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

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

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

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

**……………………………………………………………..**

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



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

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

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

**……………………………………………………………...**



[](https://www.google.co.uk/imgres?imgurl=x-raw-image:///57f906f0613fdaaa5733f09c635d947845603d1ba735dc05db579b7ad94bad10&imgrefurl=http://wibseyprimary.co.uk/wp-content/uploads/2014/11/WPS-Anti-Bullying-Policy.pdf&h=174&w=153&tbnid=qto_YfAG-Ved6M:&docid=V4YyWg_4BW5uSM&ei=3_-cVuePLMGQa4LRl-AD&tbm=isch&ved=0ahUKEwin-8360bPKAhVByBoKHYLoBTwQMwhDKBwwHA)

**Which learning muscles will**

**your child use in Year 6?**





**We use our ‘Interdependence’ learning muscle to help us to know that we are responsible for our own learning and to enjoy learning with others.**

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

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



**We use our ‘Meta-learning’ learning muscle to reflect on our previous experiences and use successful experiences to learn more.**

**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?**



**What learning behaviours and skills has your child imitated? How could they be a good role model during class and at home?**

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

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



**When your child is completing their homework, ask them ‘What worked well that you could use again?’.**

**Ask them to think of a positive/successful experience at school. How could this help them to learn further?**

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

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