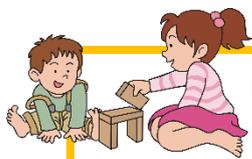


**A guide for parents and carers**  
**Characteristics of Effective Learning**  
**How does your child learn?**

Young children are learning all the time from the world around them and the people in it. The following characteristics are the foundations for **HOW** children learn.

**It helps if we:**

- Encourage them to get engaged with what's going on around them by showing them and talking about things.
- Support them to be motivated and excited about learning by playing and making it fun.
- Asking them what they think and talking about their ideas.
- Talk about how they are feeling and encouraging them to ask for help if they need it.



**Playing and Exploring**

**I am engaged...**

I am curious and can explore the world and people around me  
I like to find out things  
I pretend and play to make sense of what I know  
I am willing to have a go and take a risk with new learning

**Active Learning**

**I am motivated...**

I am involved and can concentrate  
I am interested and energetic  
I keep on trying when things are tricky  
I feel proud of myself when I have achieved something  
I enjoy the challenge of something new



**Creating and Thinking Critically**

**I am thinking...**

I have my own ideas and find ways of solving problems  
I make links and notice similarities in my experiences  
I can choose ways to do things, make predictions and test my ideas



While the EYFS does not include emotional well-being as a **Characteristic of Effective Learning** we recognise that children's emotions and ability to self-regulate affects their learning and emphasise this element of their personal and social development in pre-school.

## Emotional well-being

### I feel connected...

I can understand my feelings and know how to cope with feeling different ways

I know I belong and have good relationships with adults and my friends

I am confident and positive about my abilities

I know its ok to ask for help

