



Learning & Growing

# At Rushen Primary School we use 18 Learning Muscle Powers



## RESILIENCE

**Absorbing:** I become engrossed in what I am doing and I find this satisfying and rewarding.

**Keeping going (perseverance):** I am not put off by being stuck. I can deal with apprehension, frustration or confusion without getting upset. I recognize that learning can be a struggle but keep going and find ways to overcome difficulties.

**Noticing:** I get a clear sense of 'what', before looking for the 'why' or 'how'. I notice how things look, what they are made of or how they behave. I am patient, knowing that detail may take time to emerge.

**Managing distractions:** I am aware of possible distractions and try to avoid them. I know what helps me learn and settle back into learning quickly after an interruption.

## RESOURCEFULNESS

**Questioning:** I am not afraid of not knowing and I am curious about things and people, like to get below the surface of things and come up with a conclusion.

**Sourcing (capitalising):** I learn from many different sources: people, books, the Internet, music, the environment and experiences.

**Imagining:** I picture how things might look, sound, feel or be. I let my mind explore with possibilities or ideas.

**Making Links:** I look for connections between experiences and ideas, use my memory to give me a handle on something complicated and find pleasure in seeing how things fit together.

**Reasoning:** I can look for evidence, deduce what might happen, create logical arguments or spot flaws in other people's arguments.

## RELATIONSHIPS (Reciprocity)

**Collaborating:** I am aware of how I respond to other people and can manage my feelings when working with others. I respect other people's point of view and I share information and ideas willingly.

**Interdependence:** I know how much interaction I need with others to assist me with my learning. I can make informed choices about working on my own or with others and I maintain my own independent judgement while working with others.

**Imitating:** I notice the approach and details of how others do things and I am ready to learn from them. I can improve physical skills, ideas, strategies and thinking patterns by observing other people.

**Listening:** My eye contact and body language shows I pay attention to other people. I can hear feelings or thoughts behind someone's words and reflect back on the main points that someone has said.

**Empathy:** I can see things from other people's perspective. I care about other people's ideas and listen to their points of view.

## REFLECTIVENESS

**Planning:** I think about what I want to get out of learning. I can assess which resources I may need or estimate how long it will take me.

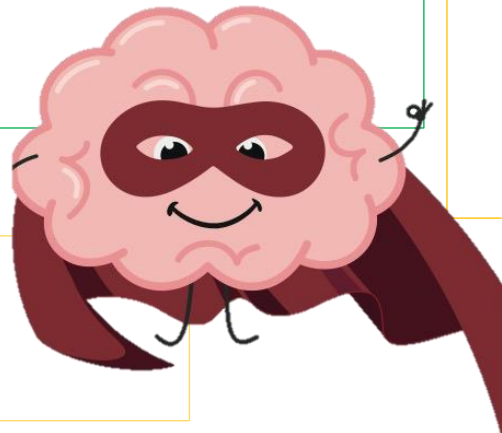
**Learning to Learn (meta-learning):** I can talk about what skills I need to make progress and how I learn as an individual. I know my strengths and weaknesses as a learner and I am interested in becoming a better learner.

**Improving (revising):** I monitor how things are going, am flexible in my learning and can change my plans when I've had a better idea.

**Distilling:** I am able to select or show the most important part of something and put it to good use. I mull over experiences, draw out lessons from them and identify the features that are likely to help me elsewhere.

## REMEMBERING

- transferring skills and strategies
- recalling important facts and events
- learning from experience



## READINESS

- managing reactions to feelings
- positive self-esteem (YASBA)
- know the difference between right and wrong