

<b>Resilience</b>		
<b>Muscle</b>	<b>In other words</b>	<b>What it means</b>
<b>Absorption</b>	Getting involved	Being able to lose yourself in learning – becoming absorbed in what you are doing
<b>Managing distractions</b>	Managing my distractions	Recognising and reducing distractions
<b>Noticing</b>	Looking for detail	Looking for patterns and details in experiences
<b>Perseverance</b>	Keep trying	Keeping going in the face of difficulties
<b>Resourcefulness</b>		
<b>Muscle</b>	<b>In other words</b>	<b>What it means</b>
<b>Questioning</b>	Asking questions	Asking questions of yourself and others – being curious and looking below the surface
<b>Making links</b>	Making links	Seeing connections and building patterns
<b>Imagining</b>	Imagining	Using your imagination to put yourself in new experiences and explore possibilities – what if...?
<b>Reasoning</b>	Looking for evidence	Using logic and rational skills to work things out methodically – constructing good arguments
<b>Capitalising</b>	Using things to help us learn	Drawing on the full range of resources, books, people, Internet etc.
<b>Reflectiveness</b>		
<b>Muscle</b>	<b>In other words</b>	<b>What it means</b>
<b>Planning</b>	Planning	Thinking about where you are going and what actions you are going to take to get there – what resources will you need?
<b>Revising</b>	Changing plans – being flexible	Changing your plans when things change – monitoring and reviewing
<b>Distilling</b>	Thinking back	Pulling out the essential bits and using them to move forward to achieve the task
<b>Meta-learning</b>	Knowing how I learn	Knowing yourself as a learner – how you learn best
<b>Reciprocity</b>		
<b>Muscle</b>	<b>In other words</b>	<b>What it means</b>
<b>Interdependence</b>	Working on your own or with others	Knowing when to learn on your own and when to learn with others
<b>Collaboration</b>	Working together	Being able to give and take, respecting and recognising other points of view
<b>Empathy and listening</b>	Putting yourself in others shoes	Putting yourself in others shoes – thinking about how they might feel
<b>Imitation</b>	Noticing how others do things	Adopting methods, habits and values of the people around you who are good learners