



The Art of Learning

changing the world - one child at a time

BRINGING UP DIGITAL NATIVES

Website: www.taolearn.com

Tips for Parents

Email any questions to: lance@taolearn.com

Bringing up digital natives – key questions

- Who volunteered for this?
- Who's got the manual?
- Surely someone must know how to do this right?
 - watch Simon Sinek – The Millennial Question
www.youtube.com/watch?v=vudaAYx2IcE

Golden Rules

- 1) Children only do what works
 - What “works” is what gets attention from you
 - a) work out what you value highly
 - honesty, humility, courage, compassion, caring, integrity, cooperation, kindness, independence, learning from mistakes, self-respect
 - b) give attention to any expression of your key values
 - c) give them no attention at all for any behaviours you want to extinguish

The power of language

- Watch your language:
 - all language contains suggestions
- Eliminate the don'ts
- Focus on the "do's"

What can't you do?

- I can't ...

- sing
- draw
- do maths
- make things with my hands
- be creative
- be funny

I haven't ...

- sung
- drawn
- done maths
- made things with my hands
- been creative
- been funny ...

... so far ...

But maybe I will!

Golden Rules

- 1) Children only do what works – focus on the do's

Thinking, problem solving and the importance of play

“Over 40,000 U.S. schools no longer have recess. All ‘play-time’ is organised, managed and supervised by adults” (*Martin Seligman, Psychology Today*).

“With few challenges all their own, kids are unable to forge their creative adaptations to the normal vicissitudes of life. That not only makes them risk-averse, it makes them psychologically fragile, riddled with anxiety”

“It’s in play that cognitive agility really develops. It fosters decision making, memory and thinking, and the speed of mental processing”

(*David Elkind, Tufts University*).

How much time do your children spend

- in free play
- creating, in unrestrained imagination
- planning adventures and taking adventures
- without any electronic form of stimulation
- doing thinking puzzles, problem solving
- engaging with current events and formulating their own point of view
- in physical activity or sport
- being outdoors in nature
- taking risks
- making their own decisions
- reflecting on the consequences of their own decision making

Golden Rules

- 1) Children only do what works – focus on the do's
- 2) Make sure they have lots of resources and opportunities for free play

Are they allowed to take risks?

“Half of 7-12 year olds are banned from climbing trees. Four in 10 are banned from playing in their local park or recreational area without an adult present and one in three cannot ride a bike without parental supervision”

“Of adults surveyed, 70% said they had experienced most of their play outdoors. In comparison, just 29% of children broke beyond the four walls of home or a designated playground to experience creative adventure play”

(ICM research for Play England)

Golden Rules

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- 2) Make sure they have lots of resources and opportunities for free play
- 3) Teach them caution not fear

Growing Resilient Children

- Encourage them to take on new challenges
and to use failure as feedback
- Help them to notice their own strategies for
recovery from adversity

Golden Rules

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- 2) Make sure they have lots of resources and opportunities for free play
- 3) Teach them caution not fear
- 4) Encourage them to push their own boundaries

At Risk

“America’s newly identified at-risk group is pre-teens and teens from affluent, well educated families. In spite of their economic and social advantages, they experience among the highest rates of depression, substance abuse, physical complaints and unhappiness of any group of kids in this country” (*Dr Suniya Luthar, Columbia University*).

“The two main contributing factors come from parents, achievement pressure and isolation, over-involved in the wrong things and under-involved in the right things” (*‘The Price of Privilege’, Dr Madeline Levine*)

Quality Time

- **THERE IS NO SUCH THING AS
QUALITY TIME!!!**
- **THERE IS ONLY TIME
– OR NO TIME**

Golden Rules

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- 2) Make sure they have lots of resources and opportunities for free play
- 3) Teach them caution not fear
- 4) Encourage them to push their own boundaries
- 5) Give them your time

Don't be their friend

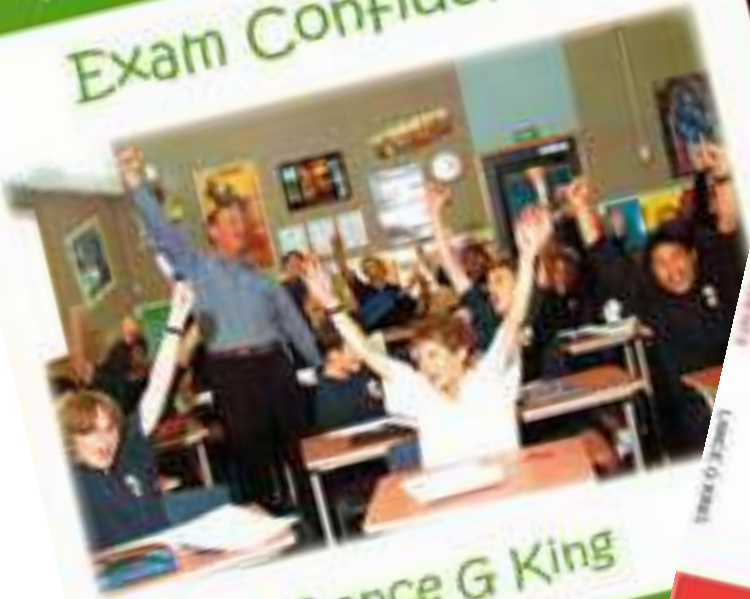
- Be their champion!!
 - the one person who believes in them totally, unconditionally
 - the person who inspires them to do the things they are afraid of
 - the person who will never give up on them, no matter what
 - the person who always has their best interests at heart
- Teach them to be strong, to think for themselves and to fight their own battles

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- 5) Give them your time
- 6) Be their champion

The Art of Learning for Students

Exam Confidence



Lance G King

Success = Ability + Effort + Resilience

The Art of Learning For Parents

The Importance of Failing Well

Lance G KING

Success = Ability + Effort + Resilience

Over-protective Parenting

- “What creates anxious children is parents hovering and protecting them from stressful experiences” (*Jerome Kagan, Harvard University*)
- “Having overprotective parents is a risk factor for anxiety disorders because children do not have opportunities to master their innate shyness and become more comfortable in the world” (*Michael Liebowitz, Columbia University*)
- “Those who allow their kids to find a way to deal with life’s day-to-day stresses by themselves are helping them **develop resilience** and coping strategies” (*Martin Seligman, Psychology Today*)

Teach them how to fail well

All of the **top academic students** had learned

how to *fail well*

whereas all of the **lowest academic students**

were *failing badly*

Reactions to Failure

Failing Well

- Acknowledging your failures
 - taking responsibility for your own actions
 - working out what you did wrong
 - making changes, and
 - doing it again

Failing Badly

- Blaming the school or the 'system'
- Blaming other people
- Pretending you never get or do anything wrong
- Adding drama to failures to avoid dealing with them
- Avoiding any activity that could possibly result in failure

Fear of Failure

- “What's actually driving upper-middle-class teens' mental health troubles is a fear of failure. Parents worry that their children won't make it in an increasingly competitive world, leading to an obsession over standardized test scores and getting their kids into the right schools.”

(The Price of Privilege, Dr Madeline Levine)

Key features of failing well:

- 1) Managing any emotional reaction to failure
- 2) Taking action to re-process any failure to turn every failure into a learning experience
 - doing it again, but doing it differently every time

Golden Rules

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- 2) Make sure they have lots of resources and opportunities for free play
- 3) Teach them caution not fear
- 4) Encourage them to push their own boundaries
- 5) Give them your time
- 6) Be their champion
- 7) Show them how to fail well

The three most important things you need, to bring up well balanced, caring, tolerant children are:

- patience
- more patience
- and
still more patience

Boys and Girls and Learning

- “..the average girl learns coherent speech as much as a year before the average boy and in reading and writing as well girls have a lifelong advantage in fluency” *Prof. Diane McGuiness*
- “Girls have more cortical mass, more brain area, devoted to language processing than boys and boys have more cortical mass devoted to spatial abilities than girls, which may account for the gender based differences we are seeing in abilities” *Assoc. Prof Michael O’Boyle*

Parents of boys...

Make sure that their first experience of education isn't one of failure.

- Read to them constantly
- Help them learn their letters
- Use visual strategies – letters and words on display around the house
- Insist on a small amount of reading every day
- Encourage letter writing, email
- Do not compare their reading progress with girls

Parents of boys...

- Help them to master fine motor skills – knitting, sewing, calligraphy, model making, carpentry
- Teach them to skip
- Establish controls on visual media – TV, Youtube, video games
- Ban first-person-shooter games
- Encourage them to overcome sex-role stereotyping – make it OK to play with dolls, care for animals and friends

Parents of girls...

- Help them to develop visual/spatial processing
 - lego, chess, patterns in maths
- Help them to master gross physical movements
 - teach them to throw, kick, hit with a bat, skip
- Encourage them to overcome sex-role stereotyping
 - make it OK to wear shorts and pants, have short hair, bare feet, play with trucks and cars, bicycles, skateboards
- Allow them to read, read, read

On the net...

The Art of Learning web-page - www.taolearn.com

- Tips for Parents – through the year
- Tips for Students – multi-sensory resources
- articles
- links
- videos
- books for parents and for students
- blog – www.lancegking.wordpress.com

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