please share the moments when your child has been resilient with their teacher by completing and returning a wow slip. These can be found at the school office.



## Heathcoat Primary School

Aspiring to achieve our best:  
moving forward together!

## Building Learning Power (BLP) - being a resilient rhino



*A guide to what it all means, what we are doing in school and how you can help at home.*



## What is building learning power (BLP)?

An approach grounded in science and practical experience which is designed to help young people to:

Learn more, learn better, become better learners and become lifelong learners.

**Learning about learning has more of an impact on pupils achievement.**

Learning power involves building and developing particular habits of mind to enable young people to face difficulties calmly, confidently and creatively, and hence to be better prepared for life long learning.

At Heathcoat Primary School we are passionate about developing children as lifelong learners which is why we are using BLP as part of our daily practice.

In his book 'Building Learning Power', Guy Claxton suggests there are 4 learning muscles—resilience, resourcefulness, reflectiveness and reciprocity. We all have these muscles but they need to be developed to extend our learning power. Each learning muscle has a number of learning behaviours. (See diagram on following page) These learning muscles need exercise to develop their strength and stamina.

### What does being resilient mean?

Being a resilient rhino means you are able to do the following things when learning or working on anything.

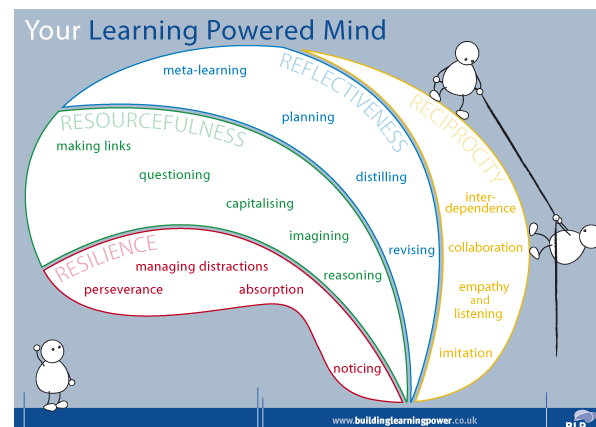
Managing distractions You know what can distract you and how to manage those distractions. You can create your best learning environment.

Perseverance (don't give up, try, try again) You keep going even when things are hard and know how it feels to get frustrated or find things hard. You know that learning can sometimes be slow and that we don't always know what to do.

Noticing You notice patterns and details in different experiences.

Concentrate (lose yourself in your learning) You can lose yourself in your learning and concentrate on the learning.

Don't worry if you make a mistake Making mistakes is part of how we learn and improve. You should not worry about making a mistake.



### What are we doing at school?

We are planning opportunities within lessons for children to develop their BLP skills. We are encouraging children to keep going even when it is hard and to manage their distractions. We are telling children when we have seen them use a learning power. We use learner of the week to celebrate children's achievements with BLP.

### What can you do at home?

Draw attention to, and model positive learning habits.

Demonstrate/model sticking at things even when it is hard.

Talk about how you feel when you are taking on challenges.

Praise your child when they persevere .. But also encourage them to take a break when they have had enough.

Talk to them about what helps them to concentrate and manage distractions.

### Questions to ask/phrases to use

You can do it. Don't give up!

I am really not sure about this. Any ideas?