

### How you can help at home

- Don't be tempted to solve all our children's problems. It may be easier but it does not help them develop as independent learners.
- Encourage children to take regular physical exercise.
- Smile, relax and laugh with your child.
- Allow children to make mistakes. This is how we learn. Encourage them to have another go. This develops resilience.
- Encourage children to stick with something for longer periods of time and not to be put off by a 'monster distraction.'

If you would like any more information about 'Gem Powers' then please ask your child's teacher or make an appointment to speak to Mrs Stobbs

All information in this leaflet has come from Dr Tom Robson and Di Pardoe's book 'Think Like a Learner' and from Dr Tom's visits to school to work with children and staff.

At Toft Hill Primary School we are teaching our children to understand what it means to be a better learner and to be in charge of their own learning.

Through the use of Gem Powers, we are giving them the language to discuss difficult ideas and hard to define feelings and emotions.



**Ruby Power:** being aware of others and how what you do, or say, might make them feel.



**Diamond Power:** being able to notice a problem and thinking of ways to solve it.



**Emerald Power:** bouncing back from mistakes and disappointment, and controlling your anger if it tries to get out!



**Sapphire Power:** keeping focused and staying in control of the monster distractions



## Gem Powers (Information for Parents)



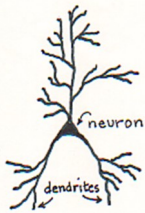


### Diamond Power Science

Solving your own problems is good for you.

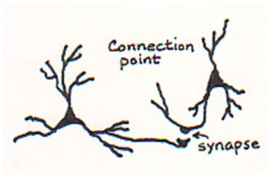
#### **Why?**

Solving problems is good for brain development and growth. The more problems we solve the better we become at solving problems.



How we explained this to children

The brain is made up of neurons and dendrites. The more we learn, and the more problems we solve, the more dendrites grow. (This is not a quick process, which is why it seems to take so long to learn something new).



As they grow they connect with other dendrites, which strengthens the learning. The more we practice something, the stronger the connections become.

Dendrites ONLY grow when we are actively doing something.

No-one else can grow dendrites for us

**DIAMOND POWER is the ability to solve problems and learn.**



### Ruby Power Science

- Endorphins, oxytocin and serotonin make us feel calm and positive.
- Our bodies produce these chemicals when we relax, exercise, laugh, learn new things and think and do kind things.
- If we practice producing calming hormones it will help when we are under stress.

We can make *oxytocin* by pointing out each other's success and by letting someone know when they are doing well. It benefits us as it helps develop trust and gives us the ability to take risks in our learning.

We make *serotonin* when we relax, smile and laugh. This makes us feel good and reduces stress.

*Endorphins* are made when we exercise but also when we laugh (and gossip). This is a happy chemical and it makes us feel good.

We encourage children to:

- Listen to others, giving eye contact and smiling lets them know they are valued
- Say 'well done', applaud, be kind
- Spot when someone needs help and offer it (without expecting reward)
- Help others when they feel sad, embarrassed, disappointed.



### Emerald Power Science

When we run, move or are challenged our bodies make *adrenaline*. We feel this chemical as butterflies in the tummy. Children think of this as a negative but we encourage them to see it as a positive. Once we get used to that feeling we can control it. *Adrenaline* also helps us make better memories.

We encourage children to:

- Remain calm even if they are upset or angry
- Be brave enough to have a go even though they are feeling nervous
- Be comfortable with mistakes as they help us to learn
- Stick with it and don't be tempted to give up.



### Sapphire Power Science

*Dopamine* is a chemical that helps us to keep focused. For children this is essential as it helps them to concentrate and to fight off 'monster distractions' for example, velcro on their shoes, hair (their own or others), a piece of fluff on the carpet, a fly on the wall etc.

We encourage children to:

- Keep on task
- Keep listening to others