

# LEARNING TO LEARN SKILLS EXPLAINED

1  
Reflective

Planning, revising, reviewing

2  
Relationships

Collaboration, empathy, listening

3  
Resilient

Managing distractions, 'stickability'

4  
Resourceful

Questioning, imagining, making links

5  
Risk Taking

Having a go, not scared of being wrong

# Reflective

Bronze	Silver	Gold
<ul style="list-style-type: none"> <li>● With help from a teacher, I review my own work and identify what I have done well.</li> <li>● I help to set my own targets.</li> <li>● I talk about how well I think I have done in lessons.</li> <li>● I deal positively with praise, but sometimes get frustrated with setbacks and criticism.</li> <li>● I tell someone when I have problems in doing my work.</li> <li>● I am starting to know how I prefer to show people what I have learned.</li> </ul>	<ul style="list-style-type: none"> <li>● I review my own work and identify what I have done well.</li> <li>● With help, I can suggest how to improve my work.</li> <li>● I help to set my own targets</li> <li>● I listen and act on advice about what I have to do to meet my targets.</li> <li>● With help, I review my own progress in lessons.</li> <li>● I listen to feedback and deal positively with praise, setbacks and criticism.</li> <li>● I talk about my feelings when asked about my work.</li> <li>● I communicate my learning in different ways when it is suggested.</li> </ul>	<ul style="list-style-type: none"> <li>● I review my own work and identify what I have done well and what I can do to improve it.</li> <li>● I set my own targets and know what I have to do to meet them.</li> <li>● I review my own progress in lessons.</li> <li>● I ask for feedback and deal positively with praise, setbacks and criticism.</li> <li>● I talk about my feelings when I succeed or find problems in my work.</li> <li>● I communicate my learning in different ways for different audiences.</li> </ul>

# Relationships

Bronze	Silver	Gold
<ul style="list-style-type: none"> <li>• I work with teams when asked.</li> <li>• I reach agreements.</li> <li>• I am beginning to change my behaviour to suit different roles and situations.</li> <li>• I try to be fair to others.</li> <li>• I take responsibility for jobs I have been asked to do.</li> <li>• I try to give constructive support to others.</li> <li>• I recognise similarities between myself and other people.</li> <li>• I listen to other people.</li> <li>• I recognise feelings and behaviour of others.</li> <li>• I know that some people think differently to me.</li> <li>• I recognise the feelings of others.</li> <li>• I can spot the causes of other people's feelings.</li> </ul>	<ul style="list-style-type: none"> <li>• I work with others towards goals that have been suggested.</li> <li>• I reach agreements and I am beginning to manage discussions.</li> <li>• When reminded, I change my behaviour to suit different roles and situations.</li> <li>• I show fairness and consideration to others.</li> <li>• I take responsibility and am becoming more confident.</li> <li>• I give constructive support and feedback to others.</li> <li>• I recognise similarities and differences between myself and other people.</li> <li>• I take an interest in, watch and listen to other people.</li> <li>• I recognise and am beginning to label the feelings and behaviour of others.</li> <li>• I try to understand the point of view of another person.</li> <li>• I recognise the thoughts and feelings of others.</li> <li>• I can spot the causes of other people's emotions and actions.</li> </ul>	<ul style="list-style-type: none"> <li>• I team up with others to work towards goals we agree through discussion.</li> <li>• I reach agreements and manage discussions.</li> <li>• I adapt my behaviour to suit different roles and situations.</li> <li>• I show fairness and consideration to others.</li> <li>• I take responsibility, showing confidence in my own beliefs</li> <li>• I give constructive support and feedback to others in a sensitive way.</li> <li>• I recognise similarities and differences between myself and other people and use this to help me take part in teams.</li> <li>• I take an interest in, watch and listen to other people.</li> <li>• I recognise and describe the feelings and behaviour of others.</li> <li>• I always try to understand the point of view of another person.</li> <li>• I recognise and anticipate the thoughts and feelings of others.</li> <li>• I can spot the causes of other people's emotions and actions, taking account of my knowledge of the person involved.</li> </ul>

# Resilience

Bronze	Silver	Gold
<ul style="list-style-type: none"> <li>• I work well for rewards.</li> <li>• I carry out activities when asked.</li> <li>• With help I recognise my achievements.</li> <li>• I keep focused on a task that interests me.</li> <li>• I use the resources I have been given to complete a task.</li> <li>• I work well when given work that I enjoy.</li> <li>• I manage distractions when helped by a teacher.</li> </ul>	<ul style="list-style-type: none"> <li>• I keep going with an activity for the pleasure it provides, sometimes also for reward.</li> <li>• I carry out an activity to reach an outcome a teacher has helped me with.</li> <li>• I carry out an activity for the satisfaction of having created or learned something.</li> <li>• I recognise my achievements in some areas.</li> <li>• I keep focused, and sustain my attention, sometimes getting slightly distracted.</li> <li>• I use the resources I need to complete a task.</li> <li>• I recognise when I am most motivated.</li> <li>• I manage distractions at school and I am getting better at this whilst doing my homework.</li> </ul>	<ul style="list-style-type: none"> <li>• I keep going with an activity for the pleasure it provides, not for reward.</li> <li>• I carry out an activity to reach an expected outcome.</li> <li>• I plan, carry out and finish an activity for the satisfaction of having created or learned something.</li> <li>• I set my own rewards.</li> <li>• I recognise my achievements and celebrate them.</li> <li>• I keep focused, and sustain my attention, resisting distractions.</li> <li>• I organise the resources I need to complete a task.</li> <li>• I recognise how different learning contexts affect my motivation.</li> <li>• I manage distractions both at school and when doing my homework.</li> </ul>

# Resourceful

Bronze	Silver	Gold
<ul style="list-style-type: none"> <li>•When asked to, I investigate objects and materials.</li> <li>•I answer relevant questions about why things happen and how things work.</li> <li>•I explore materials.</li> <li>•I answer different types of questions.</li> <li>•I organise information in ways suggested by the teacher.</li> <li>•I follow the steps and strategies for an enquiry.</li> <li>•I have some imaginative ideas.</li> <li>•I discover some connections through play and experimentation.</li> <li>•I explore and experiment with resources and materials.</li> <li>•I ask 'why'?</li> <li>•I try alternative or different approaches if they are suggested.</li> <li>•I respond to ideas, tasks and problems.</li> <li>•I make links between ideas.</li> </ul>	<ul style="list-style-type: none"> <li>• I investigate objects and materials by using the senses suggested by my teacher.</li> <li>•I ask questions about why things happen and how things work.</li> <li>•I explore materials to test others' ideas about cause and effect.</li> <li>•I ask questions and decide how to find out the answers.</li> <li>•I use techniques I am shown to collect and organise information (e.g, listing, grouping, ordering).</li> <li>•I ask and answer different types of questions.</li> <li>•I use a range of data-gathering techniques (e.g, surveys, questionnaires).</li> <li>•I plan the steps for an enquiry.</li> <li>•I draw conclusions.</li> <li>•I respond to imaginative ideas.</li> <li>•I make connections through play and experimentation.</li> <li>•I explore and experiment with resources and materials.</li> <li>•I ask 'why', 'how', 'what if' questions.</li> <li>•I respond to alternative or different approaches.</li> <li>•I respond to ideas, tasks and problems in appropriate, learnt ways.</li> <li>•I respond to imaginative thinking to achieve an objective.</li> <li>•I make connections and see relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• I investigate objects and materials by using all my appropriate senses.</li> <li>•I ask relevant questions about why things happen and how things work.</li> <li>•I explore materials to test my ideas about cause and effect.</li> <li>•I ask different types of questions and decide how to find out the answers.</li> <li>•I choose techniques to collect and organise information (e.g, listing, grouping, ordering).</li> <li>•I ask and answer questions, and select and record information.</li> <li>•I choose a range of data-gathering techniques (e.g, surveys, questionnaires).</li> <li>•I plan the steps and strategies for an enquiry.</li> <li>•I draw conclusions and evaluate outcomes.</li> <li>•I generate imaginative ideas.</li> <li>•I discover and make connections through play and experimentation.</li> <li>•I explore and experiment with resources and materials.</li> <li>•I ask 'why', 'how', 'what if' or unusual questions.</li> <li>•I try alternative or different approaches.</li> <li>•I look at and think about things differently and from others point of view.</li> <li>•I respond to ideas, tasks and problems in amusing ways.</li> <li>•I apply imaginative thinking to achieve an objective.</li> <li>•I make connections and see relationships.</li> <li>•I reflect critically on ideas, actions and outcomes.</li> </ul>

# RISK TAKING

Bronze	Silver	Gold
<ul style="list-style-type: none"> <li>• I prefer times when there is a clear solution.</li> <li>• I like activities to be achievable in a short space of time.</li> <li>• I prefer it if solutions are easily found.</li> <li>• I think about risks and try to not let this put me off having a go.</li> <li>• I know that it is not a bad thing to get an answer wrong.</li> <li>• I am prepared to put forward my ideas or answers in a small group.</li> </ul>	<ul style="list-style-type: none"> <li>• I prefer clear solutions but I am becoming a better problem solver.</li> <li>• I like short, achievable solutions but I am happy for certain activities to carry forward for a number of days if solution is not clear.</li> <li>• I try to remain patient if solutions are not readily at hand.</li> <li>• I think about risks and, with help, make decisions on the amount of risk involved.</li> <li>• I get a little upset if I am wrong about something, but I am beginning to understand that I can learn from it.</li> <li>• I am prepared to put forward my ideas or answers, sometimes to a larger group.</li> <li>• I sometimes try to think in unusual ways about things that I am interested in.</li> </ul>	<ul style="list-style-type: none"> <li>• I don't mind times when solutions are not always clear.</li> <li>• I am happy for certain activities to carry forward for a number of days if solution is not clear.</li> <li>• I do not get impatient if solutions are not readily at hand.</li> <li>• I think about risks and make decisions on the amount of risk involved.</li> <li>• I know that if I am wrong about something, I can learn from it.</li> <li>• I am prepared to put forward my ideas or answers, even if they are not the same ideas as others.</li> <li>• I try to think in unusual ways, knowing that I have to be careful because this might sometimes take me away from the point of the activity.</li> </ul>