**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:**

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

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

**……………………………………………………………...**





**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?**

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

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