

# October 2021: Learning

1 What are you looking forward to this month? Write these down. Any plans to make?	2 What 3 things are you good at? Create an achievements page or poster. Be proud. These might be being kind, listening, or skill based such as art or sport.	3 Be brave today. Try something new or different. What does brave mean to you?	4 Have a look at how you use your homework diary or your routine to organise your equipment needed for school. How can you improve this?	5 What new skill might you like to learn today? How can you start?	6 Are you always on time or do you rush? Try and be punctual today. Plan your day and be organised to help.	7 Be curious today. Ask a question in a lesson. Try to think differently.
8 HELLO YELLOW! Take time to celebrate being healthy, who is there to help you when things get hard?	9 Map your life out as a journey. What do you want to do? Achieve? How might you start? Remember plans start with an idea.	10 If your class could choose a project or lesson to have what would it be? Share these ideas with your teacher.	11 Talk to a teacher or wellbeing mentor today. How are they? How are you? Share your plans today.	12 Celebrate even small successes of yourselves and others today. Praise goes a long way.	13 Practise something you find difficult today. Be proud of your progress.	14 Who are the mentors in your life? Who are you a mentor to? Could this be developed further in school?
15 Make a meal today from scratch.	16 Praise someone today.	17 What has been good about this week at school? What have you found difficult - who/what can help?	18 Create a list or ask to make a display in the classroom of interesting activities to try.	19 Could someone do with your help at home today? Help with the cleaning or chores.	20 What do you think are important life skills? Pick two to develop.	21 Do you have any suggestions that might help to make school even better? Who can you share these with?
22 Listening is a really important life skill - find the time to listen to someone today.	23 Research a career/topic/activity that interests you. How can you learn more? What could you read? Watch? Take part in?	24 Learn something from a friend or peer today.	25 Write the three biggest questions you can think of. What are they? Do they have an answer? Share these with someone else.	26 Ask to create a "shout out" display of positive comments at school today. A place to write kind things and praise about others.	27 If you could have a speaker come into school or work today - what would it be on and why? Could you research this further online?	28 What have been the best things about this month so far. Write 3 of them down.
29 How can you challenge yourself today?	30 What or who inspires you to try hard and improve? How can you inspire someone else?	31 Choose some activities from this month you would like to do more often.	<p>Find out more about the resilience framework at <a href="http://www.boingboing.org.uk">www.boingboing.org.uk</a></p> <p><b>#RESILIENTMOVES</b></p> <p><b>WE WOULD LOVE TO HEAR ABOUT YOUR RESILIENT MOVES. SHARE THESE WITH US ON TWITTER</b></p> <p><b>@RESRUTLAND @RUTELASUPPORT</b></p>			

**RESILIENT MOVES CALENDAR:**  
This month we share **LEARNING moves** – Make school life work as well as possible, engage mentors for children & young people, Map out a career/life plan, Self-organisation, Highlight achievements, Develop Life Skills.



Resilient Moves Calendar: Lynette Harte and Paula Reeves 2020. For resources and signposting visit [www.resilientrutland.co.uk](http://www.resilientrutland.co.uk)

**BIG THANKYOU** to Brooke Hill Academy for helping us write this calendar!! 😊

