

Building Learning Powers

'Helping everyone at St Denys become better learners'



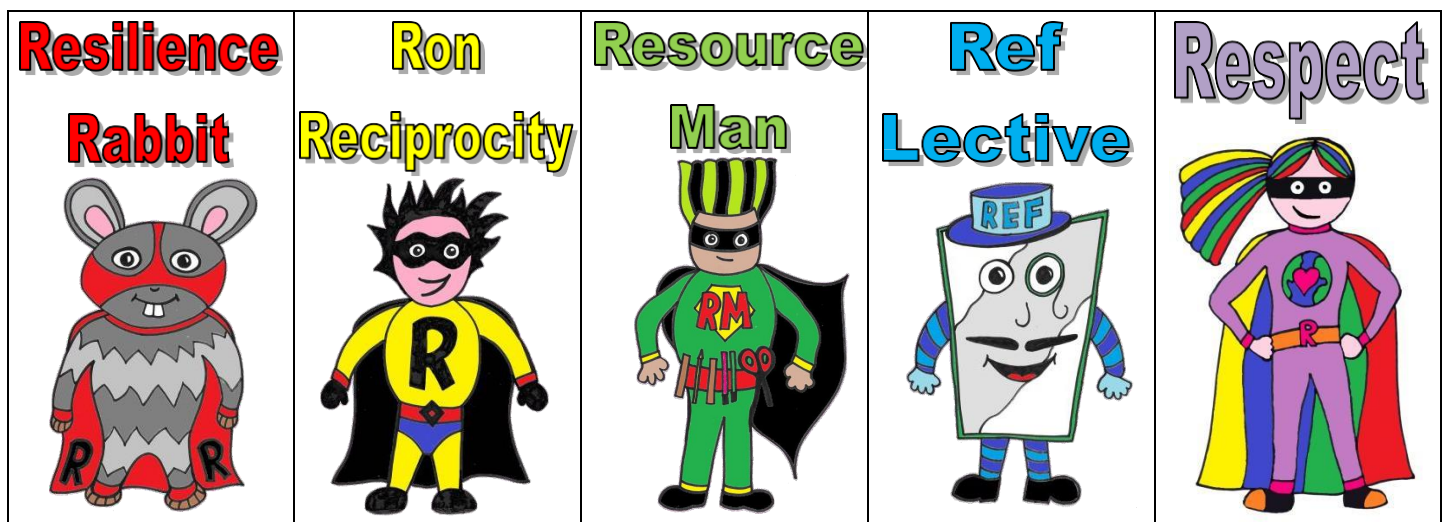
'Term on term, year on year, a Learning Powers school breeds young people who are more curious, more willing to take a risk and give it a go, more imaginative, more creative, more thoughtful, more ready, willing and able to learn with and through others. It's developing this adventurous spirit that counts.'

Professor Guy Claxton, originator of Building Learning Powers

What is Building Learning Powers?

Building Learning Powers (**BLP**) is an approach to learning that we have implemented at St Denys Primary School. 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.

BLP teaches the children through a variety of strategies and techniques, that they can all achieve their best and that we all have different strengths and interests. Each Learning Power is represented by a character.



Key Principles

- It is a learning culture that encourages children and teachers to become better learners.
- It allows children to approach difficulties in learning without fear of 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 to develop understanding of learning processes.

Why are we using **BLP**?




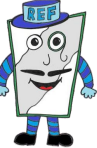

To develop the work already established on fixed and growth mindsets, we have developed a common language for learning across the whole school. The language is consistent and used in all classrooms by all the children as well as by all adults. This helps everyone talk about understanding learning to learn.

We expect this understanding to spill over into life outside school, where parents are able to reinforce the ideas by encouraging the children to use their learning language in their everyday lives.

The five learning powers 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.

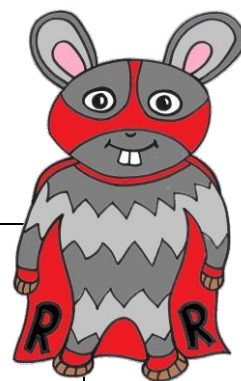
What does **BLP** look like?

There are five main learning powers:

 Resilience	<ul style="list-style-type: none">• not giving up!
 Reciprocity	<ul style="list-style-type: none">• being able to learn with and from others, as well as on your own
 Resourcefulness	<ul style="list-style-type: none">• being able to use a range of learning strategies and knowing what to do when you get stuck
 Reflectiveness	<ul style="list-style-type: none">• being able to think about yourself as a learner and how you might be able to do this better
 Respect	<ul style="list-style-type: none">• being kind and supportive to everyone within our school community

These learning powers are then split into twenty two learning muscles that the children are encouraged to stretch within their everyday lessons and activities and apply to different aspects of their learning.

Resilience is made up of...



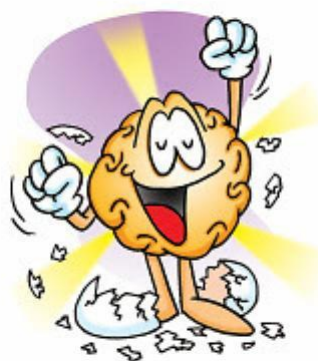
Managing Distractions

Recognising and reducing distractions; knowing when to walk away and refresh yourself. Creating your own best environment for learning.



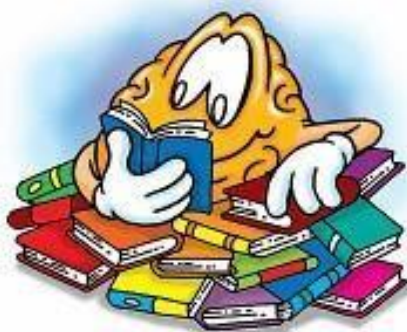
Perseverance

Keeping going in the face of difficulties, channelling the energy of frustration productively. Knowing what a slow and uncertain process learning often is.



Absorption

Being able to lose yourself in learning- becoming absorbed in what you are doing; rapt and attentive, in a state of 'flow'.



Noticing

Perceiving subtle nuances, patterns and details in experience.



Resourcefulness is made up of...

Questioning

Asking questions of yourself and others. Being curious and playful with ideas- delving beneath the surface of things.



Making Links

Seeing connections between events and experiences. Building patterns- weaving a web of understanding.



Imagining

Using your imagination and intuition to put yourself through new experiences or to explore possibilities. Wondering 'what if...?'



Reasoning

Calling up your logical and rational skills to work things out methodically and rigorously; constructing good arguments and spotting the flaws on others.

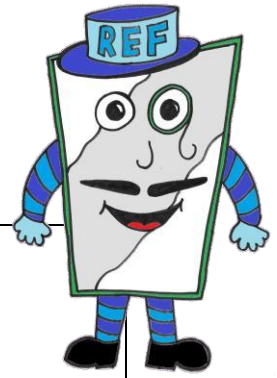


Capitalising

Drawing on the full range of resources from the wider world, other people, books, the Internet, past experiences or future opportunities.



Reflectiveness is made up of...



Planning

Thinking about where you are going, the action you are going to take, the time and resources you will need and the obstacles you may encounter.



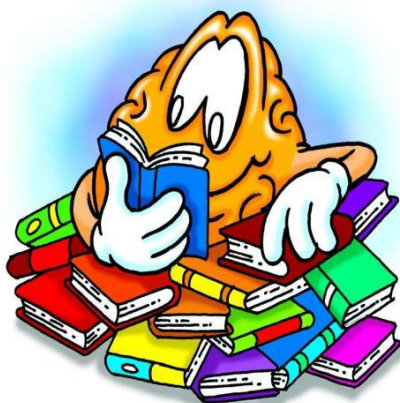
Revising

Being flexible, changing your plans in the light of different circumstances, monitoring and reviewing how things are going and seeing new opportunities.



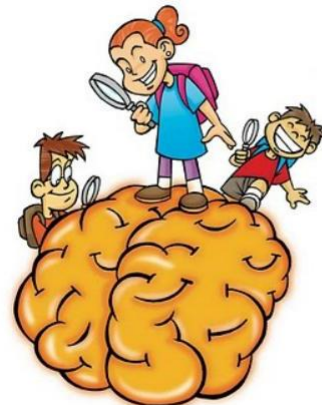
Distilling

Drawing out the lesson from experience, reflecting on the learning and being your own coach.

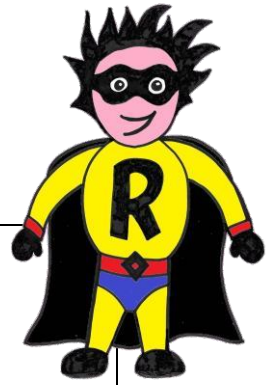


Meta Learning

Knowing yourself as a learner-how you learn best; how to talk about the learning process.

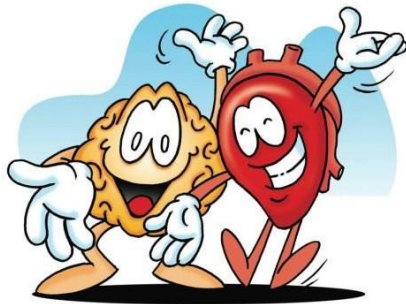


Reciprocity is made up of...



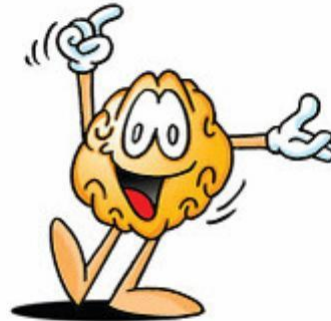
Collaboration

Knowing how to manage yourself in the give and take of a collaborative venture, respecting and recognising other viewpoints; adding to and drawing from the strength of teams.



Imitation

Constructively adopting methods, habits or values from other people whom you observe.



Empathy and Listening

Contributing to others' experiences by listening to them to understand what they are really saying and putting yourself in their shoes.



Interdependence

Knowing when it's appropriate to learn on your own or with others, and being able to stand your ground in a debate.



Respect is made up of...

Democracy

Being able to recognise that your views count, to value each other's views and values and talk about your feelings.



The Rule of Law

Understanding your own and others' behaviour and its consequences, and learning to distinguish right from wrong.



Tolerance

Learning the importance of tolerant behaviours, such as sharing and respecting each other's opinions.



Individual Liberty

To develop a positive sense of yourself; to develop your self-knowledge, self-esteem and increase your confidence in your own abilities.



Responsibility

Being accountable for what you do, for your actions and behavior. Doing the right thing at the right time, so others can trust and depend on you.



Your Learning Powered Mind

