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|  | **Key Concept** | **Explanation**  |
| **Whole School** | Reflection | Carefully looking back at what you have done for successes and areas for development.  |
| Mindset | The way our brain sees ourselves and the world.  |
| Motivation | A reason/reasons for acting in a particular way. |
| Learners/learning | The gaining of knowledge and skills. |
| Strategies | A plan of action to achieve certain goals. |

Below is an overview of the key concepts and vocabulary taught in Metacognition throughout the school. These are revisited and built upon throughout children’s time at Mayespark.

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|  | **Unit of Work**  | **Key Vocabulary** |
| **Key Stage** **One** | Reflection | brain, thinking deeply, performance tags, personal, feelings, demonstration, skill, instruction, struggle, ability |
| Mindset | growth mindset, fixed mindset, characteristics, persevering, target |
| Motivation | challenge, enthusiasm, effort, determination, incentive |
| Learners/learning | errors, mistakes, successful, active listening, concentration, improve, experiment, emotions, obstacles, barriers |
| Strategies | coaching, feedback, questioning, visualisation, problem solving, memory, working cooperatively, peer tutoring, practising, discussion, investigation |
| **Lower Key** **Stage Two** | Reflection | personal experience, positive emotions, negative emotions, outcome, failure, justify, progress check, developing |
| Mindset | brain, neurons, nerve cells, signal, pathway, the power of ‘yet’, FAIL (First Attempt In Learning) |
| Motivation | reluctance, advice, learning pit, self-belief, barriers, motivating factors, desire, willingness, restriction |
| Learners/learning | communication, learning process, frustration, master, full potential, effective learner, compliment, automatically |
| Strategies | reinforce, encouragement, adjustment, success criteria, modelling, support, explanation, connections, solution, repetition, observation, praise, brainstorm |
| **Upper Key** **Stage Two** | Reflection | emphasise, direction, analyse, ‘point of failure’, adapt, evaluate, progress, independent, concepts, relevant, prior knowledge |
| Mindset | neuroplasticity, circuits, intelligence, review, modify, essential, detail, assessing progress, ‘stretch’ mistakes, ‘sloppy’ mistakes |
| Motivation | ultimate challenge, ultimate goal, ‘lightbulb/eureka moment’, intrinsic, extrinsic, peer pressure, internal barriers, external barriers, self-motivation |
| Learners/learning | learning journey, pre-learning, judgement, behaviour, persistence, revisit, competition, flexibility, long-term memory, short-term memory, comprehension |
| Strategies | highlighting, suggestions, annotate, noting, creativity, practical, mental, emotional, conversation, participation, reasoning, sequence, recall, mnemonic device |