

Learning Powers Features

Concentrate	Manage distractions Get lost in the task Do one thing at a time Break things down Plan and think it through Draw diagrams, jot down thoughts or things which help you think
Don't give up	Work hard Practise lots Keep going Try new strategies Ask for help Start again Take a brain break
Be cooperative	Listen to others Say when you don't understand Be kind when you disagree Explain things to help others Be tolerant
Be curious	Ask questions Notice things Look for patterns and connections Think of possible reasons Research Ask 'What if..?'
Have a go	Have a growth mindset Don't worry if it goes wrong Learn from mistakes Be excited to try new things
Use your imagination	Be creative Let your imagination go Think up new ideas and questions
Keep improving	Keep reviewing your work Identify your best bits Improve one thing first Try to be better than last time Don't compare yourself to others, only yourself! Take small steps
Enjoy learning	Feel proud of all your achievements Feel your neurons connecting! Imagine your intelligence growing by the minute! Use what you have learnt in real life Know you can do it if you have input and you practice
Resilience	Try not to worry that things might go wrong Be able to 'bounce back' and keep trying Know that its ok to feel sad or cross but don't let your emotions stop you trying Remembering that challenges aren't things that "get in the way" of life, they are part of life. Focus on all your positive qualities Think about other times when you have faced difficulties and remember that you got through them Talk about your struggles and ask for help when you need it