

## Saughall All Saints C of E Primary School

### Learning Powers Newsletter

January 2020

#### Focus- Concentration



#### Definitions-

The ability to think carefully about something you are doing and nothing else.

#### Key qualities we look for in school-

- Manage distractions
- Get lost in the task
- Do one thing at a time
- Break things down
- Plan and think it through
- Jot down things that help you think

#### Learning Jungle-

Meet Edgar the elephant. He has excellent powers of concentration because he is able to focus on tasks and see them through to the end. When he is faced with a larger task, he is able to break them down into smaller jobs so they are easier to achieve.



#### Useful Resources to support Learning Powers at home

Big life Journal-

<https://biglifejournal-uk.co.uk/> Big Life Journals for kids and teens are science-based journals which help develop a growth mindset, build their self-esteem and resilience.

Books with a Resilience theme-

- The Paper Bag Princess by Robert Munsch
- The Adventures of Beekle: The Unimaginary Friend by Dan Santat
- A Perfectly Messed-Up Story by Patrick McDonnell
- El Deafo by Cece Bell

Books with a Cooperation theme-

- How the Crayons Saved the Rainbow by Monica Sweeney

#### Famous concentration quotes-

"Concentration is the secret of strength"

- Ralph Waldo Emerson

"Concentration is the root of all higher abilities in man"

- Bruce Lee

"The power to concentrate was the most important thing. Living without this power would be like opening one's eyes without seeing anything."

- Haruki Murakami