

# How do I keep myself in the growth zone?

Jot down what you are doing when solving a problem so that you can go back through your working to see where you went wrong.

Remember if you are finding something tricky it is just because you can't do it YET. Keep practising and you will get there.

Take risks and don't worry about making mistakes. Jot down ideas and working out on paper table cloths or a jotter that other people won't need to see.

See if your friends or the adults you are working with can ask you questions to help you. Don't let them give you the answers or tell you how you to answer the question!

Talk to your friends or any adults that are working with you. Sometimes explaining what you have done so far will help your brain work out what comes next.

Look at your 'What to do if I am stuck' poster.

Look at your 'ladder' poster. Can your teacher or the adult you are working with give you another rung on the ladder to help you?

What resources have you got that can help? Can you look something up in a book or on the internet? Do you have some practical equipment that could help?

