





# What is Building Learning Power?



Building Learning Power (BLP) is an approach to learning that we have begun to implement at Broken Cross . This approach was created by professor Guy Claxton. It is based on the idea that we are all capable of becoming better learners. BLP applies this idea directly to the work of teachers in the classrooms, to provide a practical framework for fostering lifelong learning in all young people.



## Key Principles

- It is learning culture that encourages children and teachers to become better leaders.
- It allows children to approach difficulties in learning without failure.
- It allows the children to take small steps within learning.
- It develops confidence.
- It is not additional to teaching but should be grounded within everyday teaching and learning.
- It gives clear labels for the children to use and develop understanding of learning processes.

# Resilience

The Resilience muscle is made up off...

## Absorption, Managing Distractions and Noticing

Enjoying being wrapped up in learning or a task— time passes quickly. Being able to block out distracting thoughts or distractions. Noticing how things work, the details and Patterns. Using all our senses.



## Perseverance

Being able to cope when things get hard. Having lots of different ways of trying things so that you can stick at it.



## How can you help at home?

### Resilience

- Demonstrate/model sticking at things even if they are difficult.
- Talk about how you feel when you are taking on challenges.
- Praise your child when they persevere but also encourage them to take a break when they have had enough.
- Help them to find interests and activities that they are absorbing.
- Talk with them about what helps them to concentrate and manage distractions.

# Reciprocity



# Why are we Building Learning Power?



The Reciprocity muscle is made up off...

## Independence and Collaboration

Knowing when it's best to learn alone or with someone else. Know when its time to socialise or work. Knowing how to work and learn with others.



## Empathy, Listening and Imitation

Being able to listen attentively to learn and knowing how to put yourself in someone else's shoes. Being able to copy how another learner earns so that you can get better.



We believe that BLP will allow us to develop a common language for learning across the school. The language is used in all classrooms, with all children. This helps everyone talk about understanding learning to learn. We hope that this understanding will begin to spill over into life outside school, where you will be able to reinforce the ideas by encouraging the children to use their learning language in their everyday lives.

The idea is that the 4 Rs are like a group of "learning muscles." Just as we can build our physical muscles with the right kind of exercise, learning muscles can also be developed and can grow in strength and stamina. We are aiming to develop this in our children.

## What does BLP look like?

You may have heard your children already using some of the language that has been introduced in school. Professor Claxton suggests there are four main learning dispositions—the 4 Rs.

- **Resourcefulness**—being able to use a range of learning strategies and knowing what to do when you get stuck.
- **Reflectiveness**—being able to think about yourself as a learner and how you might be able to do this better.
- **Reciprocity**—being able to learn with and from others, as well as on your own.
- **Resilience**—not giving up.
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## How can you help at home?

## Reciprocity

- Demonstrate/model being a good learner.
- Work, play and learn alongside your children, enabling them to pick up good habits through imitation.
- Make expectations of turn-taking and cooperation clear.

# Resourcefulness

The Resourceful muscle is made up off...

## Questioning and Making Links

Asking questions to help you understand more. Linking learning from different parts of your life.

## Imagining and Reasoning

Imagining how things are or how they could be. Using your minds eye to see things in your head. Thinking hard about things. Working things out by using things you know. Thinking in sensible steps.

## Capitalising

Making the most of resources and opportunities, including people.



## How can you help at home?

## Resourcefulness

- Encourage questions.
- Demonstrate making links between different ideas.
- Don't allow your child's imagination to shrivel up!
- Help them to find ways of using resources such as reference books, dictionaries and the Internet.

# Reflectiveness

The Reflective muscle is made up off...

## Meta-learning, Monitoring and Revising

Understanding yourself as a learner—knowing your strengths and weaknesses and being able to make good learning choices. Checking how your learning is going and making changes to what you are doing to make it better.

## Planning and Distilling

Thinking about what you need to do and how you'll do it before you start. Taking away something new from a learning input or experience.



## How can you help at home?

## Reflectiveness

- Encourage them to take responsibility for preparing for school.
- Ask 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 a plan if necessary.