

# Metacognition at Etchells

## Enjoyment

### Enjoy Learning

(experience the joy of learning)

- ▶ Feel proud of all your achievements
- ▶ Feel your neurons connecting
- ▶ Imagine your intelligence growing by the minute
- ▶ Use what you have learned in life
- ▶ Know you can do it if you have input and you practise

## Creativity

### Use your imagination

(think outside the box)

- ▶ Be creative
- ▶ Let your imagination go
- ▶ Think up new ideas and questions

## Resilience

### Don't Give Up

(persistence)

- ▶ Work hard
- ▶ Practise lots
- ▶ Keep going
- ▶ Try new strategies
- ▶ Ask for help
- ▶ Start again
- ▶ Take a brain break

### Have a Go

(learn from errors)

- ▶ Think with a growth mindset
- ▶ Do not worry if it goes wrong
- ▶ Learn from mistakes
- ▶ Be excited to try new things

## Independence

### Concentrate

(disinhibit)

- ▶ Manage distractions
- ▶ Get lost in the task
- ▶ Do one thing at a time
- ▶ Break things down
- ▶ Plan and think it through
- ▶ Draw diagrams, jot down thoughts or things that help you think

## Challenge

### Be Curious

(shift between ideas)

- ▶ Ask questions
- ▶ Notice things
- ▶ Look for patterns and connections
- ▶ Think of possible reasons
- ▶ Research
- ▶ Ask 'What if...?'

## Aspiration

### Keep Improving

(learn to learn)

- ▶ Keep reviewing your work
- ▶ Identify your best bits
- ▶ Improve one thing first
- ▶ Try to be better than last time
- ▶ Don't compare yourself to others, only yourself!
- ▶ Take small steps