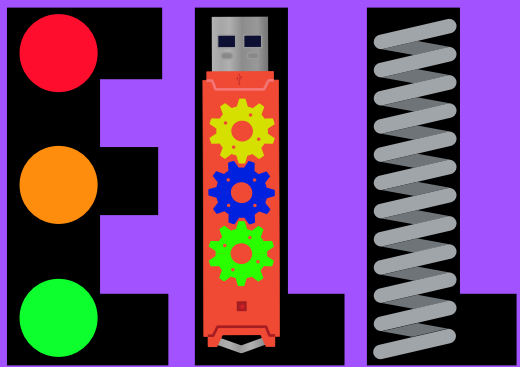


Your brain is like a muscle

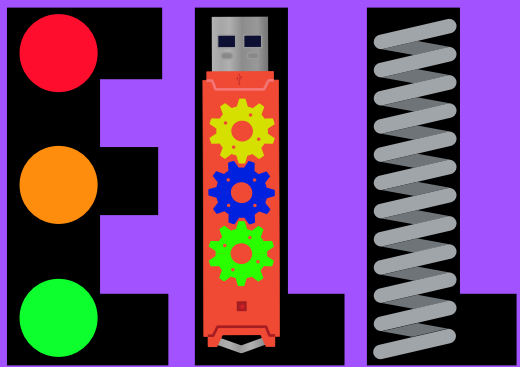
The harder it works, the stronger it gets.



GENERAL

Embrace Big Challenges

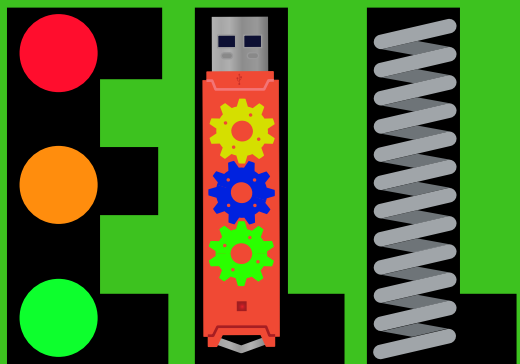
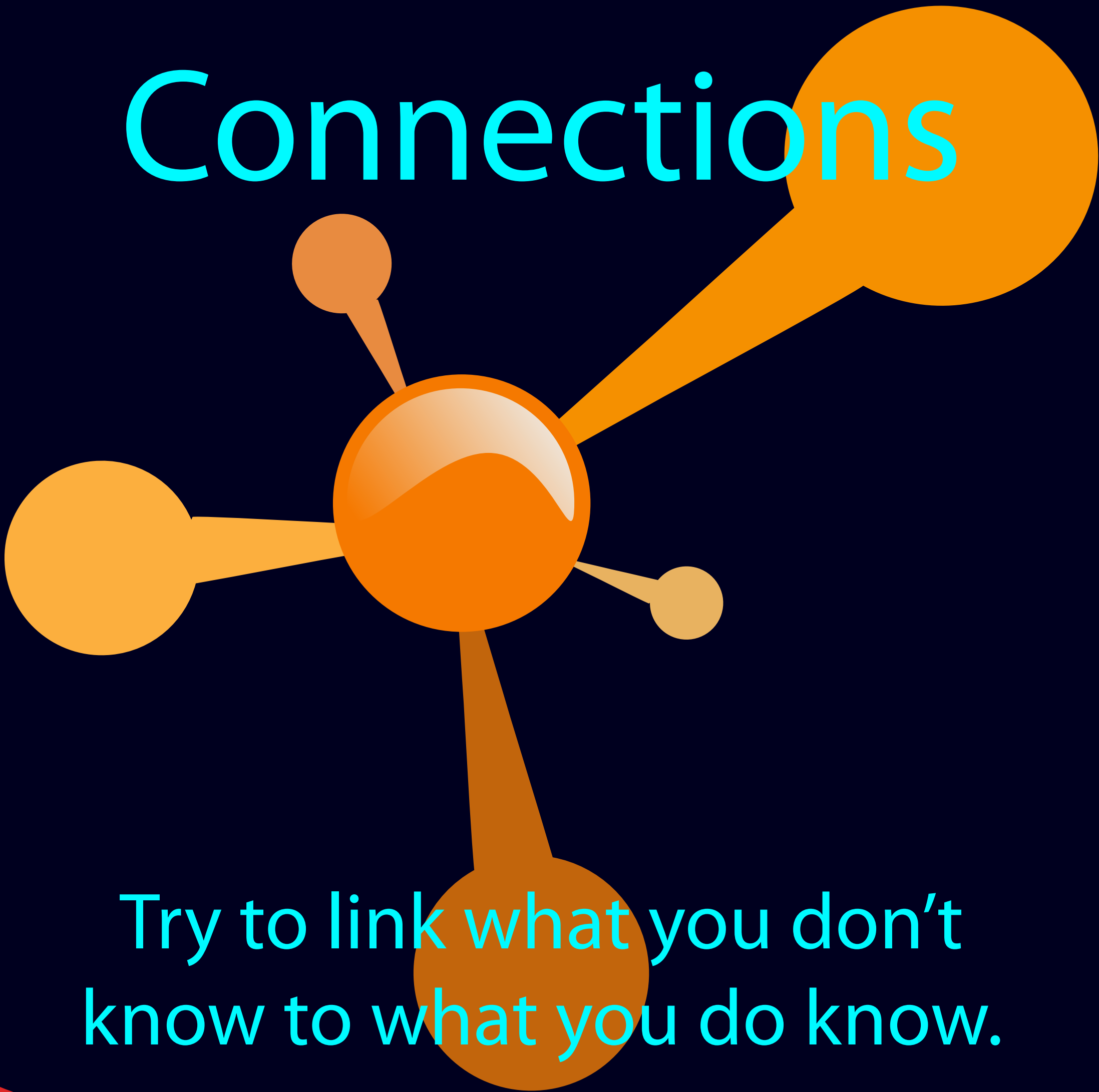
Your brain will thank you for it



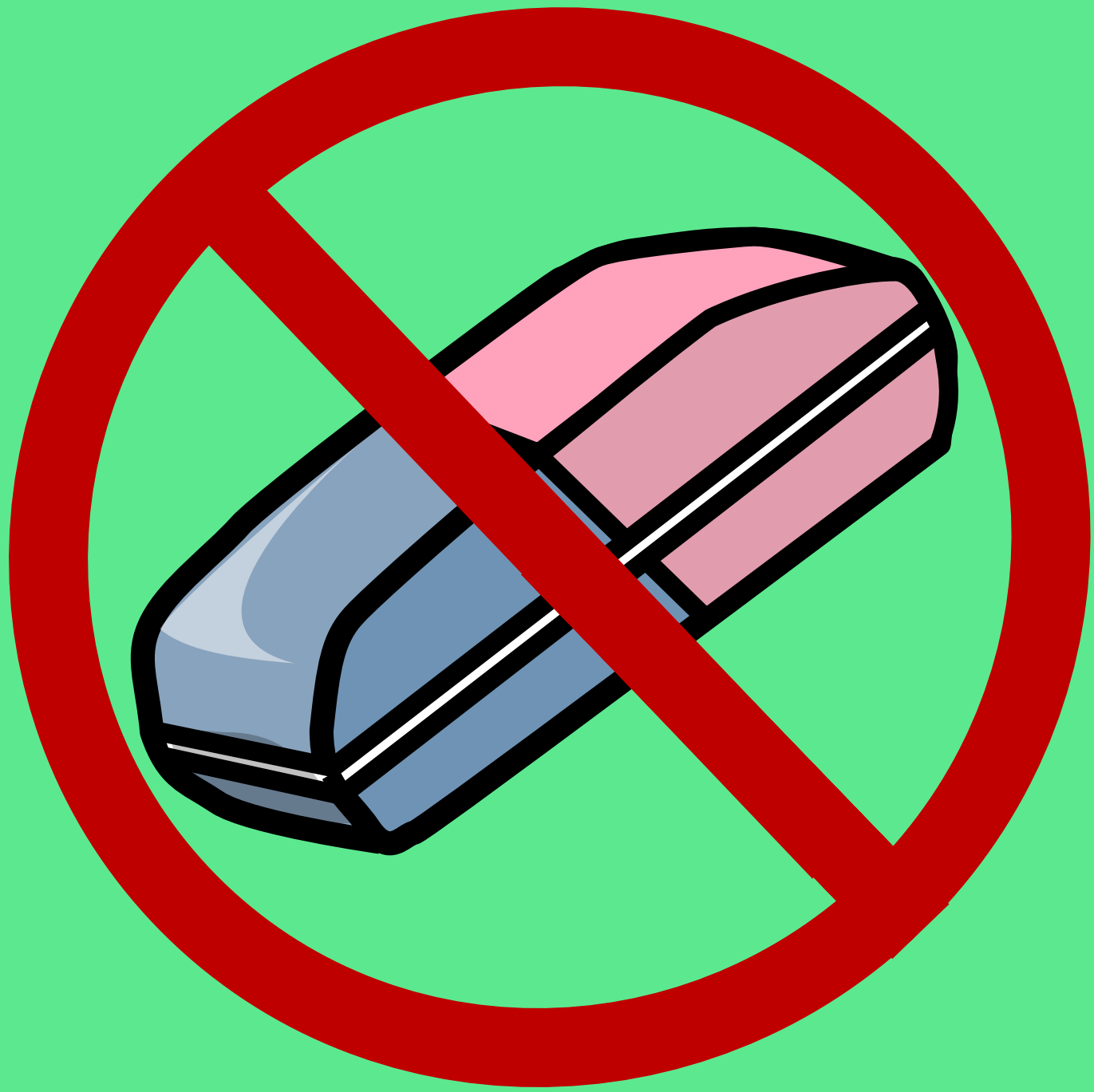
GENERAL

Empowering Local Learners Project

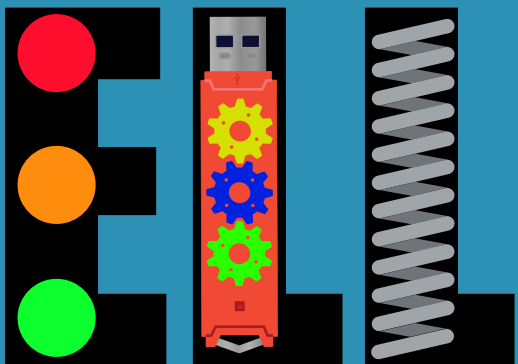
Look for Connections



Don't erase your mistakes



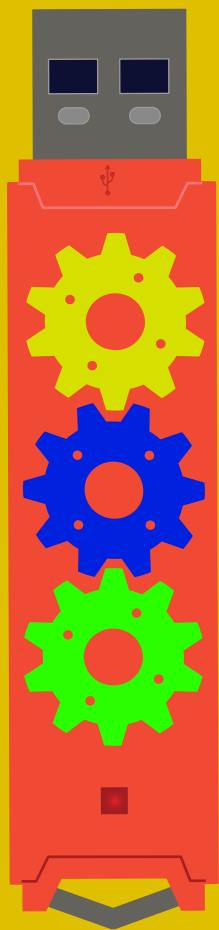
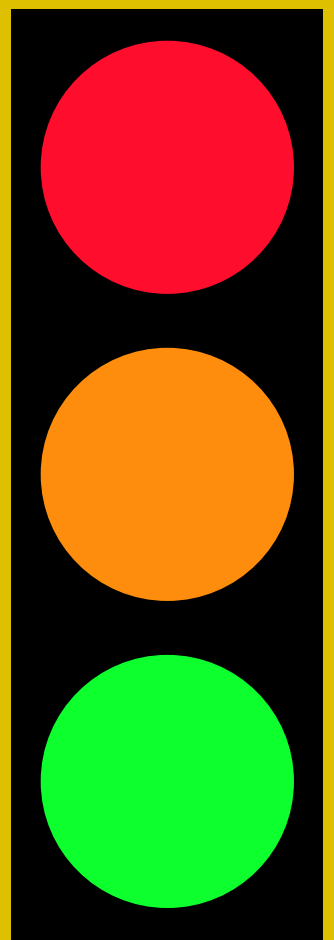
They are valuable opportunities
to learn and are important
for your brain.



Executive Function

Inhibitory Control

The ability to pause and think before you act. It allows us to change and choose how we react and behave.

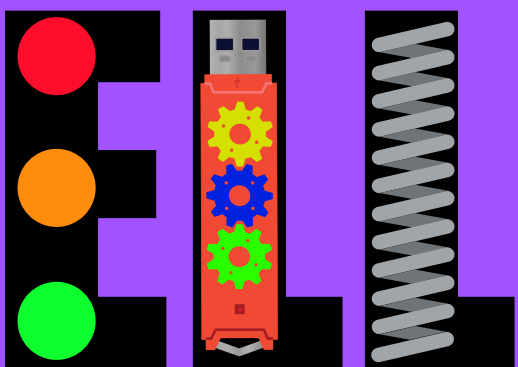
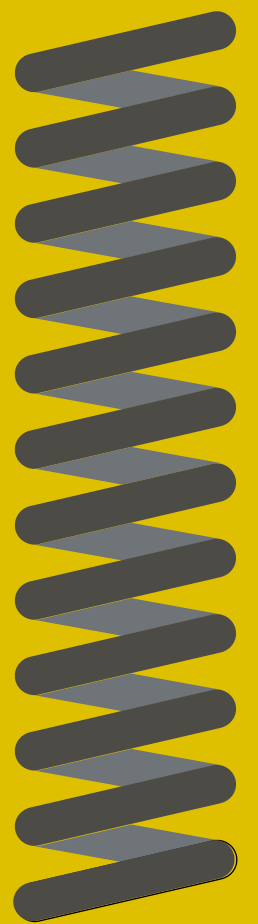


Working Memory

The capacity to hold information in mind and mentally manipulate it, to bear in mind one idea while we compare or link it to another idea.

Cognitive Flexibility

The ability to flexibly adjust to changed demands, priorities or perspectives.

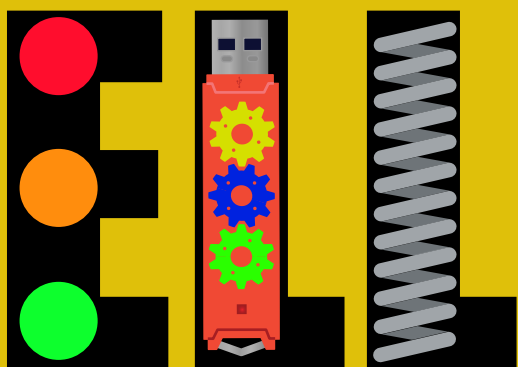


GENERAL

Think Flexibly

How many ways can you
think of to approach the task?

What else could you try?



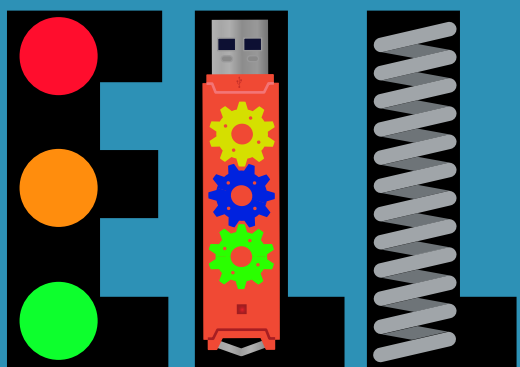
COGNITIVE
FLEXIBILITY

Check and Sort Your Information

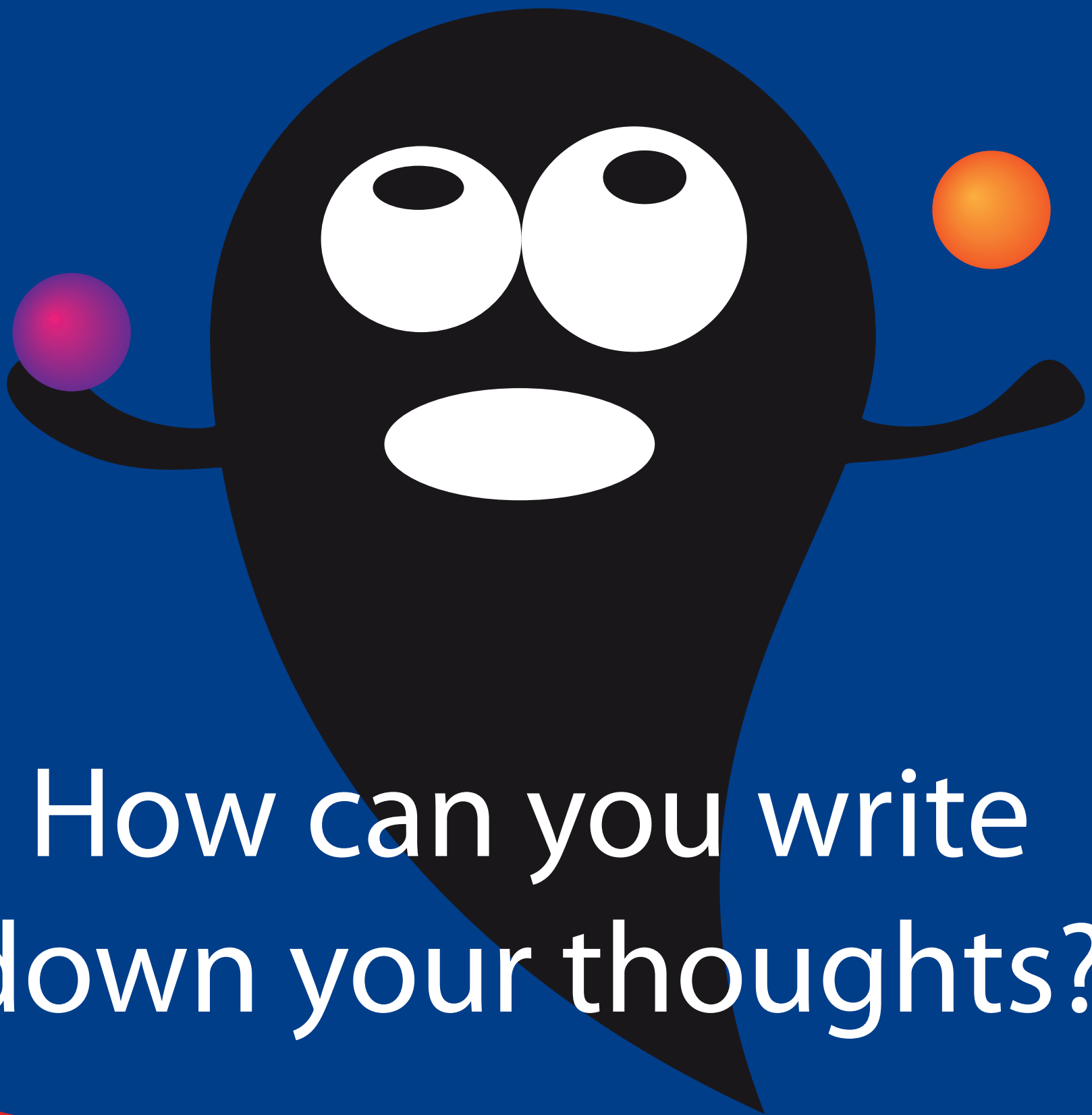


Do you have enough information?
If not what else do you need?

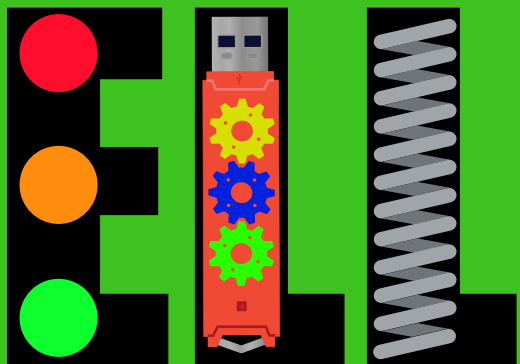
Do you have too much information?
If so what information is irrelevant?



Are you juggling
too many ideas in
your head?



How can you write
down your thoughts?

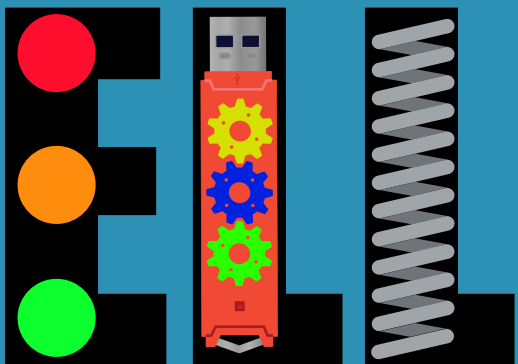


WORKING
MEMORY

Pay attention to
small details

Look Closely

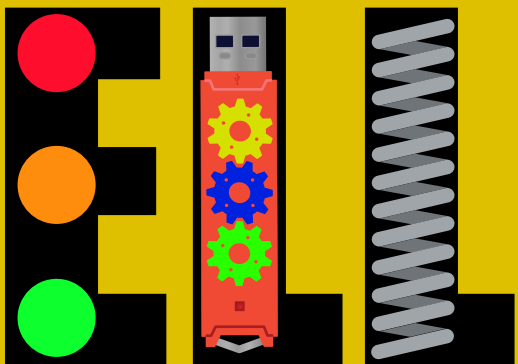
You may
notice
something
that you didn't
notice before



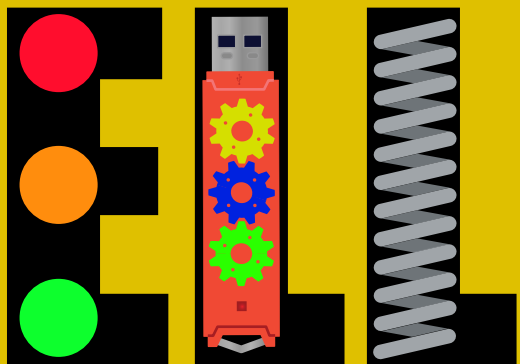
There are a lot of ways that you can start



What will you try first?

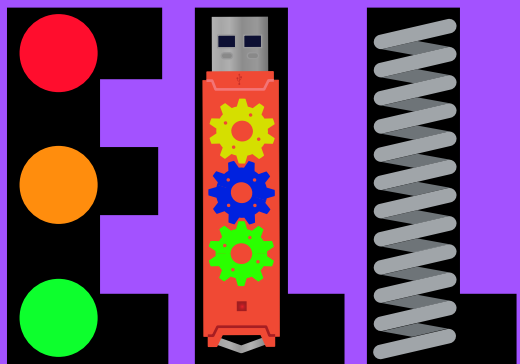


Can you show your thinking in another way?



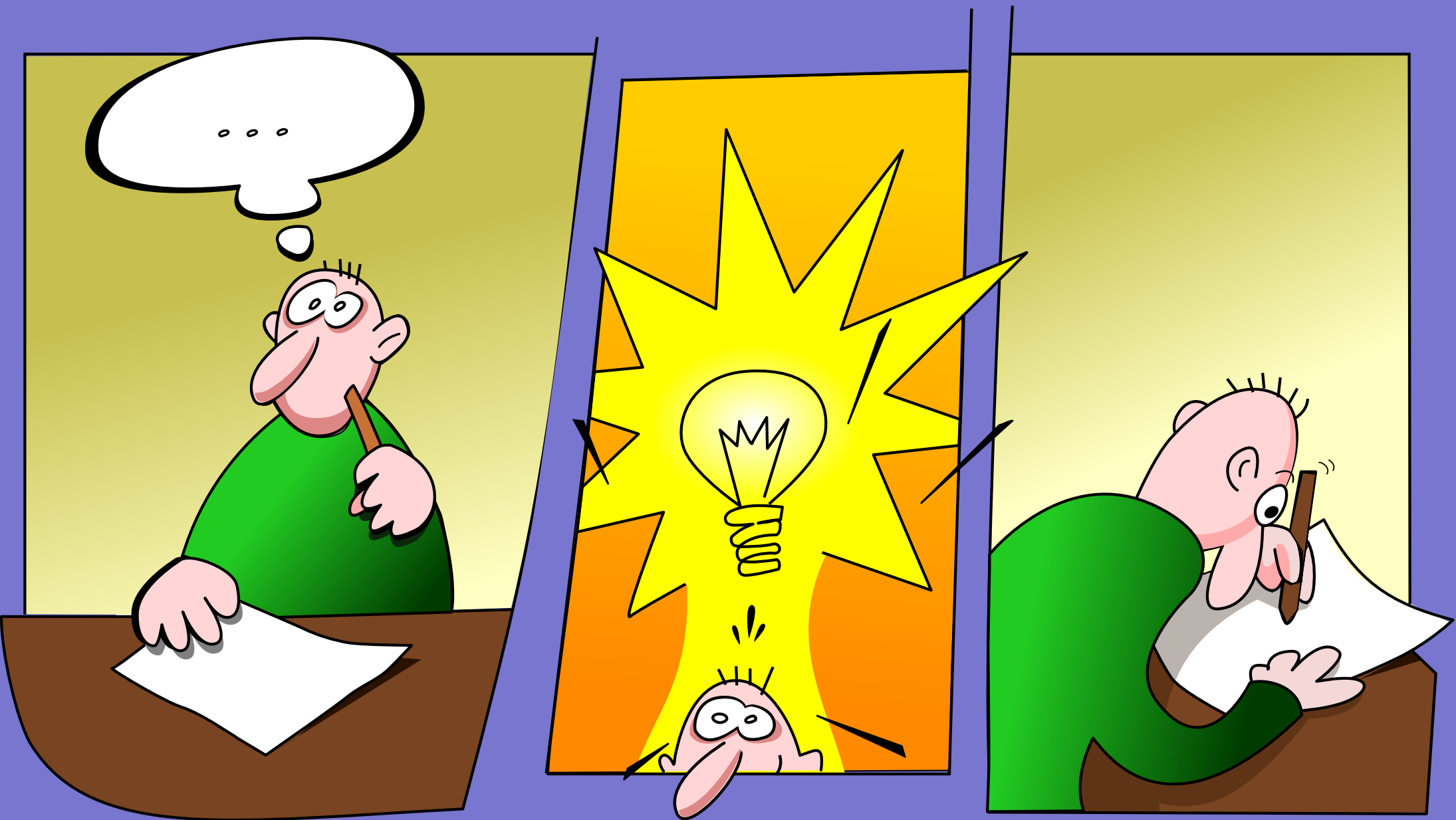
The path is more important than the destination

We value your thinking more than your answers

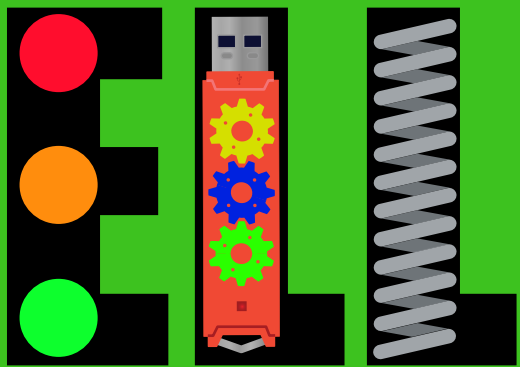


GENERAL

You are doing a lot of really good thinking.

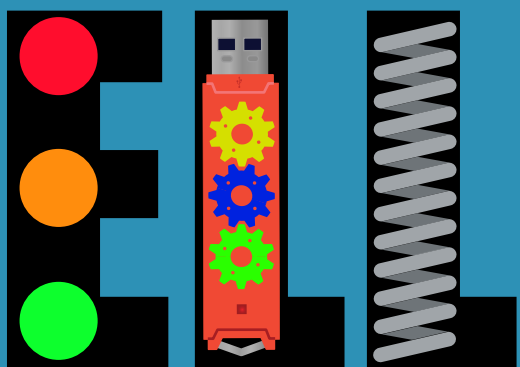
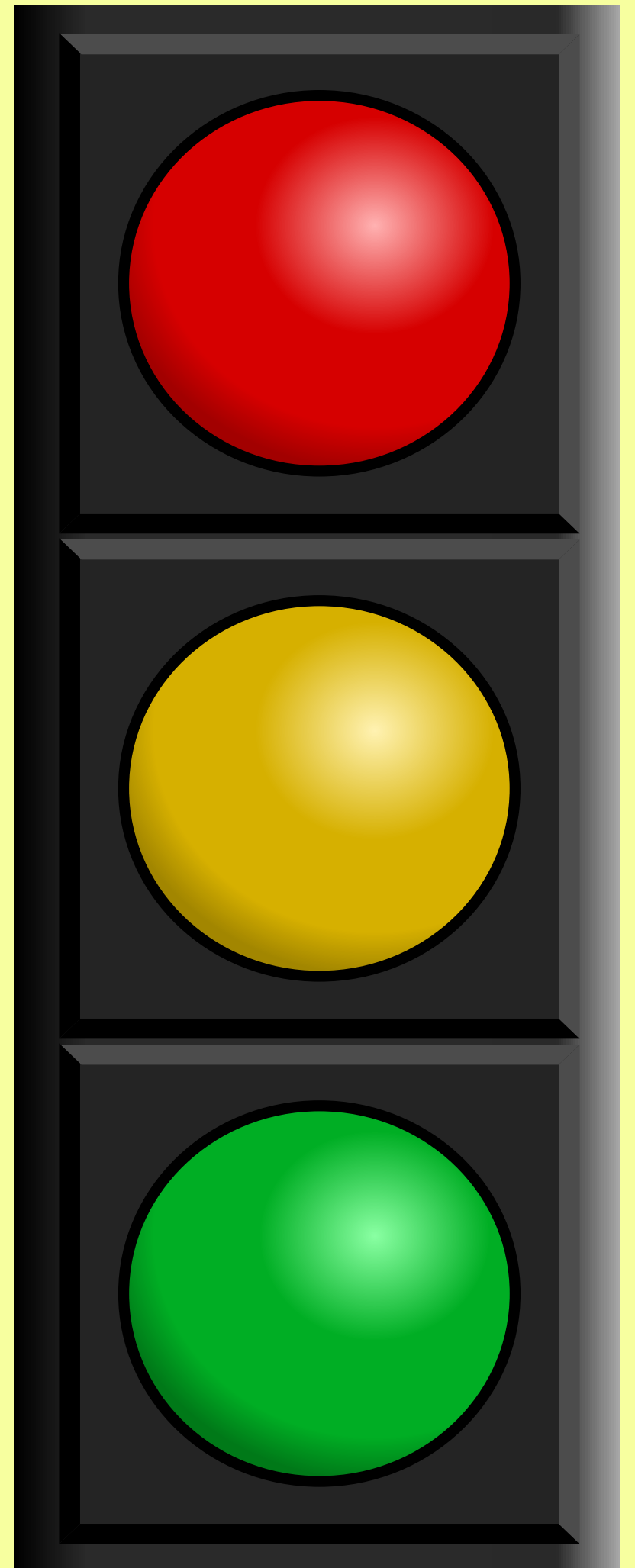


How can you record and share this with others?



When you feel like you are stuck and not sure what to do, take the time to

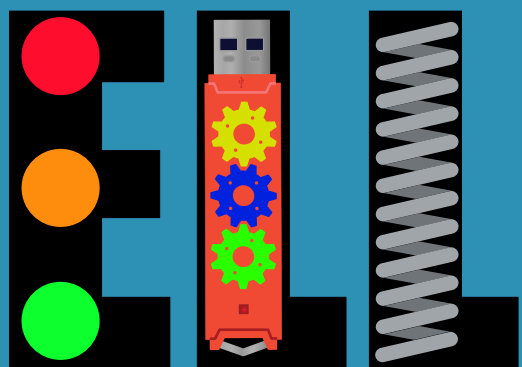
Stop
and
Think



**What do you need
to switch on?**

**What do you need
to switch off?**

**How should you be
directing your attention?**



What is in your mental toolbox that might help?



If one tool doesn't work,
what other tool could you try?

