

## Building Learning Power

### Reciprocity

- *Interdependence* – balance between sharing & being independent
- *Collaboration* – working with others & sharing knowledge
- *Empathy & Listening* – having time for others & listening & understanding their views & ideas
- *Imitation* – copying the best bits from others

### Reflective

- *Planning* – Imagining a way of doing something
- *Revising* – Expect the unexpected & change your plan if you need to
- *Distilling* – reviewing, thinking about an experience or activity & think of ways to improve it.
- *Learning* – knowing your own strengths & weaknesses & knowing how to problem solve

### Resourceful

- *Questioning* – how, why, where, what ?
- *Imagining* – experiencing things in your mind, creating positive thoughts
- *Reasoning* – Why is it scary ? Can anything really hurt me ?
- *Making links* – matching new experiences with old & seeing what they have in common
- *Capitalising* – finding help & support around you – from others, from your ideas & imagination, from things you have learnt

### Resilient

- *Noticing* – starting to spot things around you
- *Absorption* – engrossed or focused on an exciting activity
- *Perseverance* – trying, trying & trying again
- *Concentrating* – ignoring distractions