**At home, can you write down ways that you have used your learning muscles?**

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

**..............................................................**

**..............................................................**



**At home I have used my Managing Distractions learning muscle to:**

**..............................................................**

**...............................................................**





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

**...............................................................**

**...............................................................**



**Which learning muscles will**

**your child use in Year 2?**







**We use our ‘Imagining’ learning muscle to help us use our imagination, draw on our senses and play around with different ideas.**

**In class we will use our Imagining muscle to.......**

* **Create and tell stories.**
* **Think about how other people live, eat, work and play in other places.**
* **Notice details within our work.**
* **Experiment with different resources within the classroom.**



**We use our ‘Managing Distractions learning muscle to help us stay focussed on our own learning.**

**In class we will use our Managing Distractions muscle to be a good listener. We must:**

* **Be aware of distractions around us.**
* **Use strategies to avoid distractions.**
* **Manage our own behaviour and learning so that I don’t distract others or myself**



**We use our ‘Absorption’ learning muscle to help us find ways to stick at a task even if it is challenging.**

**In class we will use our Absorption muscle to.......**

* **Risk challenging activities**
* **Not give up when we are finding things tricky.**
* **Think of other ways to try a difficult activity.**



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

**While watching TV, your child could imagine what happens next.**

**When your child finds something difficult, can they think of other ways to approach the task? What could help them?**

**Does your child risk challenging activities when completing their homework?**





