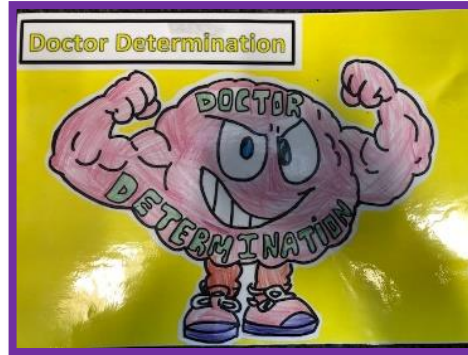


Determination

Exercising our determination muscle enables us to keep trying and not to give up even if we find something difficult. We look at how to use new strategies to move us forward and how to manage distractions so we become more absorbed in our learning.



Reflection

Exercising our reflection muscle enables us to improve our work by identifying what is good about it and seeking ways to make it even better. We learn not to worry when things go wrong and accept that we can all learn valuable lessons from our mistakes.



Curiosity

Exercising our curiosity muscle enables us to let our mind explore and to continually ask questions - What if? How come? Why? Asking questions leads us to discovering answers through research and communicating with others.



Collaboration

Exercising our collaboration muscle enables us to be ready and willing to learn from and listen to others. It allows us to see things from other viewpoints remembering that everybody has something to contribute.

