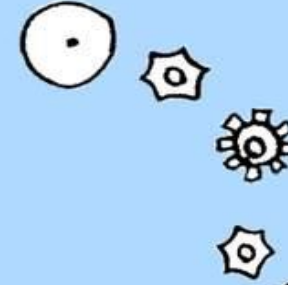
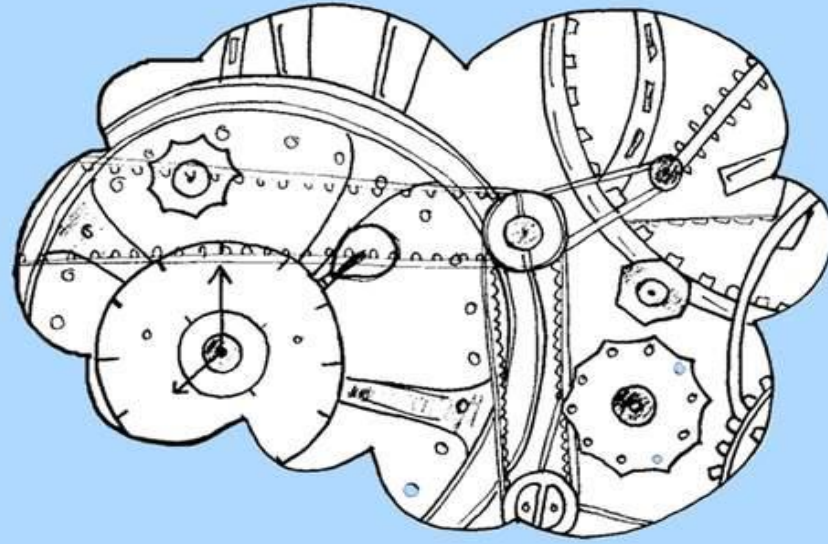


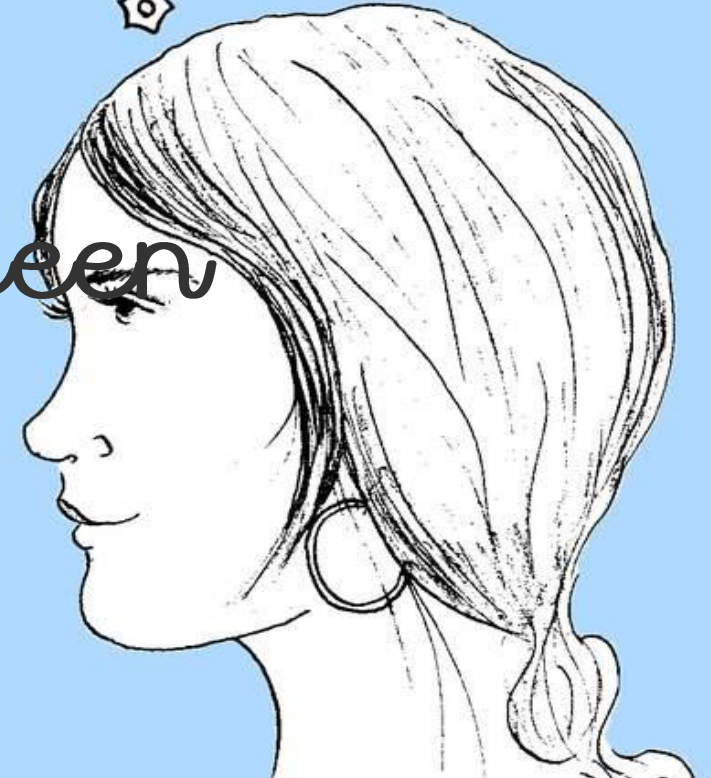


What is Metacognition Year 4

Definition of metacognition



Metacognition has simply been defined as “thinking about your own thinking.”



Benefits of metacognition on learning and possible gains

- . Improves decision-making
- . Improves interactions with others
- . Application to different settings
- . Reduce stress
- . Learn and apply new skills

Some suggestions of how to develop metacognitive strategies

Positive self-talk

Clarity of target

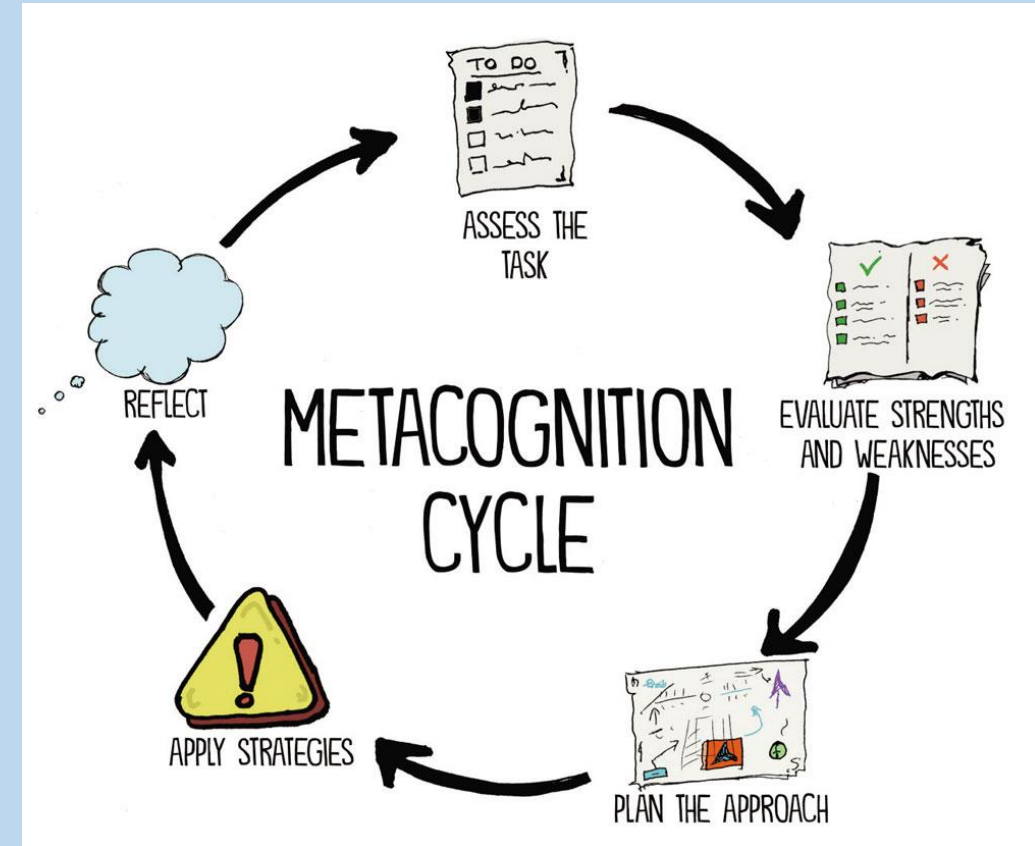
Realistic goals

Reflect on previous efforts

Ask key questions

Monitor own progress

Recall previous skills



Steps to success:

Before

1. Have I done something like this before?
2. Think about existing strengths + strategies
3. Set goals- what do I want to achieve?

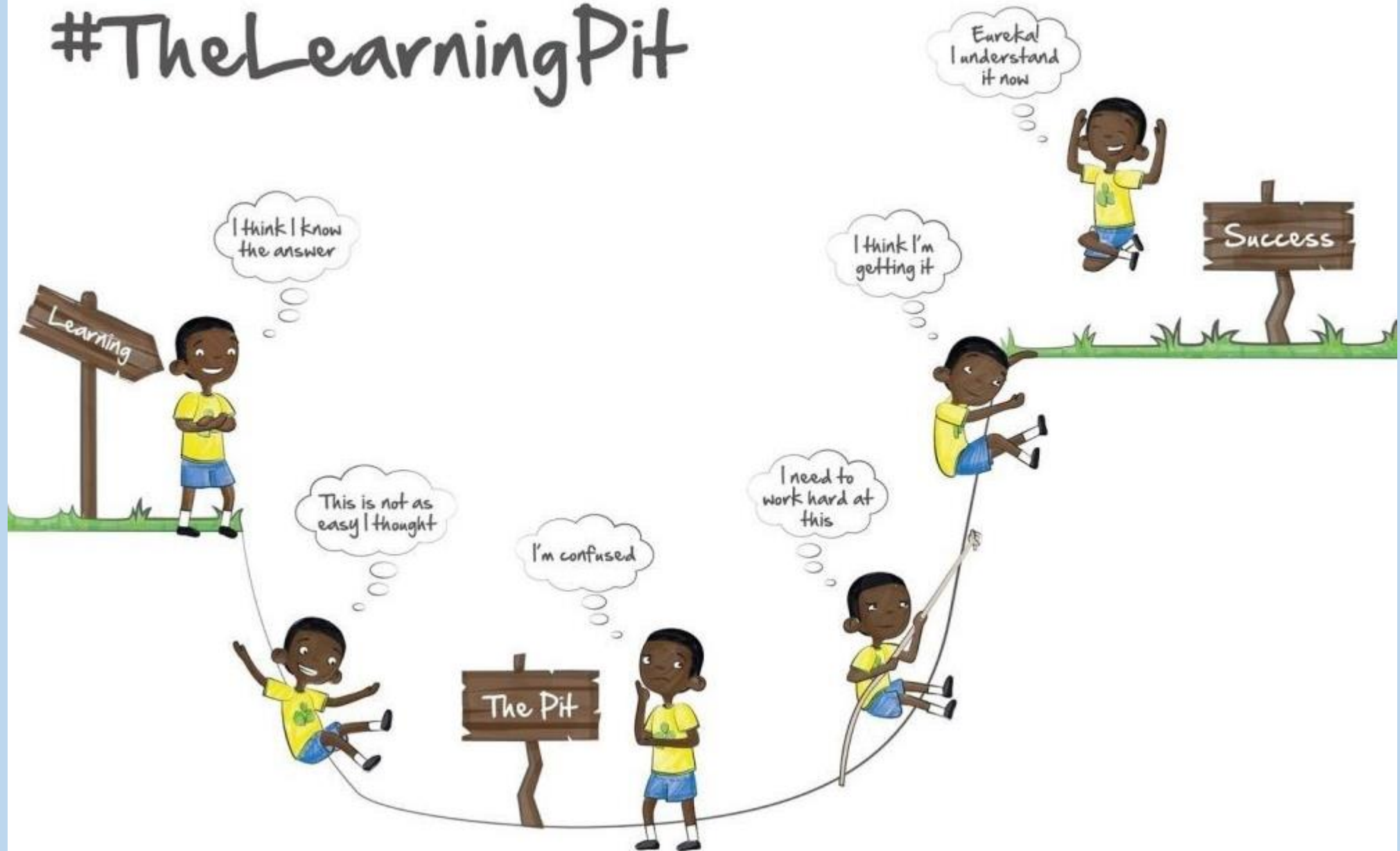
During

1. Trial and error
2. Reflection- is the strategy working for me?
2. Can I change anything?
3. Am I meeting my goals?

After

1. What worked well?
2. Is there anything I can improve or alter
3. Embed into workflow
4. Apply to different tasks

#TheLearningPit



How will it look in Year 4?

This is embedded in all the lessons through opportunities for reflection. Children are encouraged to make connections with prior learning and make cross curricular links.



How can you help your child at home?

Have a conversation with your children before, during and after completing homework.
Try asking the questions:

What went well?

What will you do differently next time?

What did you find challenging and how did/ can you overcome it?

Have you seen this before, if so, where?

