

### How can you help at home?

- ⇒ Ask your children about the learning muscles that they have been using at school.
- ⇒ Encourage your children to be as independent as possible at managing their own tasks  
E.g. Home-learning, learning their spellings, carrying their bags to school, remembering to give you letters.
- ⇒ Use the language of BLP when doing tasks at home  
E.g. Well done you persevered.
- ⇒ Look for opportunities to use different muscles E.g. 'Planning' can be developed by sitting with your child and planning a day trip to the beach.
- ⇒ Use questions like: "How could you solve this?" "What would happen if...?" "What should you do next?"
- ⇒ Welcome and encourage your child's questioning as much as you can.
- ⇒ Involve them in your own learning activities. This could include following a new recipe or a bit of DIY.



## What is BLP?

Building Learning Power (BLP) is an approach to learning that we began to use at Lakeside over a year ago. This approach was created by Professor Guy Claxton. There are four areas of BLP that encourage children to become confident, creative and independent learners.

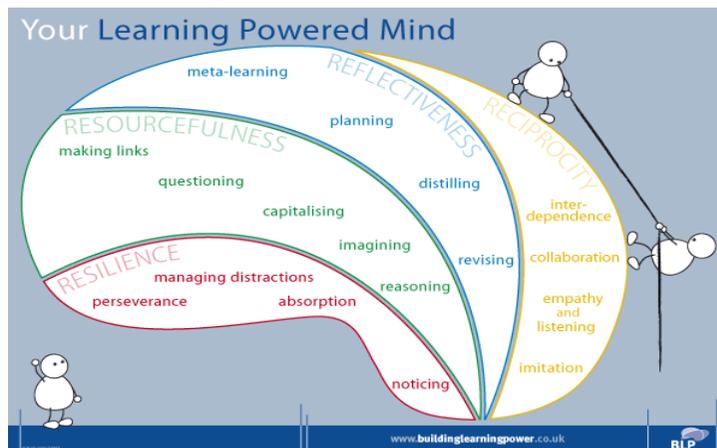
- **Resilience**- not giving up,
- **Resourcefulness**- being able to use a range of learning strategies and knowing what to do when you get stuck,
- **Reflectiveness**- being able to think about yourself as a learner and how you might be able to do this better,
- **Reciprocity**- being able to learn with and from others, as well as on your own.

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

"BLP is good because it helps with your learning and makes you stronger in your learning by keeping you locked-on." Year 2 pupil

For more information about BLP please visit the website:

[www.buildinglearningpower.co.uk](http://www.buildinglearningpower.co.uk)





What does BLP look like?

You may have heard your children already using some of the language that has been introduced in school. Last year we introduced the term 'Resilience' to the children. They may have used the words 'locked-on' and 'perseverance.' This year we will be looking at all 4 areas of BLP and how they can help in your child's learning.

## Resilience

- Absorption** - Being locked-on to their learning
- Managing Distractions** - Recognising and reducing interruptions
- Noticing** - Really sensing what's near and around them
- Perseverance** - Not giving up when they get stuck or frustrated

*Try 3 before me*      *Are you locked on?*

## Resourcefulness

- Questioning** - Being curious and inquisitive about things
- Making Links** - Making links to previous learning
- Imagining** - Using their imagination in different scenarios
- Reasoning** - Using a methodical approach to their learning
- Capitalising** - Making good use of resources

"I normally use perseverance. When our work is hard, I try not to give up. If I'm stuck how to do something I use my brain, get a book, or look around for clues, ask a buddy then ask an adult."

Year 4 Pupil

## Reflectiveness

**Planning** - Working out what to do before they start

**Revising** - Checking and adapting as they work

**Distilling** - Using their experiences from other lessons

**Meta-Learning** - Understanding learning and knowing how they learn best



*What do we know already?*

*What do you want to find out?*

*What have you learnt?*

## Reciprocity

**Interdependence** - Finding the balance between working independently and collaboratively

**Collaboration** - Learning how best to work with others

**Empathy and Listening** - Understanding what others are thinking

**Imitation** - Picking up on others habits and values.  
Magpie their ideas!

