



# Home Learning and Mindset



Home schooling and learning can be tricky for many different reasons and it is important to be kind to yourself. Here are some ideas based on mindsets to learning that may be helpful.

An approach to learning that can work at home, that is taken from school, is one that positively welcomes mistakes. Once you wholeheartedly believe that mistakes are there to be welcomed, expected and learnt from, grapples with learning can take on a whole new feeling and become a much freer experience.

We all have hard wiring in our brains from our own experiences of school, learning and education. These experiences, even from years ago, will still affect our mindset and attitude to learning today. Right now, we, as parents are having to homeschool our children and it can be a challenge, especially if it has been many years since your own time in education. I know from my own experience at school, I came away thinking I disliked Maths, and that I was 'rubbish' at it. Many years later, my confidence in Maths has grown. I will always have a small doubting voice in the back of my head at certain points when it comes to Maths but, now I would go as far as to say that Maths is one of my most favourite subjects to teach and I really enjoy understanding it. Why is this? Because of a shift in mindset.



**The Learning Power Approach offers brilliant ways to think differently about learning. When we stretch our powers to reflect, we question ourselves to see if what we have done has been efficient, the best it could be etc. The same must be applied when making mistakes.**

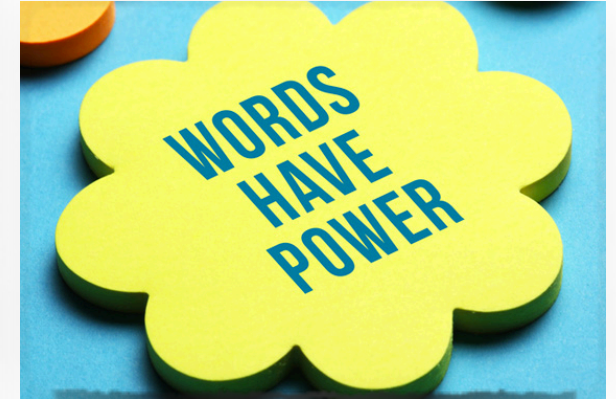
Whilst working with your children at home treat mistakes like they are something valuable, that they are expected, that we can learn from them and that they will make their brains even stronger as they try to problem solve them. Model them by making some on purpose and then talk about them with open honesty. This mistake could be anything from speaking harshly to someone as an instant reaction or burning the dinner to incorrectly multiplying two numbers.

Now more than ever, it is vital that children feel supported in their learning. Just simple switches in language choice can help, **instead of saying "you" or "your" try "we" or "our"** so that the learning/ problem/ mistake becomes a team effort.

If you hear your child say "I can't do this" encourage them to think **"Is there a different way of working that I could try?"**

"I'm rubbish at this" encourage them to think **'with more practise, I'll get better'**

When a child says what they have done is "rubbish" I always point out that they are on a learning journey. That when an author writes a book, they don't publish the whole thing after the first draft. How, after I had taken one driving lesson, I couldn't drive a car effectively, it took a series of lessons, practise and improvements. I also remind children that if they were expected to learn everything, first time round, then all of us staff working in education would be out of a job!



Earlier, I mentioned that we will have beliefs based on our own experiences. Sadly, in our pasts, maybe we felt criticised or were provided feedback in an unkind way and therefore we struggle with that now. It is something most of us will have experienced. These times will have steered our way of thinking and feeling and thus behaving in a certain way around learning, making mistakes (Who would refrain from putting their hand up in class for fear of looking silly or feeling judged?) I don't want any child in any setting to feel this way, instead let's encourage the young people in our lives to develop growth mindsets and resilience.

**Three carefully selected quotes I keep up in my classroom all the time are the following:**

**"Feedback is the Breakfast of Champions"**

A great one for children who see feedback as a negative thing, this has proven very successful. I can bring to mind right now children who have shifted their mindsets on feedback and repeat this phrase back to me when reflecting on work, who before, may have become upset if they hadn't grasped something. We want children to welcome feedback, view it positively and act on it. Skills that will benefit them in later life. Maybe go one step further, be brave and ask them to provide you with feedback on something. They will love to offer you some. It tells them that you place value on their opinion as well that you see feedback as a good thing (just make sure you act on it!)

**"I am Giving You this Feedback because I Believe in You"**

This does exactly what it says on the tin. As social beings we all thrive off feeling valued, cared and believed in. It is our children's right to feel this.

**"Practise makes progress"**

I like this because it is true. There are variants of this such as "practise makes perfect" and "practise makes permanent" but these I feel are less accurate and children are very perceptive and will listen to us much more if we treat them with honesty and respect.





Below are some handy phrases to try when supporting your children to learn, whether they are engaged in a maths problem, argument with a sibling or keepy up challenge. The phrases work across the board so next time you're working with your children give some of the ideas above a try or try some from the list below. We are living through unprecedented, challenging times but we are all in this together. You are doing great, your children are doing great - we've got this!

Phrases to try

**What else might this mean? Is there another way of looking at it?**

**Are there any similarities to what we did yesterday?**

**How could we use what we did yesterday to help today?**

**What do you think we need to do first?**

**We can't do this YET but with more practise we will get better**

Finally, in order for children to see the value of working with others and at the moment that will be us (parents, carers and siblings) Austin's Butterfly is a great You Tube clip that shows how a child improved the quality of his artwork by listening to feedback and positively acting on it. You can view this [here](#).

Mrs Suddaby

