

## The 6Rs – Behaviours For Learning

*"Since we cannot know what knowledge will be most needed in the future, it is senseless to try to teach it in advance.*

*Instead, we should try to turn out people who love learning so much and learn so well that they will be able to learn whatever needs to be learned."*

John Holt

# RESILIENCE

**"I try my best, even when things challenge me: I don't give up"**

- I know that some things will be hard and I may not 'get it' first time.
- I stick at things even when they are difficult.
- I use a range of strategies to help me when I am stuck.
- If I make a mistake I learn from it and use it to help me learn and grow.
- I can 'bounce back'.
- If I can't do something I stay calm: getting 'hot and bothered' doesn't help.

**What? I couldn't do it the first time  
and now you want me to try again?**

