

## Managing Reactions to Feedback

To improve at something, students need to be open to critique. There are three phases we can outline to students to improve their ability to process feedback.

- Red** – Outline feelings towards it,
- Blue** – Encourage them to rationalise and think things through,
- Green** - Consider what action or behaviours are needed as a consequence.

## What-How-Why

Get students to outline what they are feeling and which factors have contributed to this.

## Emojis

Use these in lessons to give students the tools to articulate their feelings. Using colours or words to express emotions can help.

## The Roadmap

A goal setting tool to teach students how to outline goals and how to reach them.

Students create a visual to break down the stages towards reaching their goal.

## The Problem-Solving Cycle

Students work through four phases of the cycle (explore, analyse, decide action and experiment) to help them to understand themselves better, how to tackle something tricky, and what they have learnt in the process.

*Mastery Learning :*

inspiring a generation of life long learners



EMOTIONS

Self regulation teaches students how to monitor and control their thoughts and feelings towards learning.



STRATEGIES TO PROMOTE METACOGNITION & SELF REGULATION