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

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

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

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

**……………………………………………………………..**

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



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

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

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

**……………………………………………………………...**





**Which learning muscles will**

**your child use in Year 5?**





**We use our ‘Distilling’ learning muscle to help us separate key information and place new acquired knowledge to a variety of subjects and situations.**

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

1. **................................**
2. **................................**
3. **................................**



**We use our ‘Meta-learning’ learning muscle to think about how we have done something and reflect on what worked well and what we could do next time.**

**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?**



**Can your child summarise their favourite lesson from the day? Can your child tell you any new learning from this half term/Year 5 so far?**

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

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



**When your child is completing their homework ask them what went well? What could they use again to help them?**

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

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