

How to nurture motivation when learning at home

- Listen, talk, and encourage – this can have a big influence on learning.
- Encourage your child to talk to you about their learning, what learning is happening at school and do what you can at home to build on that.
- Talk to your child about their strengths and interests and how they are progressing.
- Encourage your child to talk to you about their next steps in learning and find out how you can work with the school to support this.
- Ask school for help if you think your child needs it for any reason.
- Praise your child if he/she is working hard at something or has achieved something within or out of school
- Encourage any reading
- Look for opportunities at home to develop literacy, numeracy and problem solving skills: money, number problems, time, measuring, matching, size, reading, writing, understanding instructions, questioning information
- Encourage your child to take part in activities which provide to develop a range of skills
- Help them work on tasks on their own and then talk about it with you afterwards
- Do things together where appropriate – learn together e.g. if your child has a project or task to do, take an interest and discuss with them what he/she is doing or offer support if this is needed.
- Work together with the school by taking part in discussions about your child’s learning and progress e.g. at parents nights, reviews

Useful tools to explore. Mix and match them up.			
Concentrate	Manage distractions Do one thing at a time Break things down Plan and think it through Draw diagrams, jot down thoughts or things which help you think	Have a go	Have a growth mindset Don't worry if it goes wrong Learn from mistakes Be excited to try new things
Don't give up	Work hard Practise lots Keep going Try new strategies Ask for help Start again Take a brain break	Use your imagination	Be creative Let your imagination go Think up new ideas and questions
Be cooperative	Listen to others Say when you don't understand Be kind when you disagree Explain things to help others Be tolerant	Keep improving	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
Be curious	Ask questions Notice things Look for patterns and connections Think of possible reasons Research Ask 'What if..?'	Enjoy learning	Feel proud of all achievements Imagine your intelligence growing by the minute! Use what you have learnt in real life Know you can do it if you have input and you practise

Remote learning can be very challenging for everyone.

Staying positive and having good relationships is key to positive mental health and wellbeing.

Support routines with regular exercise and breaks.

This wizard is full of easy to follow tips for your child to use. <https://helpcentre.fireflylearning.com/students>

**Motivation and Growth Mindset
Further information.**

A key factor in motivation is whether ability is viewed as ‘fixed’ or ‘growth’.

A ‘fixed’ mind-set learner will only tackle tasks which they know, in advance, they will succeed at.

A ‘growth’ mind-set learner is more willing to tackle difficult tasks and thrive on them.

Growth mind-set can be nurtured and developed. Below are some strategies that can support this.

- ✓ Model growth mind-set and a love of learning by emphasising the processes of learning, the importance and excitement of meeting challenges, putting in effort and how we use strategies that help us learn.
- ✓ Find as many opportunities as possible to reframe ‘difficulty’ into ‘new or deeper learning’. Speak positively about *mistakes and misunderstandings* as opportunities for further learning.
- ✓ Praise effort and achievement rather than ability or personal attributes. Examples of praise comments which focus on effort and achievement rather than ability:
 - ***Well done! You are learning to.....***
 - ***Fantastic! If it makes you think it means you are learning.***
 - ***Mistakes help us learn.***
 - ***Remember –you don’t know yet!***

Every time you work hard you are growing your brain a little more

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none"> • SOMETHING YOU’RE BORN WITH • FIXED 	SKILLS	<ul style="list-style-type: none"> • COME FROM HARD WORK. • CAN ALWAYS IMPROVE
<ul style="list-style-type: none"> • SOMETHING TO AVOID • COULD REVEAL LACK OF SKILL • TEND TO GIVE UP EASILY 	CHALLENGES	<ul style="list-style-type: none"> • SHOULD BE EMBRACED • AN OPPORTUNITY TO GROW. • MORE PERSISTANT
<ul style="list-style-type: none"> • UNNECESSARY • SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH 	EFFORT	<ul style="list-style-type: none"> • ESSENTIAL • A PATH TO MASTERY
<ul style="list-style-type: none"> • GET DEFENSIVE • TAKE IT PERSONAL 	FEEDBACK	<ul style="list-style-type: none"> • USEFUL • SOMETHING TO LEARN FROM • IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none"> • BLAME OTHERS • GET DISCOURAGED 	SETBACKS	<ul style="list-style-type: none"> • USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.

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