**PRINCIPLE 7**

**‘Metalearning’ – learning how to learn – is the most important part of the academic curriculum.**

Stressed children will struggle with concentration and may be distracted by intrusive thoughts, may have heightened fear response, poor self-regulation and levels of anxiety which interfere with their learning.

In different environments, students will have been learning in different ways. It is vital that we make the skills for learning in a school environment explicit to our students to reskill and rebuild their confidence as learners. It is equally vital that we perceive and respect their newly-discovered ways of learning, and are open to incorporating some of this into our teaching style, developing as reflective practitioners. (See TES, 2019): How to Hone Your Skills, <https://www.tes.com/institute/blog/article/how-hone-your-skills-reflective-practitioner> We need to support pupils to be in a state where they are motivated and able to learn. This is not about ‘catching up missed curriculum’ – it is about their journey towards becoming skilled and independent learners. If we get that right, a few weeks or months of missed direct teaching will have little long-term impact.

**References**

TES (2019): How to Hone Your Skills as a Reflective Practitioner: <https://www.tes.com/institute/blog/article/how-hone-your-skills-reflective-practitioner>