

# Building Learning Power (BLP)

## Emotional capacities [Resilience]



manage  
distractions



notice  
attentively



persevere



become absorbed

## Cognitive capacities [Resourcefulness]



make  
links



imagine



capitalise

reason



## Social capacities [Reciprocity]



collaborate



empathise  
& listen



imitate



develop  
interdependence



take a questioning approach

## Reflective capacities [Reflectiveness]



plan



revise



distil



be a meta-learner