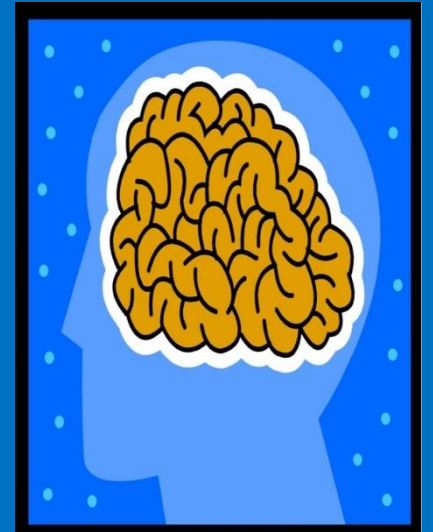
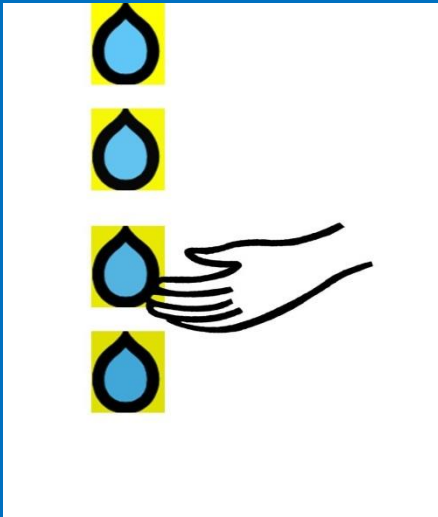
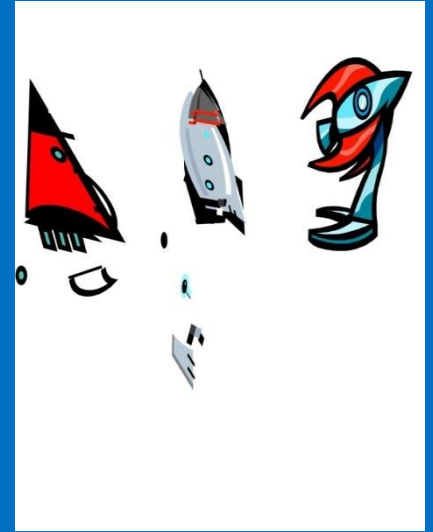


# Building Learning Power

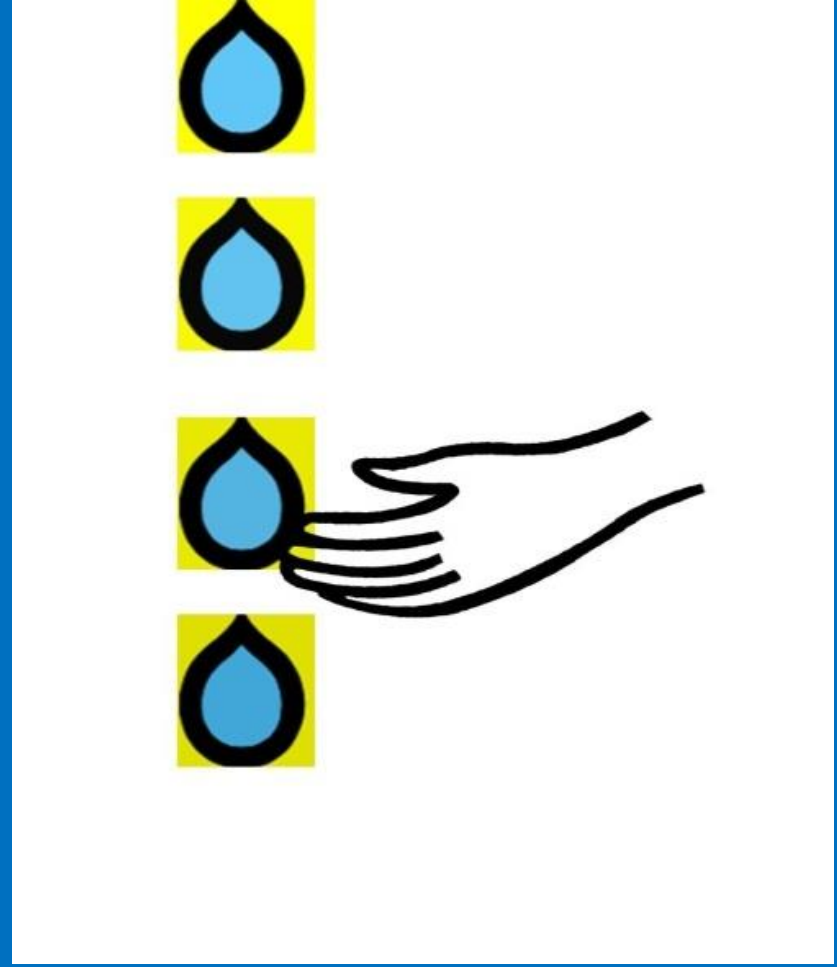
*We are learning to learn*



# Taking charge of your learning just like Rhianna Reflective.



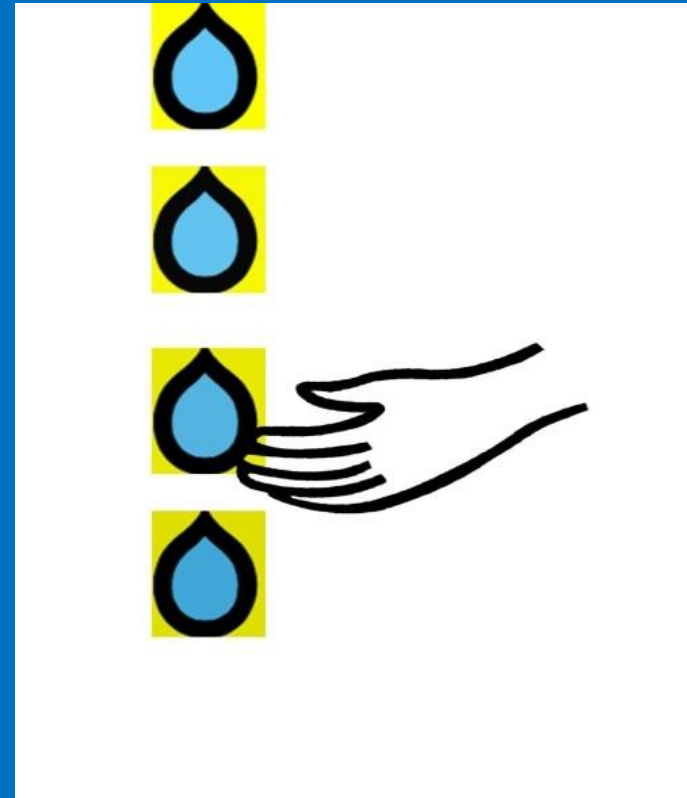
Which learning muscles do you think this is?



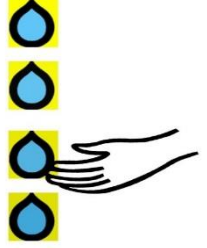
# What is distilling?

When you use this learning muscle, you:

- think about experiences
- draw out useful points from experiences
- identify features that are likely to help you elsewhere
- think about where else you might use these lessons



# Who is this character?

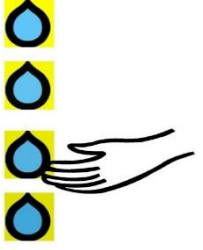


- He is a boy
- He is small
- He has short black hair
- He is made of wood
- He sometimes tells lies
- He has a very long nose

# Pinocchio




# Who is this character?



\_\_\_\_\_ had always been small and skinny for his age... \_\_\_\_\_ had a thin face, knobbly knees, black hair and bright green eyes. He wore round glasses held together with a lot of cellotape because of all the times Dudley had punched him in the nose. The only thing \_\_\_\_\_ liked about his appearance was a very thin scar on his forehead which was shaped like a bolt of lightning.

# Harry Potter



A man in a dark suit and white shirt is falling through a glass window of a modern building. He is positioned horizontally, with his arms outstretched and legs bent. The background shows a cityscape with various buildings under a clear sky. The scene is captured from an interior perspective, looking out through the glass.

*This song is called  
'High Hopes' by  
Panic at the Disco.*

*What is the song about?*

<https://www.youtube.com/watch?v=IPXlgEAGe4U>

*“I spent too long not setting my expectations high enough, worried about how it felt to fail.*

*I hit a point when I realised I had to aim high and fail, fail, fail in order to keep growing.”*



Had to have high, high hopes for a living  
*Shooting for the stars* when I couldn't make a  
killing.  
*Didn't have a dime, but I always had a vision*  
Always had high, high hopes



*What is  
his  
message?*



Sometimes the greatest  
the way to say something  
is to say nothing at all  
Sometimes the greatest  
the way to say something  
is to say nothing at all

# Distilling

If you were stranded on a desert island, what 3 things would you take with you and why?

