

# St George's Primary School

## Building Learning Power

### The 4 DISPOSITIONS and their CAPACITIES

DISPOSITION	CAPACITY				
<p><b>RESILIENCE</b> this is being ready, willing and able to lock on to learning – knowing how to work through difficulties when the pressure mounts or the going gets tough</p>	<p><b>ABSORPTION (absorption alligator)</b> being able to lose yourself in your learning – 'in the zone', in a state of 'flow'</p>	<p><b>MANAGING DISTRACTIONS (managing distractions dinosaur)</b> recognising and reducing distractions around you – creating your own best learning environment</p>	<p><b>NOTICING (noticing newt)</b> seeing patterns and details</p>	<p><b>PERSEVERANCE (perseverance penguin)</b> keeping going in the face of difficulties - stickability</p>	
<p><b>RESOURCEFULNESS</b> this is being ready, willing and able to learn in different ways – using both internal and external resources effectively, calling on different ways of learning as appropriate</p>	<p><b>QUESTIONING (questioning queen bee)</b> Asking questions of yourself, others, things – delving beneath the surface</p>	<p><b>MAKING LINKS (making links lion)</b> building patterns and seeing connections between things</p>	<p><b>IMAGINING (imagining iguana)</b> Using your imagination to create new ideas, and explore new possibilities - wondering 'what if...?'</p>	<p><b>REASONING (reasoning robin)</b> working things out logically, organising your resources, seeing the errors in others logic</p>	<p><b>CAPITALISING (capitalising cat)</b> using the full range of resources from people, books, internet, past experiences, opportunities...</p>

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<p><b>RECIPROCITY</b> this is being ready, willing and able to learn alone or with other people – using a sense of independent judgement together with skills in communication and empathy</p>	<p><b>INTERDEPENDENCE (interdependent insect)</b> knowing when to work on your own or with others – doing your bit</p>	<p><b>COLLABORATION (collaborative koala)</b> working as a team – give and take, adding to ideas</p>	<p><b>EMPATHY &amp; LISTENING (empathetic elephant)</b> Listening to and contributing to others ideas, understanding others views and opinions – putting yourself in their shoes</p>	<p><b>IMITATION (imitating impala)</b> adopting the methods, habits or values of good role models</p>	
<p><b>REFLECTIVENESS</b> this is being ready, willing and able to become more strategic about learning – taking a longer-term view by planning, taking stock and drawing out your experiences as a learner to get the best out of yourself</p>	<p><b>PLANNING (planning panda)</b> Thinking about your aims, your actions you will take, the time and resources you will need and the problems you may face</p>	<p><b>REVISING (revising rabbit)</b> Being flexible, monitoring and reviewing things to see how they are going and how to improve them</p>	<p><b>DISTILLING (distilling dog)</b> finding the most important parts to learn and applying them to new situations, note taking – being your own coach</p>	<p><b>META-LEARNING (meta-learning monkey)</b> Knowing yourself as a learner – HOW you learn best</p>	