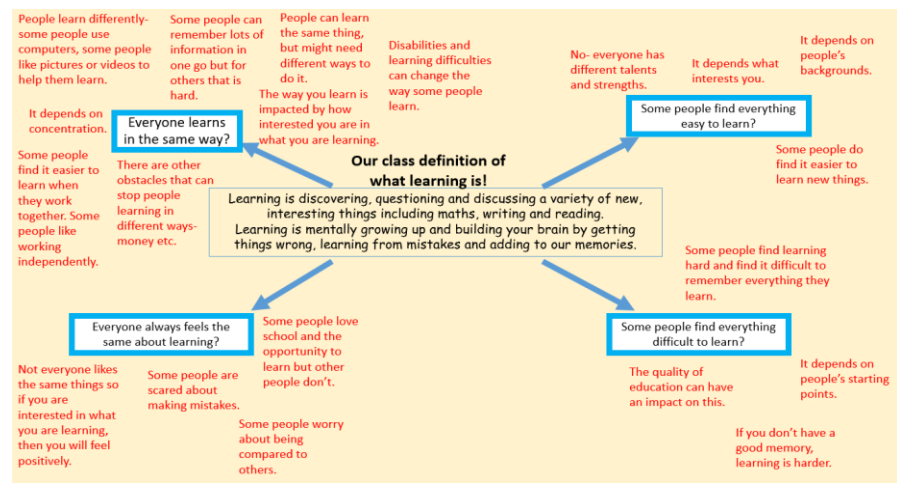




Brainwave

How do we learn well?

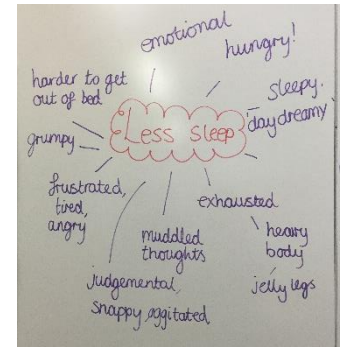
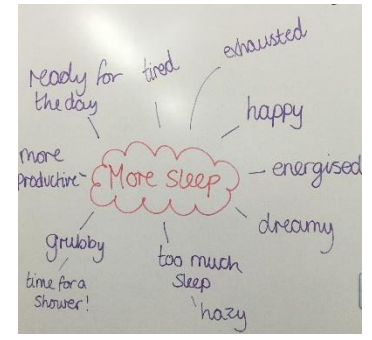
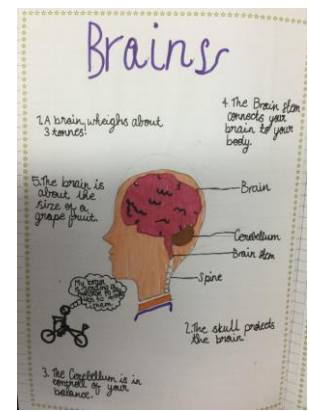


This term, all of Key Stage 2 having been learning about how we learn and how to learn well.

We have been finding out all about the human brain and the way we learn and remember new things. We learnt about the parts of the brain and how they help us in our learning, how we use our bodies and how we feel.

We have learnt that we are all 'Smart' in a variety of ways, such as number smart, music smart, word smart or people smart, for example.

We have considered how the time of day, how awake or tired we are, and if we have eaten has an impact on our learning. We looked at our school timetable and thought about why particular subjects we learn are placed at certain times of the day.



- When we learn best**
- When I like the topic or subject we are learning about
 - When I know it's ok to make a mistake
 - When I can work with someone else
 - When I am confident and know what I'm doing

- When we don't learn well**
- When we are worried about getting something wrong
 - When we don't want our friends to think of us differently if we don't understand or can't do something
 - When we aren't given warning about tests or haven't had time to revise
 - When something has happened at playtime to upset us, or something is going on outside of school and we can't take our minds off it

- We thought of strategies we could use if we found our learning was being affected by negative feelings:**
- Deep breaths
 - Mindfulness
 - Think of something that makes you happy
 - Discuss your feelings with someone

Which kind of smart do you think you are?

Which type of intelligence am I?
Year 4 thought about each of the 8 types of intelligence and we discussed as a class who we thought matched up with each type.

Y Body 身体	M Music 音乐	O Body 身体	M People 人们
S Word 文字	H Picture 图片	B Self 自己	T Body 身体
L Logic 逻辑	E Picture 图片	D Music 音乐	S Word 文字
C Nature 自然	A Music 音乐	A Self 自己	O Body 身体
A Music 音乐	D Nature 自然	M Logic 逻辑	L Self 自己
J Logic 逻辑	A People 人们	G Picture 图片	T Nature 自然
S Music 音乐	J Picture 图片	T People 人们	J Body 身体



Our Questions

- How are our memories stored?
- How are some memories stored and others aren't?
- What is different between our short and long-term memories?
- Why do we not remember being a baby?
- Why do we find some things easier to learn than others?
- How does our brain work?
- How can our brains be tricked?
- Why do different things work for different people?
- Which side of the brain is in charge?

Does practice make perfect?



Miss Brenta told Year 4 about Malcolm Gladwell who said it takes 10,000 hours of practice to master a skill. They thought about people who may have spent 10,000 years (or not far off!) practising their skill. Their ideas included: Ronaldo, Katy Perry, Olympic gymnasts, Michael Jordan, musicians etc.

Fun Fact : You have 100 billion neurons in their brain - and they were all there at the moment you were born.