



How can you help at home?

Resilience	<ul style="list-style-type: none">• Demonstrate/model sticking at things even if they are difficult• Encourage your child to try to begin to solve a problem themselves• Talk about how you feel when you are taking on challenges• Praise your child when they persevere but also encourage them to take a break when they have had enough• Help them to find interests and activities that are really absorbing• Talk with them about what helps them to concentrate and manage distractions
Resourcefulness	<ul style="list-style-type: none">• Encourage questions• Demonstrate making links between different ideas• Don't allow your child's imagination to shrivel up!• Help them to find ways of using resources such as reference books, dictionaries and the internet
Reflectiveness	<ul style="list-style-type: none">• Encourage them to take responsibility for preparing for school• Ask not what they did, but what they learned• Help them to think about, and plan, activities• Encourage flexibility and the ability to change a plan if necessary
Team Player	<ul style="list-style-type: none">• Demonstrate/model being a good learner• Work, play and learn alongside your children, enabling them to pick up good habits through imitation• Make expectations of turn taking and cooperation clear