

The Good Shepherd Catholic Primary School



*Following Jesus,
The Good Shepherd,
in all we say and do*

Metacognition

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What is metacognition?

Metacognition is, put simply, thinking about thinking. We teach metacognition in our school throughout all lessons, to encourage children to think deeply about what they are learning, how it links what they have learned before and to demonstrate skills in making links to other areas of the curriculum. It gives children the words to talk about their learning, how challenging it is and how they can overcome what they find difficult. If you would like to find out more about metacognition, please visit the website below or speak to your child's teacher.

<https://www.structural-learning.com/>

We have this Structural Learning Box in every classroom that shows the areas of metacognition that we are focusing on at The Good Shepherd. It is split into 5 domains linked to our Learning Behaviour Framework- Awareness, Approach, Resilience, Empathy and Collaboration.



How can parents support metacognition at home?

Below are some suggested questions that you can use at home that will help your child to think more deeply about their learning.

[illegible]



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<p>Approach</p> <p>THINK TO LINK</p>	<p>This domain focuses on children's knowledge of feelings and how to manage them, control impulses and express curiosity</p>	<ul style="list-style-type: none"> • Are you able to explain how change affects your feelings and recognise that all feelings you have a purpose to give you information? • How can you manage anxiety and use a range of strategies to support yourself? • Who would you go to find out about things that are of interest to you and ask questions about it?
<p>Perseverance</p> <p>LOCK ONTO LEARNING</p>	<p>This domain focuses on children being organised, focused and resilient.</p>	<ul style="list-style-type: none"> • What are the different ideas, ways of working actions that help you to achieve a medium-term goal? • How can you use your previous learning and experiences to identify what you have learnt and explain how this will help you in the future? • What can you do to manage yourself so that you can resist distractions in order to complete your work? • Why is it important to listen attentively to others and ask questions to promote conversation? • How can you use positive thinking strategies to help you overcome barriers and challenges in your learning? • Are you confident enough to try new things in your learning?



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Empathy SHOW SYMPATHY	<p>This domain focuses on equality, compassion and kindness.</p> <p>.</p>	<ul style="list-style-type: none"> • How can you show that there can be more than one way to view a situation? • Can you demonstrate respect for another living being? • How can you show understanding when others might feel left out or bullied? • Have you made others feel valued in the playground, in your classroom and in school? • How can you show a range of ways to help others with their learning?
Collaboration LEARN TOGETHER	<p>This domain focuses on children learning in different ways, independently, taking responsibility and listening to others.</p>	<ul style="list-style-type: none"> • How can you talk about your learning to others and listen carefully to what they have to say about their learning? • Are you able to express your view point in a group and politely disagree if you have to? • Can you listen to others and be prepared to agree or disagree with them without being unkind? • Can you use a range of problem-solving strategies to find solutions to questions?