

Let's Learn how to Learn Super Learning Day



This booklet belongs to:

.....

Your mind is like a parachute..

it works best when open

Super Learning Day

Workshop groupings and timetable

	Amazing brain workshop	Amazing brain workshop	Emotions and learning	Emotions and learning	Physical learning	Physical learning	Mega memory	Mega memory
workshop slot 1 9:30- 10:30	amethyst	turquoise	jade	opal	Gold	emerald	ruby	Sapphire
10:30- 10:45 Break								
workshop slot 2 10:45- 11:45								
workshop slot 3 11:50- 12:50								
12:50- 1:40 Lunch								
workshop slot 4 1:40- 2:40								
Go to main hall with your review balloons for whole year Super Learning celebrations Close 3:30								

Super Learning Day song

Is this the way to Super-Learning song?

(to the tune of Amarillo)

Sha-la-la-la-la-la-la-la
Sha-la-la-la-la-la-la-la
Sha-la-la-la-la-la-la-la
Super-Learning waits for me.

When the day is dawning
On a Mosslands Friday morning
How I wish to be there
With Super-Learning waiting for me there
In the crowded cloakroom
There I hang my bag
Then into the classroom
To where my friends are a-hat.

Is this the way to Super-Learning?
All night long I've been troubled and turning
Dreaming dreams of Super-Learning
And sweet success that waits for me.

Show me the way to Super-Learning
Got to start half-eight this merning
Run so fast my legs are burning
Super-Learning waits for me.

Sha-la-la-la-la-la-la-la
Sha-la-la-la-la-la-la-la
Sha-la-la-la-la-la-la-la
Super-Learning waits for me.

There's a school bell ringing
Hear this song of fun that we're singing

**For the Super-Learning
And the kids who're yearning for learning
Just beyond the playground
There's an open door
And it keeps me going
Wanting to know more**

**Is this the way to Super-Learning?
All night long I've been troubled and turning
Dreaming dreams of Super-Learning
And sweet success that waits for me.**

**Show me the way to Super-Learning
Got to start half-eight this merning
Run so fast my legs are burning
Super-Learning waits for me.**

**Sha-la-la-la-la-la-la-la
Sha-la-la-la-la-la-la-la
Sha-la-la-la-la-la-la-la
Super-Learning waits for me.**

**Sha-la-la-la-la-la-la-la
Sha-la-la-la-la-la-la-la
Sha-la-la-la-la-la-la-la
Super-Learning waits for me**

**Sha-la-la-la-la-la-la-la
Sha-la-la-la-la-la-la-la
Sha-la-la-la-la-la-la-la**

Our agreed ground rules

We believe that...

- ★ Everyone can express their feelings in a safe environment

We will always...

- ★ Try our best
- ★ Take ideas from Year 7s and learn from each other
- ★ Believe that we can all achieve

We should...

- ★ Communicate and be kind to younger children and everyone
- ★ Be confident when helping others

We expect to...

1. Learn from our mistakes
2. Speak and be spoken to politely

We will never...

- ★ Use negative language- verbal and non verbal
- ★ Disrespect people's opinions

We will try to...

- ★ Respect others
- ★ Create a happy and calm environment

Don't forget...

My Amazing Brain Workshop

Key messages:

- Every brain is unique.
- Every brain has huge potential that can be used if you work with your brain.
- What you eat and drink affects how well you learn.
- Movement, colour, imagery can enhance learning.
- Whole brained learning is easier and more fun.
- What you think about yourself as a learner affects your learning.

Did you know you have 1 billion brain cells? That's 100,000,000,000! We only use a fraction of our brain's potential – imagine what we could do if we used more! We are born with an enormous capacity to learn.

Learning can be fun – when positive emotions go along with learning you will be more likely to remember it. Stress stops you from learning effectively – it's difficult to think clearly when you are upset or stressed.

Brain breaks make the connections between the two hemispheres in the brain stronger.

There are many things our brain **needs** to be ready for effective learning – like a good diet and sleep (see page 9).

There are some things our brain **likes** which helps them work better – like colour and pictures.

Talking about your learning – to yourself in your head or out loud with someone else – helps to reinforce what you've learnt and make it more memorable.

Look after your brain

We all know that good athletes have to be fit. They have to eat well, sleep well and practice hard. They have to look after their bodies. To be a good learner your brain has to be fit, you need to look after your brain.

You can look after your brain by:

- Getting plenty of sleep, this allows your theta and delta brain waves to buzz. Your brain needs this time to sort out information that has come in during the day.
- Drinking plenty of water. Water helps to conduct electricity and so may speed up your thinking. Dehydration will lead to headaches and tiredness. Water does not mean tea, coffee, coke...it means pure H₂O.
- Eating a balanced diet. Eat plenty of 'brain food' like fish, green vegetables, bananas and nuts. Avoid too much saturated fat and refined carbohydrates. Also, avoid too much sugary food and food with lots of 'E' numbers.
- Trying brain exercises, which help to get your brain energised and ready to learn.
- Exercising – your brain uses 20% of the oxygen you breathe in. Regular exercise is needed to keep you alert, it also improves your mood.

Reviewing my learning

Key learning for me from this workshop?

Having done this workshop, how will I now use what I have learnt?

How might I choose to behave to make sure that make this learning come alive in my life?



My Mega Memory Workshop

Key messages

- Memory can be improved by using simple strategies.
- Linking through association and/or stories can improve your memory.
- Movement enhances memory.
- We remember the unusual, exaggerated or amusing things more easily.

Reviewing my learning

Key learning for me from this workshop?

Having done this workshop, how will I now use what I have learnt?

How might I choose to behave to make sure that make this learning come alive in my life?



My Emotions, Feelings and Learning

Workshop

Key messages

- We need to be careful about what we say to each other and not make any assumptions about what the person has already been through that day.
- What we say could hurt someone's feelings and then this will affect their ability to learn
- We need to take care of each other and support each other through our time at school
- If we all take care of each other, our brains will be more relaxed and we will be able to learn better
- If we feel happy, our brains make more connections and we remember more

Reviewing my learning

Key learning for me from this workshop?

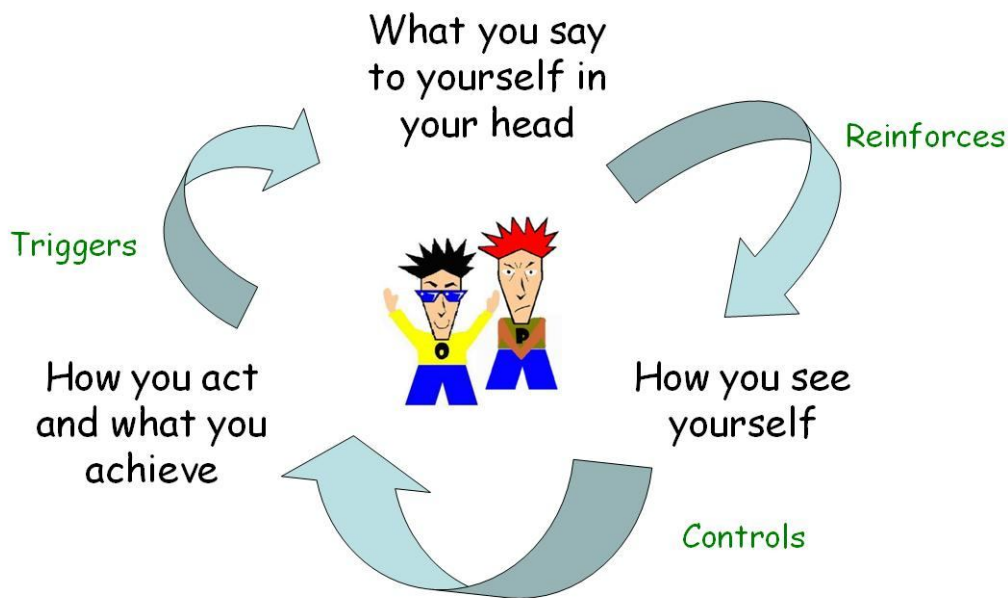
Having done this workshop, how will I now use what I have learnt?

**How might I choose to behave to make sure that m
come alive in my life?**



Self talk

What we say to ourselves in our heads is called '**self-talk**' – look at the way the self-talk cycle works. Notice how it goes around and around – it can become a vicious circle of self-destructive thoughts and actions or it can become an ever expanding virtuous circle of self-supporting thoughts and actions.

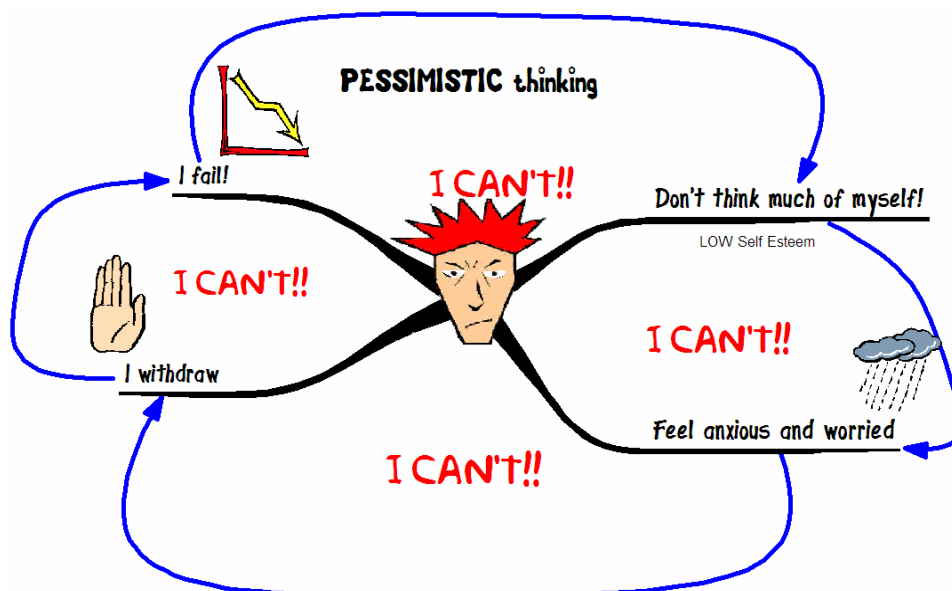
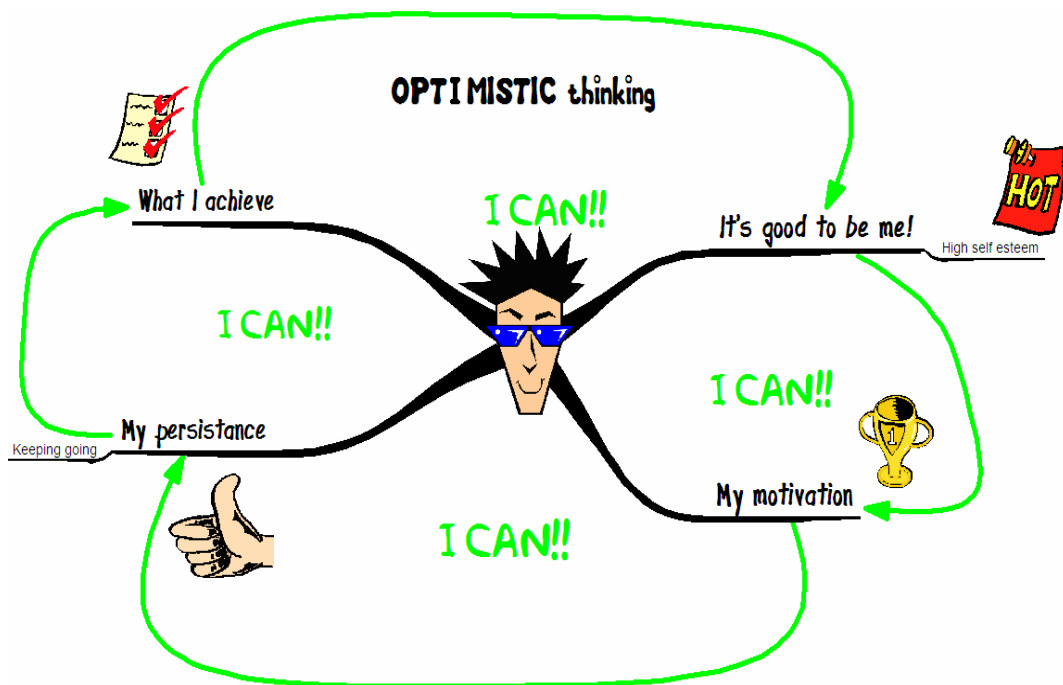


Whether you think you can, or think you can't- you're right!
Henry Ford

Our self-talk affects our:

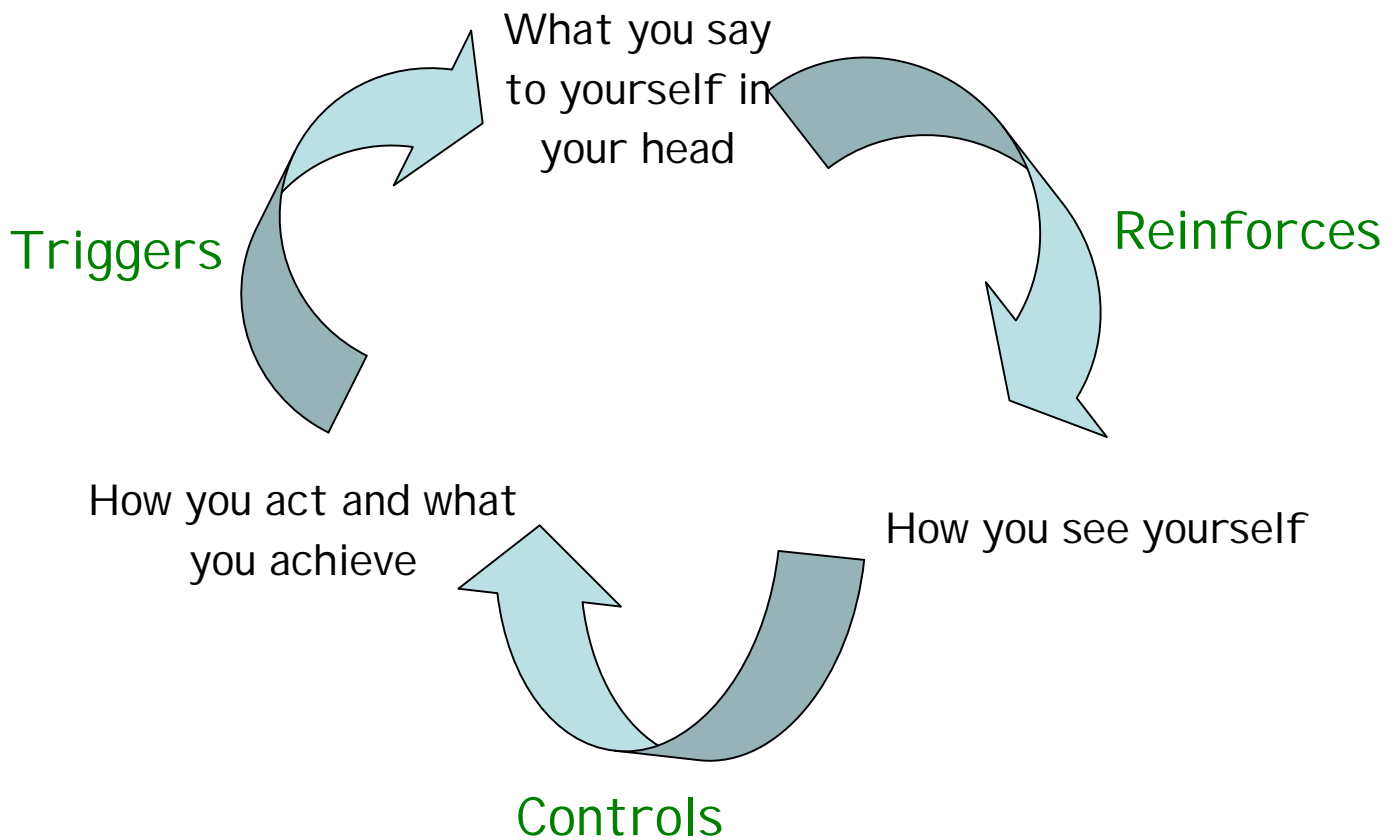
- Mental health.
- Physical health.
- Success in life.
- Feelings about ourselves.
- Resilience – how well we bounce back from life's inevitable setbacks.

There is a lot of evidence to show that the style of our self-talk – whether we think optimistically or pessimistically – affects many different things in our lives. We learn our self-talk style from the people around us – our parents, our teachers, our friends. We can learn new self-talk habits if we want to become more optimistic thinkers.



Dealing with feelings – Toni's day

Emotions are really important for learning. We can be badly affected by what people say to us and it can make a real difference to what we think of ourselves and what we say to ourselves (our 'self-talk'). If someone says something cruel or hurtful, it hurts; but more than that, it is possible that we will then take those feelings on board.



? How did Toni feel?

? What were the things that caused him to feel sad, hurt and uncared for?

When you are around other people, we all need to think about what they with might be carrying with them – they may have worries that you are unaware of. Your job is not to solve all of their problems, but just be aware that your comments have an impact and you want that to be a positive one.

Physical Learning Workshop

- Your brain is a social brain and enjoys working with other people.
- Movement aids thinking.
- Teamwork requires good communication skills.
- Trust is an important element of teamwork.
- By playing team games we can learn team working skills and this can help us to learn better from each other.

Reviewing my learning

Key learning for me from this workshop?

Having done this workshop, how will I now use what I have learnt?

How might I choose to behave to make sure that make this learning come alive in my life?

