

Home learning skills mat



Ready to learn?

Is your learning zone set up? Do you have:

- Some paper, a notebook or mini whiteboard to record your ideas?
- A pen, pencil or something else to write with.
- A place at a table or desk or somewhere flat to do your work
- Some water to drink
- Somewhere quiet so you can focus

Sharing a space? Have you thought about?

- Using headphones to make it quieter.
- Using a lap tray as a flat surface to write

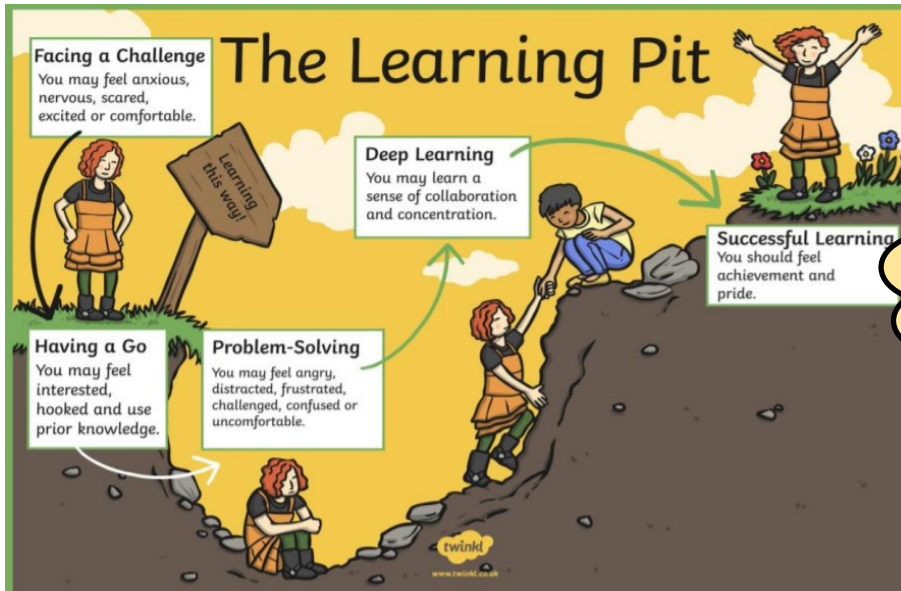
Do I need to take a break and come back to my learning when I am fresh?

Growth Mindset Talk

What can I say to myself?

1. I'm not good at this.....I can't do this yet.
2. I give up.....I'll use some of the strategies I have learnt.
3. It's good enough.....Is this my best work yet?
4. I made a mistake.....This was my first attempt in learning.
5. This is too hard.....If something is hard, it means I'm learning!
6. I'm really good at maths.....I understand this because I have been practising.
7. I will never be as clever as them.....I'm going to find out how they do that.
8. I can't do this.....This is going to take time and effort to master.
9. I can't make this any better.....Improvements can always be made.
10. They can't do it.....How can I help them to understand this?

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Can I use the teaching input again to check?

What am I being asked to do?

Have I done something like this before? Could I use the

Could I ask a learning question on Teams?

Is there an adult who can help me if I am really stuck?

At Carrington Junior School, we BELIEVE in ourselves, ACHIEVE the best we can, and SUCCEED in all we do.

Believe. Achieve. Succeed