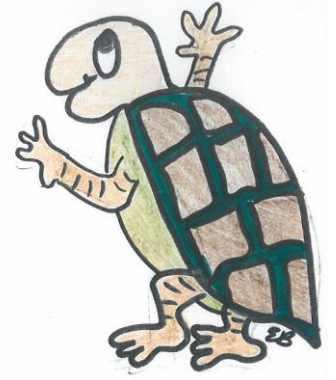


# Resilience



## I am resilient.

- I can concentrate well and get engrossed in my task.
- I am positive about my learning.
- I persevere when things are hard and use the 6 B's when I need.
- I am able to manage distractions.
- I take risks in my learning
- I can be flexible and change my plan as I am working

<b>What does this look like? What will we see in class? What are the children doing?</b>	<b>What is the adult doing?</b>
<p><b>As resilient learners we will:</b></p> <ul style="list-style-type: none"> <li>• Redraft work to improve it</li> <li>• Be able to get ourselves out of the learning pit</li> <li>• Want to keep going with our learning</li> <li>• Have a go at a challenge</li> <li>• Not give up if something is difficult</li> <li>• Have a growth mindset</li> <li>• Use the 6 Bs to help move our learning on independently</li> <li>• Use resources to support our learning</li> <li>• Keep exploring and trying, show determination to find a solution</li> <li>• Ignore others and distractions</li> <li>• Focus on achieving our own learning</li> <li>• Keep exploring and trying, show determination to find a solution</li> <li>• Understand that it is OK not to know 'yet', but to use strategies to work it out</li> <li>• Use mindfulness techniques</li> </ul>	<p><b>As teachers we will:</b></p> <ul style="list-style-type: none"> <li>• Plan engrossing work taking the children's interests into consideration.</li> <li>• Model how to be flexible when learning</li> <li>• Point out to the children when they are in the learning pit</li> <li>• Ask questions to support children getting themselves out of the learning pit.</li> <li>• Model learning through making mistakes</li> <li>• Share mistakes we make, make these explicit</li> <li>• Encourage the children to keep going</li> <li>• Share stories and examples of growth mindset</li> <li>• Not provide all the answers for the children but expect them to work things out</li> <li>• Teach and use mindfulness techniques daily</li> </ul>