

PARENT INFORMATION 1

The Learning Highway

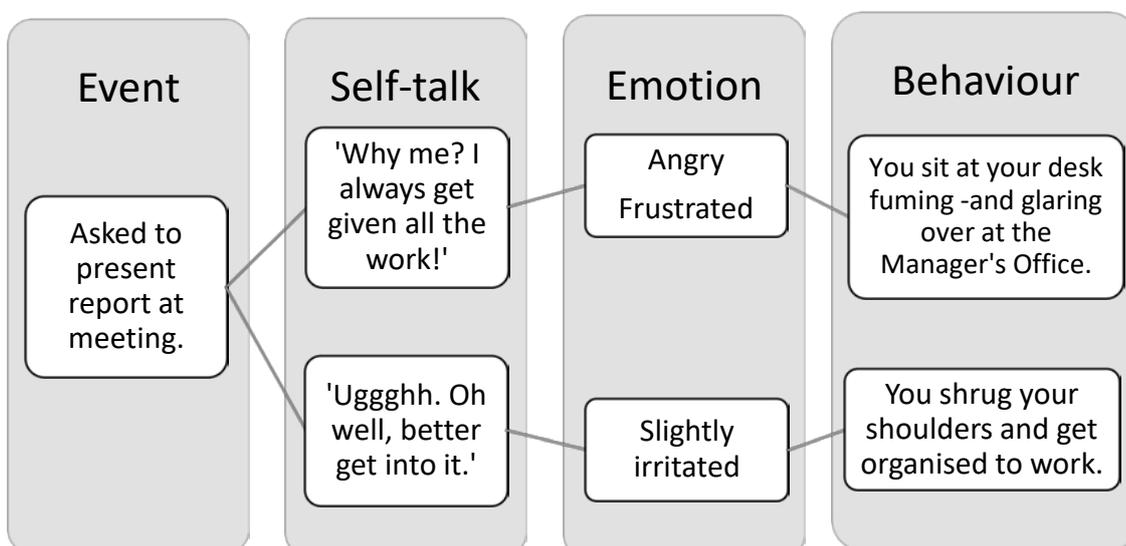
Every child and every adult is constantly learning. This doesn't have to mean book based learning – it could also be learning about life, the changing needs of your child and self, family issues, work, sport... It's fair to say then that everyone is on The Learning Highway - travelling towards an outcome of that learning – which we're going to call the Learning Destination.

On The Learning Highway there are the inevitable twists and turns, highs and lows and sometimes BUMPS and HAZARDS. In the classroom this can be:

- The behaviour of another child impacting on your child's learning or emotional state.
- Your own child's behaviour.
- Your child's difficulties with their own behaviours to support their learning – like planning, organisation, focus and attention.
- Your child's learning resilience – their ability to bounce back when a mistake is made, completing boring or repetitive content or content that simply doesn't interest them.

Your child has been learning about their internal TOOLS to stay on The Learning Highway – it's called their Learning CPR Tank – and it's full of **Confidence**, **Persistence** and **Resilience**. All learners need to be confident to ask for help when they need it, to work with - and in front of others, and to persistently 'work tough' when they encounter a BUMP or a HAZARD.

Your child fills their CPR Tank, (their ability to bounce back when things get tough or boring), by using their self-talk or internal dialogue. When something happens – an **Event**, you say something to yourself – **Self-talk**; develop an **Emotion or Feeling** (which might grow into a mood if it hangs around); which usually leads to a certain way of **Behaving**. Here's an example: *You're given the task of presenting a report to the team at work – with very short notice – prepare the report and present it TODAY!*



We teach children to think about and change their self-talk, which helps to change the intensity of the feelings that they might have, and then also their behaviour - just like in the previous example. A HIGHWAY HERO uses CPR Supa Thinking - which is positive and helpful self-talk. This helps children to persist when school work is tough or boring, when they sit next to the child who talks constantly, or they have to do subjects that they don't enjoy.

When a learning BUMP occurs - like being distracted - or a learning HAZARD occurs – such as being asked to sit out of the room due to poor behaviour - we want children to monitor their self-talk and minimise the psychological effect by **choosing** The HIGHWAY TOOL of CPR Supa Thinking.

The automatic tendency for most children (and adults) is to use the opposite thinking - Stinking Thinking - which is negative and unhelpful and can become habitual. This leads to children giving up easily and always expecting the worst - and then often finding it.

Let's have a look at some examples of negative and positive self-talk.

Stinking Thinking
Negative or unhelpful self-talk:

- ✗ 'It's too hard.'
- ✗ 'It's not fair.'
- ✗ 'I can't do it.'

CPR Supa Thinking
Positive or helpful self-talk:

- ✓ 'I'll give it a go.'
- ✓ 'The sooner I start, the sooner I finish.'
- ✓ 'I'll do my best.'

The research tells us that raising awareness of this 'internal dialogue', helps both children and adults to self-regulate their emotional responses and their behaviour, and it improves learning success in the classroom. This week, talk to your child about CPR Supa Thinking and Stinking Thinking: when it happens to you and when it happens to your child.

REFLECTION POINT:

How does your self-talk affect your life? As adults, our internal dialogue can set us up for social, academic and vocational success, or it can severely impact our effectiveness and productivity. Have you spoken to your child about what you say to yourself when things are tough - when you're getting ready for a big event and 'steeling yourself' to get through it? It is very useful to talk about the helpful things you say to yourself - and how they affect your emotions and behaviour - as well as the unhelpful things you say to yourself - and the emotional and behavioural results of those.