



RESILIENCE

being ready, willing, and able to
LOCK ON TO LEARNING

Absorption Learning Muscle: you become engrossed in what you are doing; you are unaware of time passing

Managing Distraction Learning Muscle: you know what distracts you, you try to minimise distractions, you settle back quickly after an interruption

Noticing Learning Muscle: you notice how things look, what they are made of, or how they behave, you can identify significant detail

Perseverance Learning Muscle: you are not put off by being stuck, you keep on going despite difficulties and find ways to overcome them, you recognise that learning can be a struggle



RESOURCEFULNESS

being ready, willing, and able to
LEARN IN DIFFERENT WAYS

Questioning Learning Muscle: you are curious about things and people, you often wonder why, you play with ideas, asking "How come?" and "What if?"

Making Links Learning Muscle: you look for connections between experiences or ideas, you find pleasure in seeing how things fit together, you make patterns

Imagining Learning Muscle: you picture how things might look, sound, feel, be; you let your mind explore and play with possibilities and ideas

Reasoning Learning Muscle: you create logical arguments, you deduce what might happen, you look for evidence



REFLECTIVENESS

being ready, willing, and able to become
MORE STRATEGIC ABOUT LEARNING

Planning Learning Muscle: you think about what you want to get out of learning, you plan the steps you might take, you access which resources you may need

Revising Learning Muscle: you are ready to revise your plans as you go along, monitor how things are going, change your plans when you've had a better idea

Distilling Learning Muscle: you mull over experiences, draw out useful lessons from experiences, think about where else you might use these lessons

Meta-Learning Muscle: you are interested in how you learn as an individual, know your strengths and weaknesses as a learner, are interested in becoming a better learner



RECIPROCITY

being ready, willing, and able to
LEARN ALONE AND WITH OTHERS

Interdependence Learning Muscle: you know how much interaction you need with others to assist your learning, you make informed choices about working on your own or with others

Collaboration Learning Muscle: you manage your feelings when working with others, you understand the ground rules of team work, you are able to work effectively as part of a pair or team

Empathy and Listening Learning Muscle: you put yourself in other people's shoes to see the world from their point of view, show you are listening by eye contact and body language, hear feelings and thoughts behind someone's words

Imitation Learning Muscle: you are ready to learn from others, notice the approach and detail of how others do things