

## **WHAT CAN I DO AT HOME TO HELP MY CHILD IN BUILDING THEIR LEARNING POWER HABITS?**

### **Encourage the habit of imagining by:**

- Posing ‘what if...?’ scenarios eg. ‘What if we ran out of oil in 25 years?’ Ask what would be a positive, negative and random consequence of this scenario.
- Playing ‘101 uses of’ eg. how many ways can you think of using a paper clip?
- Encouraging your child to create a visual image in their head of something, and challenging them to see how long they can maintain it.

### **Encourage the habit of questioning by:**

- Introducing a ‘question of the week’ when having Sunday lunch.
- Praising the times when your child asks questions of others and exhibits a genuine interest in other people.
- Helping your child with a learning problem by encouraging them to think which questions they need to answer to solve it eg. if they have a project on World War 2 which they are struggling to start, encourage them to think of all of the questions that may need to be answered such as ‘what triggered the war?’ or ‘what were the main events which led to surrender?’

### **Encourage the habit of planning by:**

- Giving tight deadlines on household tasks/chores so your child can see just what they can achieve when they have to act quickly and decisively.
- Advising them to use post-it notes of what they ‘must do’ or ‘mustn’t forget’ and put them in a shared space. Encourage them to cross off or bin tasks which are completed, and celebrate this.
- Getting your child to discuss the obstacles which stand in their way when approaching a task or project. Ask them to suggest solutions to these before starting the project so that it makes the task more achievable.

### **Encourage the habit of listening by:**

- Asking your child to summarise what you have just said in their own words.
- Praising good eye contact and positive body language when listening to others.
- Promoting silence as a valuable resource which gives time to think before responding in a conversation.