



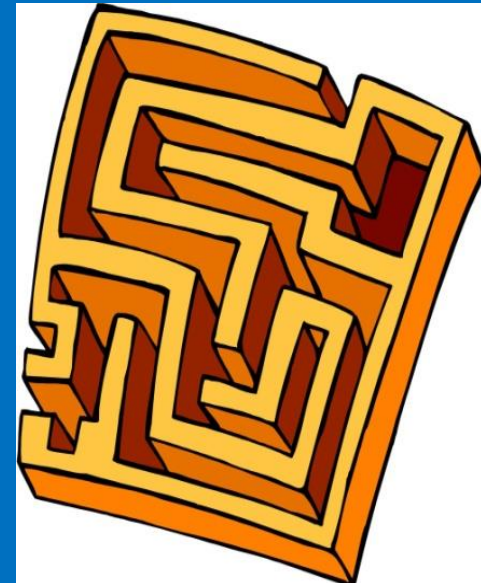
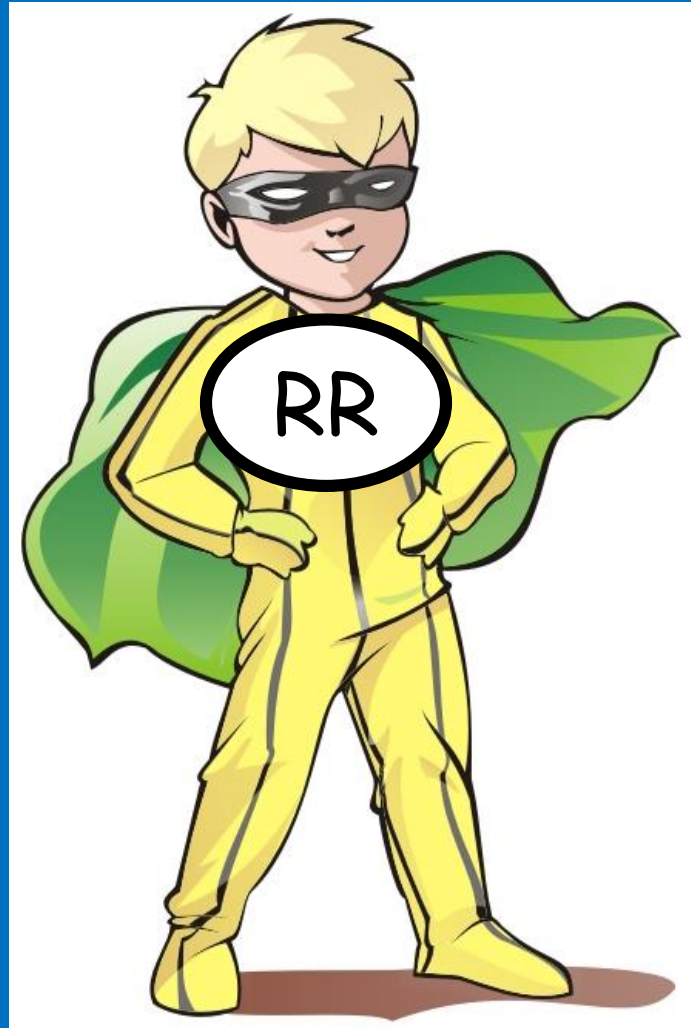
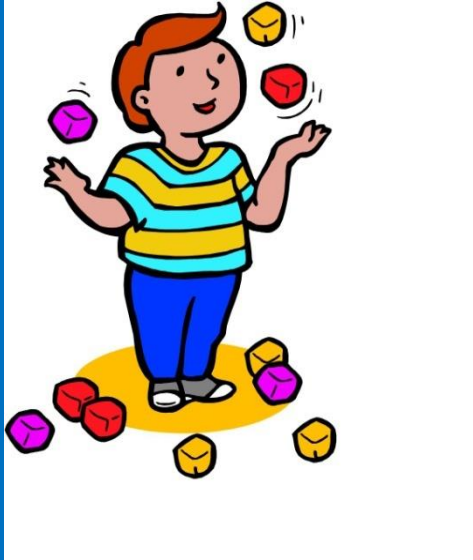
# Building Learning Power



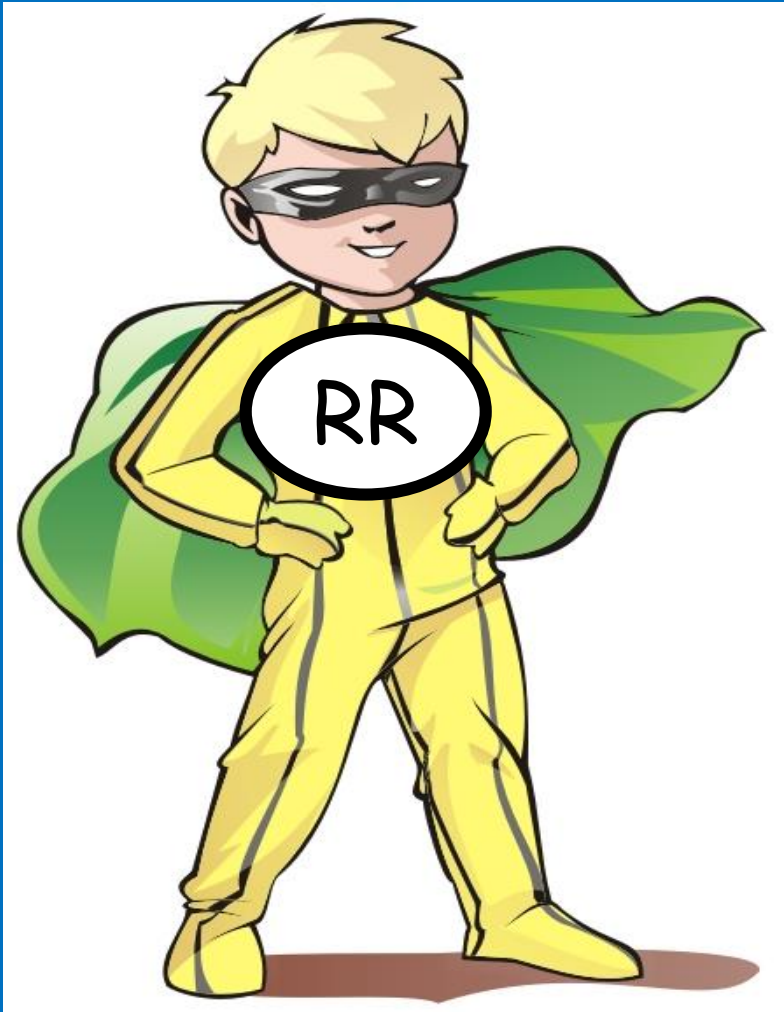
*We are learning to learn*



# Enjoying the feeling of learning just like *Robin Resilience*



# What does 'managing distractions' mean?



Knowing what interrupts your learning and finding ways to overcome this.

How do you know  
this child is not  
managing her  
distractions?



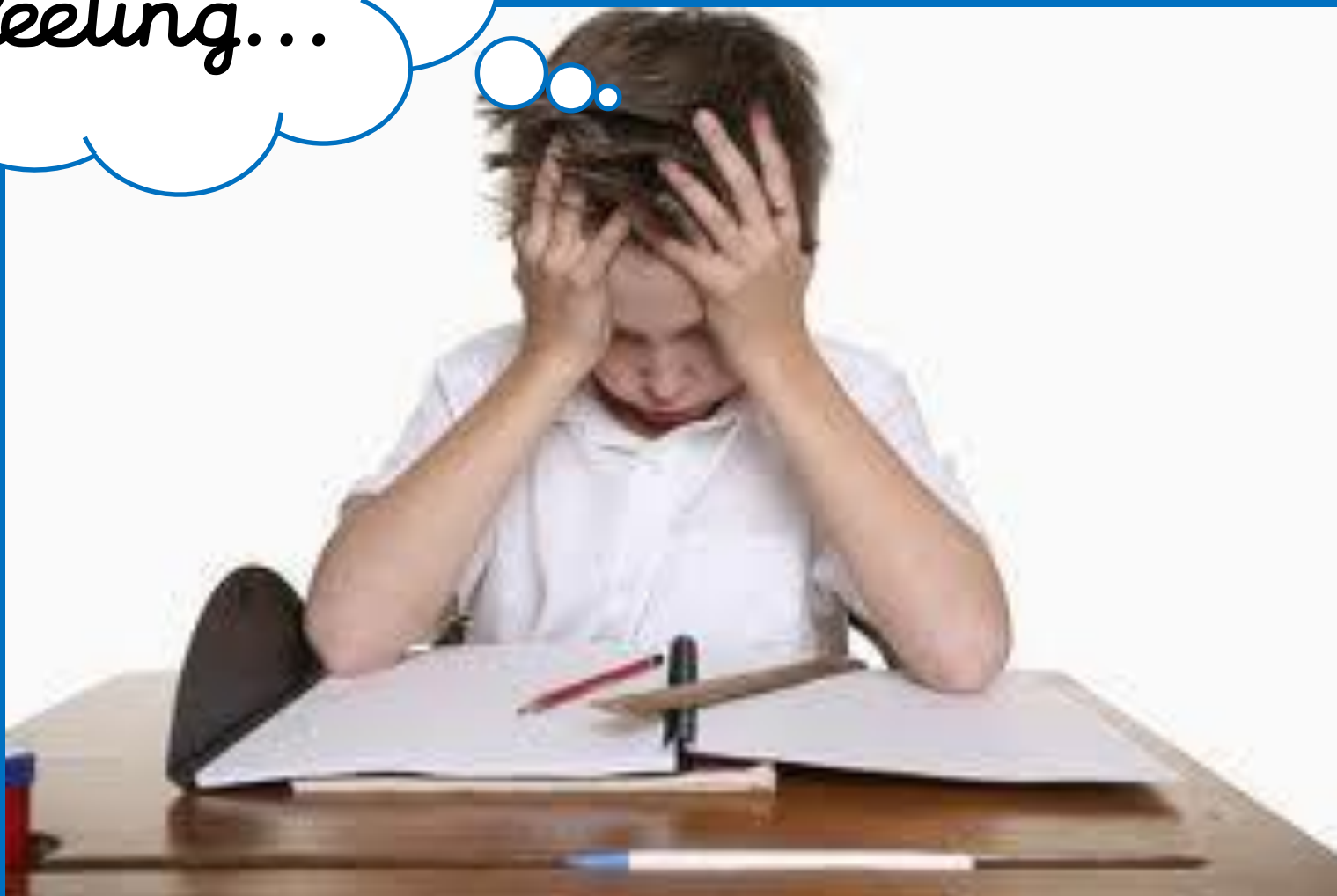
I am  
feeling...





I am  
feeling...

How do you know this  
child is not managing his  
distractions?



# Managing distractions

What could you do to manage your distractions?

I could say to myself ...

I could start to ...

I could try ...



# Distraction Scales

- Which learning activities would you place on the distraction scales?
- Which activities or subjects are you most able to get absorbed by?
- Which activities or subjects are you most likely to be distracted by?

Most able to  
get Absorbed

Most likely to  
be Distracted

*Is something boring because of it or because of you?*

