

At home, write down ways that you have used your learning muscles.



Which learning muscles will your child use in Year 5?

At home I have used my **Distilling** learning muscle to:

.....

Distilling

In

.....

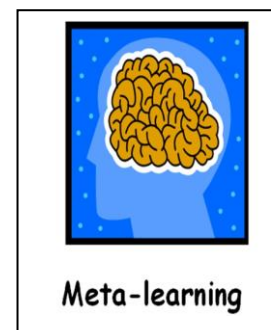
At home I have used my **Meta-learning** learning muscle to:

.....

Meta-learning

.....

.....



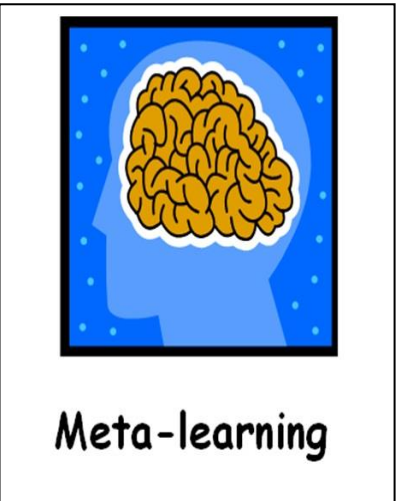
We use our **'Distilling'** learning muscle to help us to know when it's best to work by ourselves or with others.



For example, in class we use our **Distilling** muscle to:

- 1.
- 2.
- 3.

We use our **'Meta-learning'** learning muscle to think about how all learning behaviours can help us.



For example, in class we use our **Meta-learning** muscle to:

- 1.
- 2.
- 3.

Can you help your child to use their learning muscles at home?



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Meta-learning

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