



Parent Info:

This week focuses on how we can ensure we are encouraging children to put in effort and practice to support their learning.

Why is this important?

Supporting children to understand the importance and value of effort and practice is helpful in building curious and resilient learners. If children understand that we have to put in effort and practice in order to improve, it can be a motivator to learn, as opposed to believing they are naturally good or bad at something. This can make it feel like it is more worthwhile to just have a go!

How can we grow this area?

We can help children grow this area by praising effort rather than performance. We can encourage creative activities where right and wrong is less clearly defined so that children build their enjoyment of exploring and simply having a go. We can give them activities that require perseverance so that they can experience the process of feeling challenged and then a sense of internal accomplishment as a reward for their efforts, rather than anything external like a treat.

Worksheets included:

- 1) **Get creative squiggle game:** This game can offer a chance to explore and be creative and demonstrate you do not need to be an artist but anyone can have a go. The more we practice the more we can create.

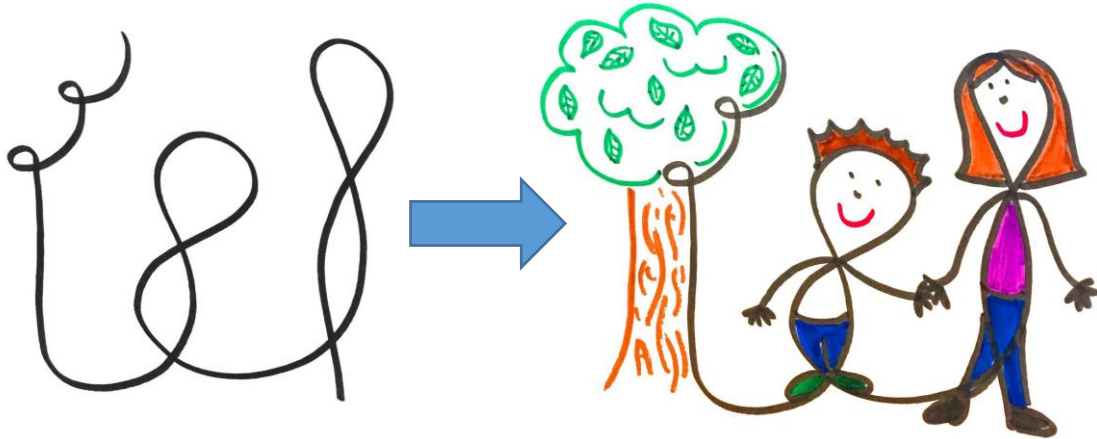
- 2) **Perseverance maze:** This worksheet provides a maze to promote perseverance.
- 3) **Recording practice and effort:** This can help children to become more aware of the time and effort they are inputting into an activity so that they can start to see the link between effort and outcome.
- 4) **3-2-1:** As a thread across all topics, each week the 3-2-1 exercise to promote a growth mindset will be included. It encourages reflection and curiosity.

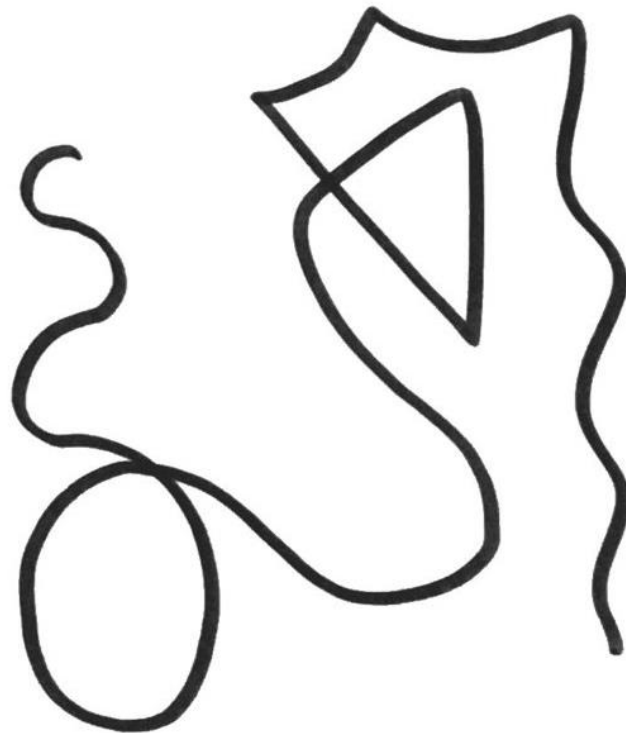
Additional online resources:

For more online mazes visit - <https://mrprintables.com/free-printable-mazes.html>

Get creative:

Below are pages of squiggles. Have a go at turning these squiggles in to pictures. Here is an example:





Why don't you have a go at creating your own squiggles?

Perseverance

It's important to learn and practice our ability to keep going even when we reach a blockage or dead end. Why not see if you can persevere with this tricky garden maze and help Arthur reach his friend Eloise:



Start here:



Recording practice and effort

Sometimes it can be helpful to keep a record of all the effort we are putting in. It can remind us to practice and show us all that we are achieving through our hard work.

You can see an example of a record chart below.
Have a go at using this for something you would like to practice.
On each day that you practice, colour in the star.

My practice record chart							
I will use this chart to record when I practice							
	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday	Sunday
Week 1	★	★	★	★	★	★	★
Week 2	★	★	★	★	★	★	★
Week 3	★	★	★	★	★	★	★
Week 4	★	★	★	★	★	★	★
Week 5	★	★	★	★	★	★	★
Week 6	★	★	★	★	★	★	★

If you are feeling creative, why not have a go at designing your own record chart?

Or you can decorate this on based on what activity you are practicing.

3-2-1 Exercise

What 3 things have I learned?

1.

2.

3.

What are 2 things that I want to find out more about?

1.

2.

What 1 question do I still need to ask?

1.