



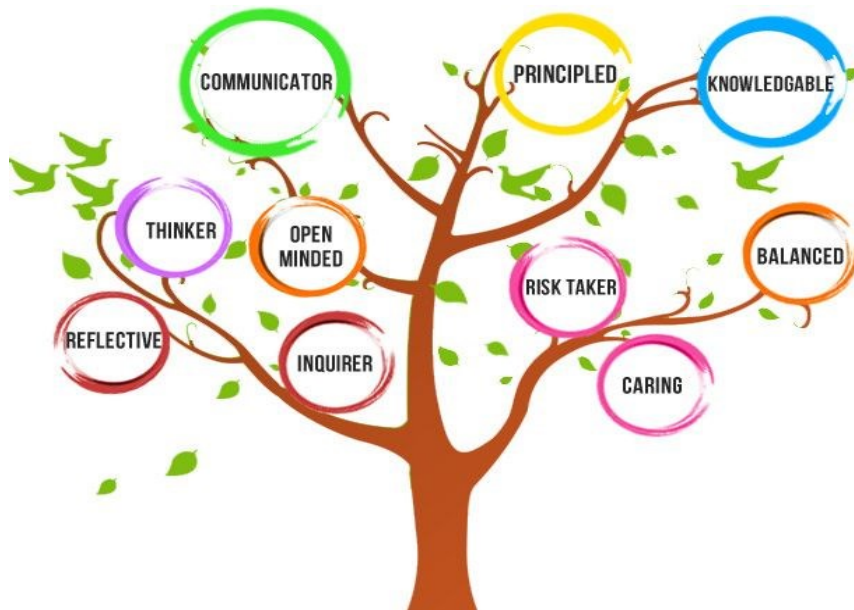
# A Quick Guide to Building Learning Power



**Making your child a better  
learner**

## An Introduction to Building Learning Power

Making people better learners



*“Term on term, year on year, a BLP school breeds young people who are more curious, more willing to take a risk and give it a go, more imaginative, more creative, more thoughtful, more ready, willing and able to learn with and through others. It’s developing this adventurous spirit that counts”.*

**Professor Guy Claxton– theorist of BLP.**

## Key Principles

- It is a learning culture that makes children and teachers better learners.
- It allows children to approach difficulties in learning without having a fear of failure.
- It allows children to take small steps in learning.
- It develops confidence.
- It is not additional to teaching. It is grounded in everyday teaching and learning.
- It gives clear labels for the children to use to develop understanding of the learning process.



## Why are we Building Learning Power?

We believe that BLP is allowing us to develop a common language for learning across the school.

The language is used in all classrooms, with all learners. This helps everyone talk about the process of learning to learn. We hope you will be able to reinforce the ideas by encouraging children to use their learning language in everyday lives.

The idea is that there are 4 learning powers that each have a group of learning muscles (17 muscles in total).

Just as we can build our physical stamina, learning muscles can be developed and grow in strength and stamina.

It is these we are aiming to develop in the children.

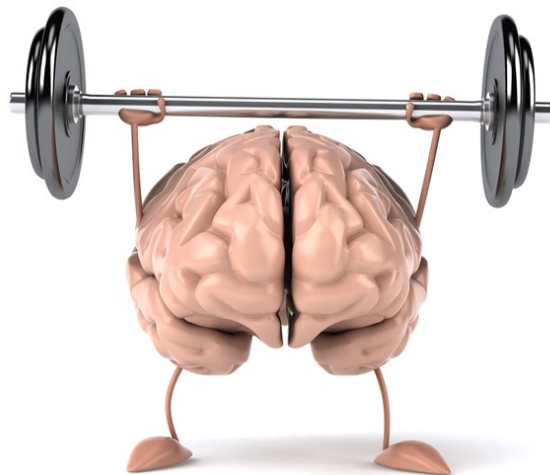
There are 4 learning powers:

**Resilience**

**Reflectiveness**

**Reciprocity**

**Resourcefulness**



## How can you help at home?

Draw attention to, and model, positive learning habits.

### Reflectiveness

- Encourage them to take responsibility for getting ready for school.
- Ask them not what they did at school, but what they learned.
- Help them to think about, and plan, activities.
- Encourage flexibility and the ability to change

### Resilience

- Demonstrate sticking at things when they are difficult.
- Talk about how you feel taking on new challenges.
- Praise your child when they persevere but encourage them to take a break when they have had enough.
- Help them to find interests that are absorbing.

### Resourcefulness

- Encourage questions
- Demonstrate making links between different ideas.
- Help them to find ways of using resources, such

### Reciprocity

- Model being a good learner.
- Work, play and learn alongside your child so they can learn through initiation.
- Make expectations of turn taking and cooperation

## The 'Reflective' power is made up of:

### Planning

Thinking about where you are going, the action you are going to take, the time and resources you will need and the obstacles you may face.

### Revising

Being flexible, changing your ideas in light of the circumstances, monitoring and reviewing how things are going and seeing new opportunities.

### Distilling

Drawing out the lesson from experience, reflecting on the learning and being your own coach.

### Meta-learning

Knowing yourself as a learner— how you learn best, how to talk about the learning process.

Bluebird  
Mascot of Reflective powers  
Home: Team Tigers



## The 'Resilience' power is made up of:

### Managing Distractions

Recognising and reducing distractions, knowing when to walk away and refresh yourself. Creating your own best environment for you learning.

### Perseverance

Keeping going in the face of difficulties, channelling the energy of frustration productively.

### Absorption

Being able to lose yourself in learning, absorbed in what you are doing, rapt and attentive.

### Noticing

Perceiving certain nuances, patterns and details in experience.

Raymond  
Mascot of Resilience powers  
Home: Team Dolphins



## The 'Reciprocity' learning power is made up

### Collaboration

Knowing how to manage yourself in a team, respecting other people's opinions and ideas and taking and giving ideas during collaborative activities.

### Empathy and Listening

Being able to contribute to people's ideas after listening first, thinking about what others want and how they could be feeling .

### Interdependence

Knowing when it is best to work alone or in a team, whilst being able to offer your opinion about things in a respectful and sensitive manner.

### Imitation

Being able to identify character traits and habits that other people use and adopt them for yourself with the purpose of trying to improve yourself.

Lionel

Mascot of Reciprocity powers

Home: Team Meerkats





Thank you for your support.

We appreciate that this initiative can be difficult to understand but we are grateful for your support of the beneficial life skills we are trying to instil in the children.