

From mountain to sea

Educational Psychology Service **Learning Something New**



Discussion tasks

It is useful to make the time to have reflective conversations with colleagues and friends. Think about how things might work better but also reflect on what is working well and try to do more of it.

Using Appreciative Inquiry or Strengths based questioning when reflecting with colleagues to promote learning can lead to more positive and helpful outcomes.

This involves helping the other person to use their own resources, rather than giving advice or solutions.

Step 1:

Watch the following YouTube clip about learning to juggle.

<https://youtu.be/FFq9WDXAPt0>

Why not give this a try?

It can be useful to try and learn something new that requires practice and persistence.

How many looked at the video and said 'I could never do that!' 'It's too hard!'

What does it tell us about learning something new?

Step 2:

Questions to prompt discussion

- Have you been learning anything new recently?
- What is currently working well?
- What have you tried already? What has been helpful?
- What small thing could you do that would make a difference?
- What would other people who know you say you are doing well?
- What achievements have you made? How did you make them happen?