



Resilient
Rhys



Rhys the resilient
tennis player.

Learning Heroes Arwyr Dysgu



What is metacognition & why is it important?

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What is metacognition?



- ★ It is 'learning about learning'!
- ★ It is about children learning about how they learn.
- ★ It is about children setting goals, monitoring and evaluating their learning.

Why is metacognition important?

- ★ Research has shown that metacognition impacts positively on the progress that all children can make in school.
- ★ Metacognitive strategies are particularly effective when taught in groups so children can support each other in their learning.
- ★ Metacognition encourages children to take a greater responsibility for their learning, with teachers supporting and encouraging them.

What are we doing at Whitchurch Primary School?

- ★ We are thinking of strategies that will help children become more aware of and improve their thinking and learning.
- ★ '*Learning to Learn*' is a prominent feature in all classrooms. We are working hard to encourage all children to improve their key learning skills and confidently apply them to a range of learning contexts.

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Resilient Rhys the tennis player!

Being a resilient learner is all about trying again after failing and recovering after a setback.

What will children be doing?

- ★ Learning about Resilient Rhys;
- ★ Comparing their own learning habits to Rhys' learning ;
- ★ Pupil Learning Reviews (PLRs) in Year 1 to Year 6;
- ★ Talking about where they are in their learning using a visual image called 'The Learning Pit'.



Information about this Metacognitive theme:

- ★ Resilience is described as having the perseverance to get on with a task or trying hard to complete a task to the best of your ability.



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Learning behaviours within resilience:

Remembering "The Power of Yet"

When we find something challenging we need to remember to use a range of strategies before we give up. We need to remember to use the learning pit and the power of yet. This will help understand what to do next to achieve our goal.



Managing distractions

We stay focused on the task, avoiding distractions to produce our best work.

Perseverance - Stick at it

We stick at our task and we don't give up even if it is challenging. We enjoy being wrapped in our learning.

Noticing

We notice how things look, what they are made of, or how they behave. We pay attention to detail.

Absorption

We are engrossed in our learning. We like to be challenged in our learning. We like to share our learning with our friends.

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Questions you could ask your child about being resilient

- ★ How do you feel when you can't do something?
- ★ How well do you manage your distractions?
- ★ What do you do when you find something tricky?
- ★ What keeps you on task when you find something challenging?
- ★ Do you plan what you are going to do?
- ★ Do you review/self assess your work?
- ★ What makes you absorbed in your learning?
- ★ Do you notice how other factors can support your learning?
- ★ When you are in 'The Learning Pit', what do you do to get out?
- ★ Can you tell me the story of 'Resilient Rhys'?



We hope that your children will be telling you all about Resilient Rhys and how they are resilient in their learning too!

If you have any questions please see your child's class teacher.

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