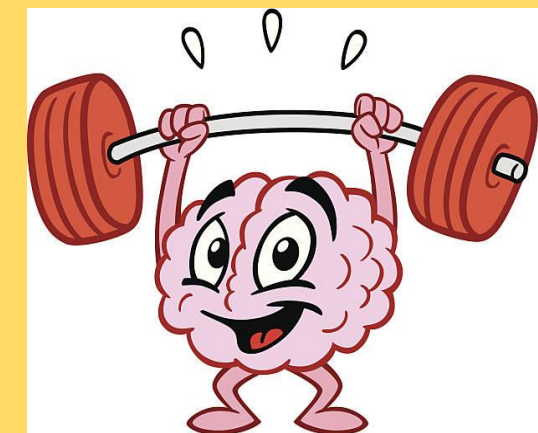




# The Language of Learning



*“Evidence suggests the use of ‘metacognitive strategies’ – which get pupils to think and talk about their own learning – can be worth the equivalent of an additional +7 months’ progress when used well.”*

Education Endowment Foundation

EEF’s research explains the value of explicitly teaching pupils metacognitive strategies, including how to plan, monitor, and evaluate their learning.

# Learn not 'do'





Planning—encouraging pupils to think about the goal of their learning and to consider how they will approach the task;

Monitoring - pupils to assess the progress they are making and make changes to their chosen strategies;

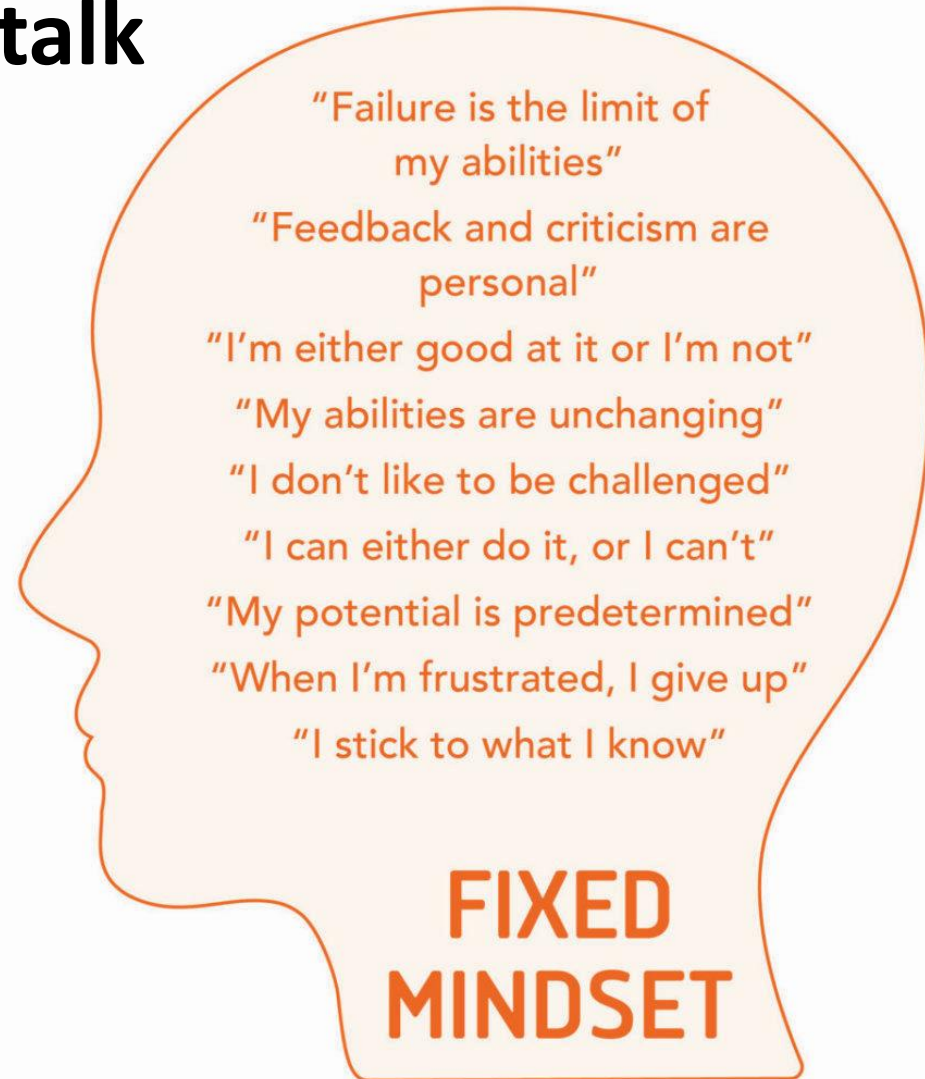
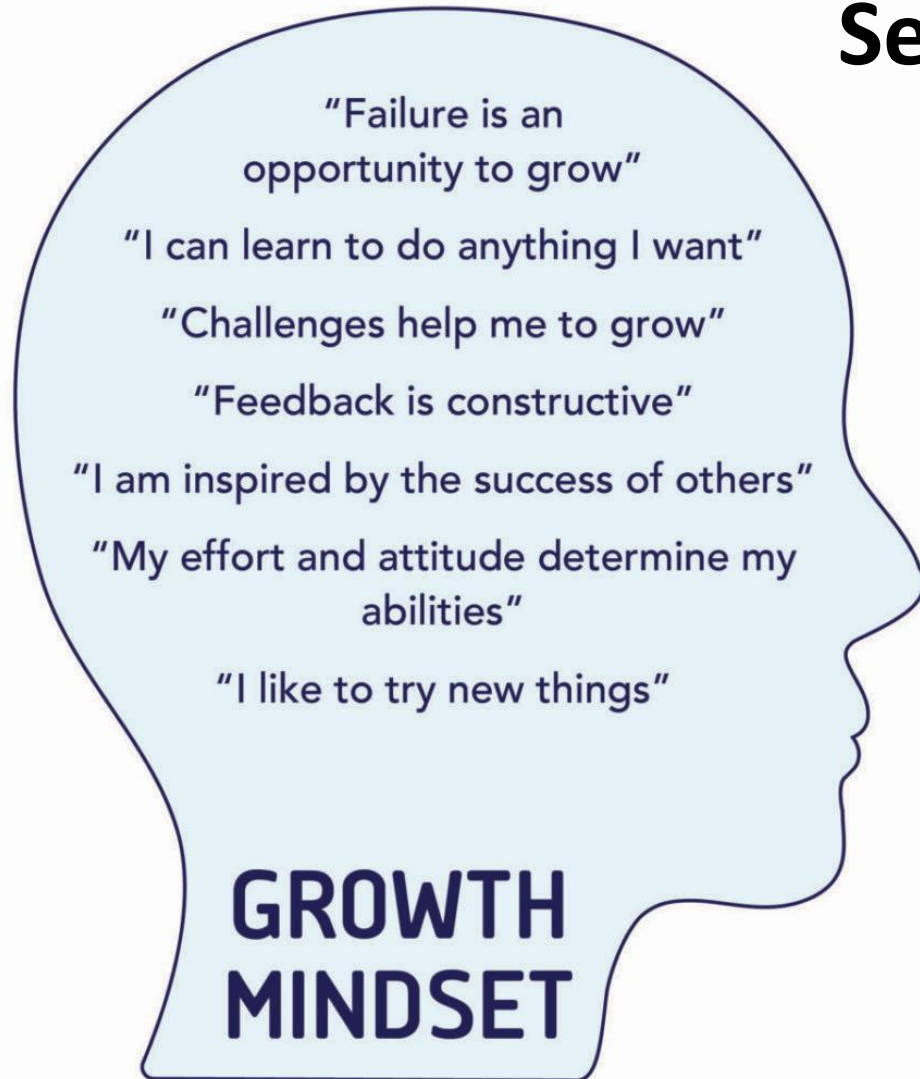
Evaluating - appraising the effectiveness of their plan and its implementation.

**Instead of:**  
**I'M NO GOOD AT THIS!**  
**I CAN'T DO IT!**  
**I'M RUBBISH!**  
**I'LL NEVER BE ABLE TO DO THIS!**

# Traits of Fixed and Growth Mindsets

<b>Fixed Mindset</b>	<b>Growth Mindset</b>
 <p>Intelligence is static. I must look clever!</p>	<p>Intelligence is expandable.</p>  <p>I want to learn more!</p>
Avoids challenges	Embraces challenges
Gives up easily	Persists in the face of setbacks
Sees effort as pointless	Sees effort as the way
Ignores useful criticism 	Learns from criticism 
<b><i>Likely to plateau early and achieve less than full potential</i></b>	<b><i>Reaches ever higher levels of achievement</i></b>

# Self-talk



# Watch this video: Austin's Butterfly



[https://www.youtube.com/watch?v=E\\_6PskE3zfQ](https://www.youtube.com/watch?v=E_6PskE3zfQ) 6 minutes

# Strategies to develop a growth mindset

Which of these do we  
model to our children?

## BE POSITIVE

A child's attitude has the biggest impact on their level of performance.

## WELCOME CHALLENGE

Children should see challenges as opportunities to learn. They should not be afraid of making mistakes.

## PUT IN THE EFFORT

If a child puts their best effort into a task, they will enjoy the reward of achievement more.

## EMBRACE THEIR OWN IMPERFECTIONS

If they are constantly striving for perfection, children will be disappointed. Instead, they should do their best and celebrate their achievements.

## BE OPEN TO CHANGE

If they do the same thing, they'll get the same results. Child should have confidence to try different strategies to find success.

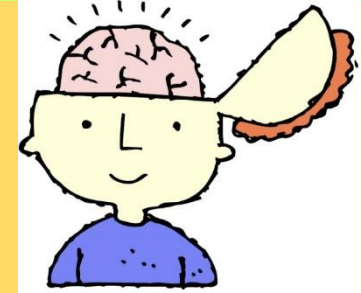
## TRY, TRY, TRY AGAIN

Setbacks should not cause children to give up but should be seen as a positive signal to try another way, as part of the journey to success.

# Praise achievement not ability

Our language tells children what we believe and what we value

- ◆ Well done - you're learning to...
- ◆ Good - it's making you think - that's how your brain is growing!
- ◆ Every time you practise, you're making connections in your brain stronger.
- ◆ You're good at things you like because you work at them.



# Praise process and attitude not ability

Our language tells children what we believe and what we value

- ◆ Let's look at what you've achieved.
- ◆ If you could already do it, you wouldn't be learning anything.
- ◆ Your skills have really improved.
- ◆ You can use this mistake. Think about why it didn't work and learn from it.

# The Learning Pit – James Nottingham

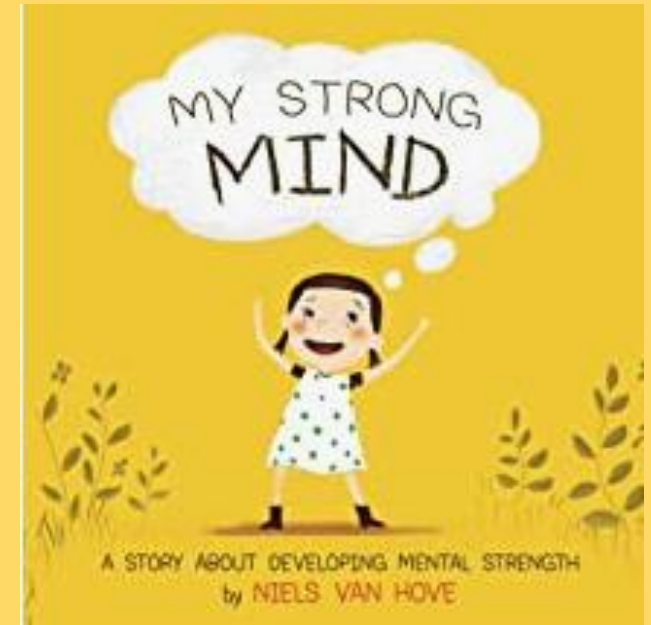
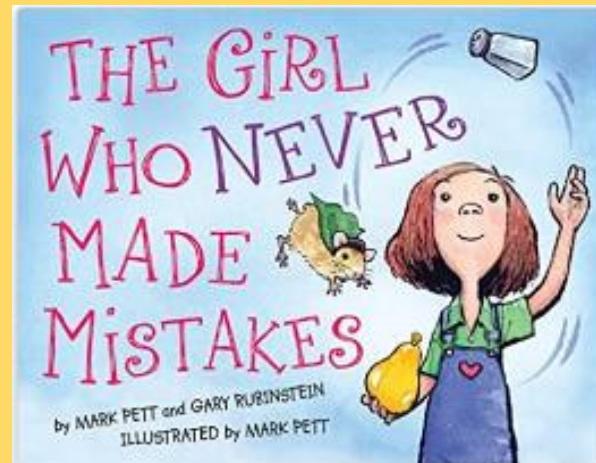
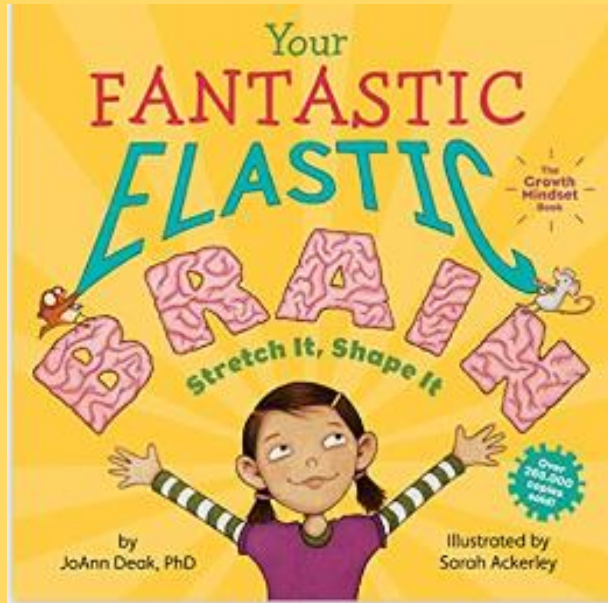
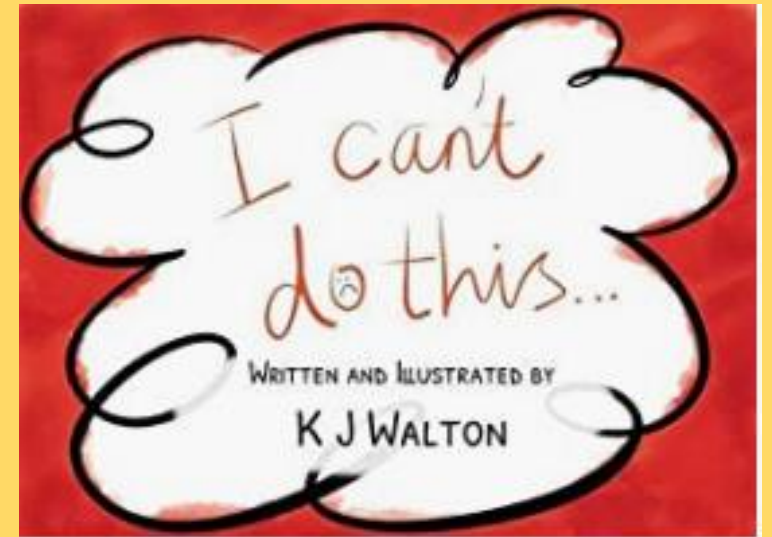
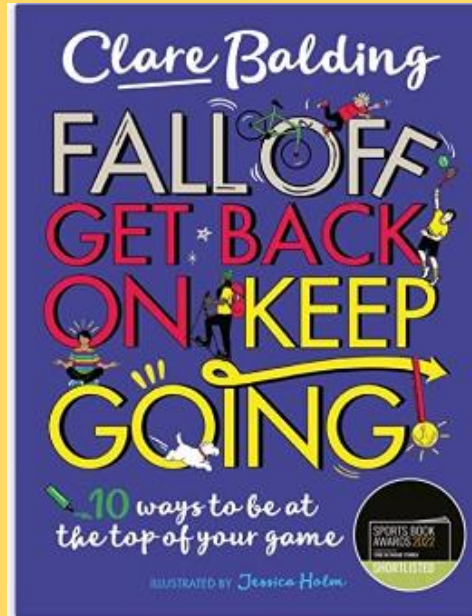


<https://www.youtube.com/watch?v=8pdYmAbWR-k> 2mins

# Embracing Challenge – our aims

- To approach difficult tasks positively.
- To want to struggle.
- To encourage those who are familiar with struggle.
- To take the fear out of struggle for the *Brittle Bright*.
- To look for the challenge in every task.
- For self-esteem not to be damaged by failure.

# Books for Children to encourage Growth Mindset



If parents want to give their children a gift,  
the best thing they can do is to **teach their  
children to love challenges, be intrigued by  
mistakes, enjoy effort, and keep on learning.**

— Carol Dweck

FEEDBACK



# Modelling for Our Children

## **Believe in Yourself**

When times get tough and you're feeling discouraged, don't give in, instead push past it by believing in yourself and having confidence that you will overcome the odds and succeed as this will help you take action that moves you closer to achieving your goal.

## **Positive Self-Talk**

To avoid increasing negativity learn to talk to yourself in a positive manner by avoiding criticism and learning to overcome self-doubt. Instead of saying 'I can't' try 'I can't do it... yet' as the way you talk to yourself has a huge impact on what you will achieve.

Remember when you're struggling, putting a positive spin on the situation can help to keep you motivated and moving forward, increasing your chance of success and highlighting the importance of learning and growth.

## **Think Big**

Throughout a project or task, it's important to step out of your comfort zone and think big in order to make the most of the experience, as setting your sights high can provide an invaluable lesson.

After all, you learn more from your mistakes than from your successes, and these lessons provide the basis for your actions next time the situation occurs.

## **One Obstacle at a Time**

Remember, the path to success is a marathon, not a sprint.

Achievements don't happen overnight, they take time as you work to overcome each obstacle which stands in your way, maintaining focus and considering all options so you can move forward without becoming overwhelmed.