

Professional Learning Conference Glasgow, 30-9-17

eis

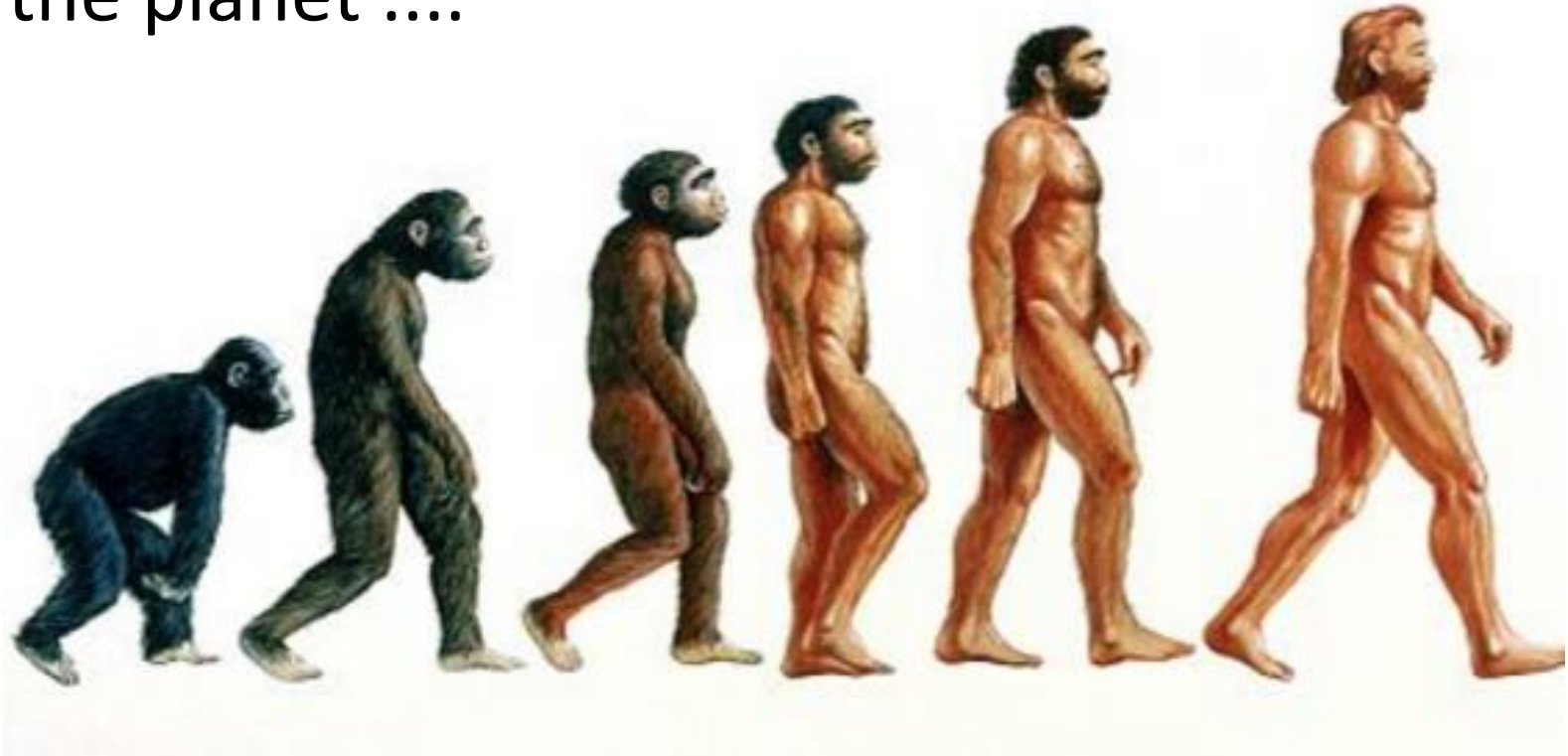
The Educational
Institute of Scotland



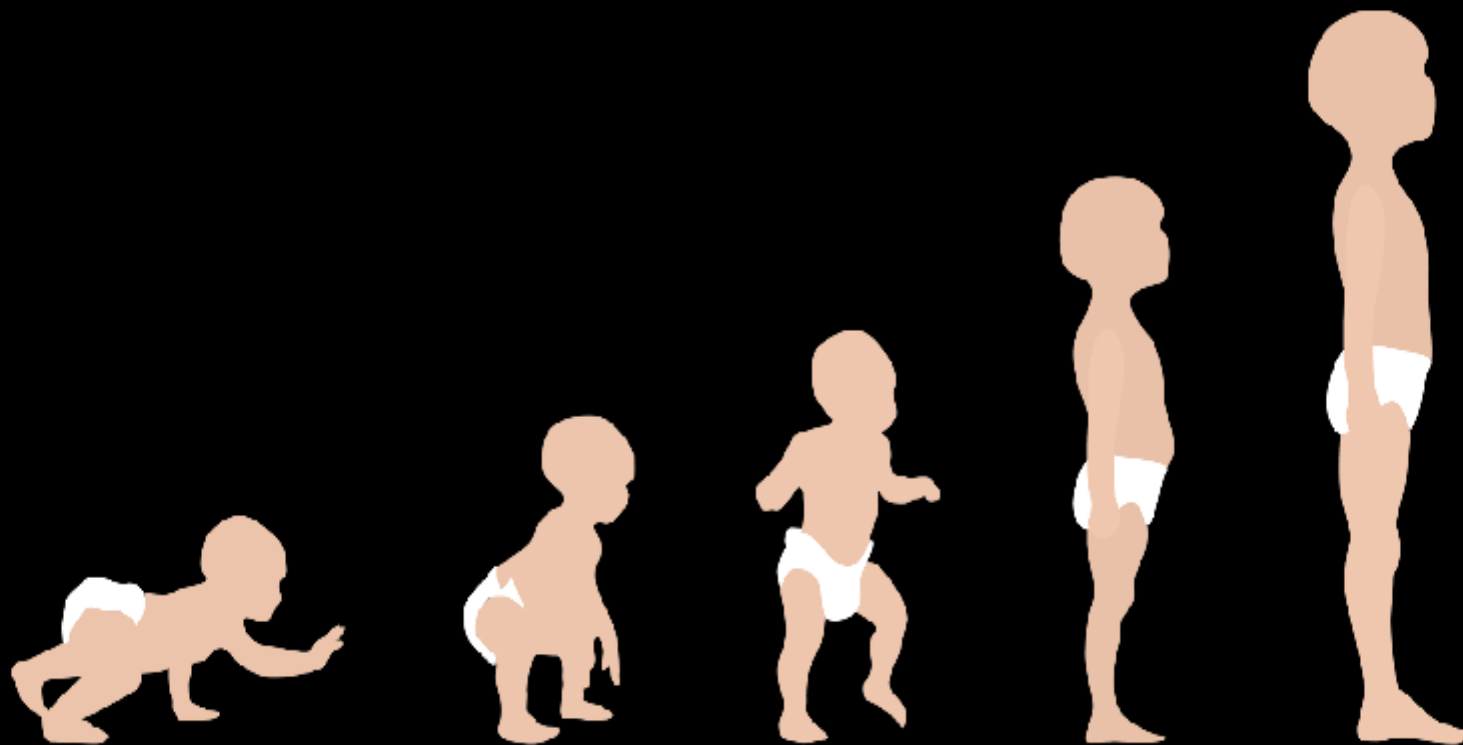
UPSTART
Scotland

PLAY – where learning happens

Over hundreds of millennia, *homo sapiens* evolved into the most successful species on the planet



because of our astounding capacity to learn and adapt.



Human children are designed to develop certain skills
and capacities naturally.

These are the foundations on which we build formal education.



Creativity



Problem-solving



Empathy and social skills



Language

Focusing attention



Self regulation

THE POWER OF PLAY



Creativity

Problem-solving
skills

Communication
and social skills

A love of learning

Self-regulation

Resilience

LEARNING TO BE EMPLOYABLE

report by **Bill Lucas and Janet Hanson**

OUR EIGHT HABITS OF MIND CAN BE SUMMARISED AS FOLLOWS:

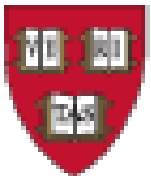
Self-belief:	Confidence in oneself and one's capability, arising from past experiences.
Self-control	Ability to forgo, voluntarily, short-term temptations, impulses or diversions in order to prioritise higher goals and activities.
Perseverance	A set of attributes including effort, persistence, attention, focus, grit and a commitment to long-term goals.
Resilience	The ability to adapt to challenges and seek growth in them, as well as the idea of being able to bounce back from setbacks.
Curiosity	A strong desire to know and learn, coupled with an openness to new experiences.
Empathy	Being able to 'walk in another's shoes', identifying with and understanding their feelings and views.
Creativity	The production and development of new and useful ideas, often collaboratively.
Craftsmanship	Pride in a job well done, along with an ethic of excellence.

THE POWER OF PLAY



Self-regulation

Resilience



Center on the Developing Child
HARVARD UNIVERSITY

Self regulation



Science tells us that brains, minds, are built, not born.






It's not just about learning language or learning numbers or learning colors.

INHIBITORY CONTROL

WORKING MEMORY

MENTAL FLEXIBILITY

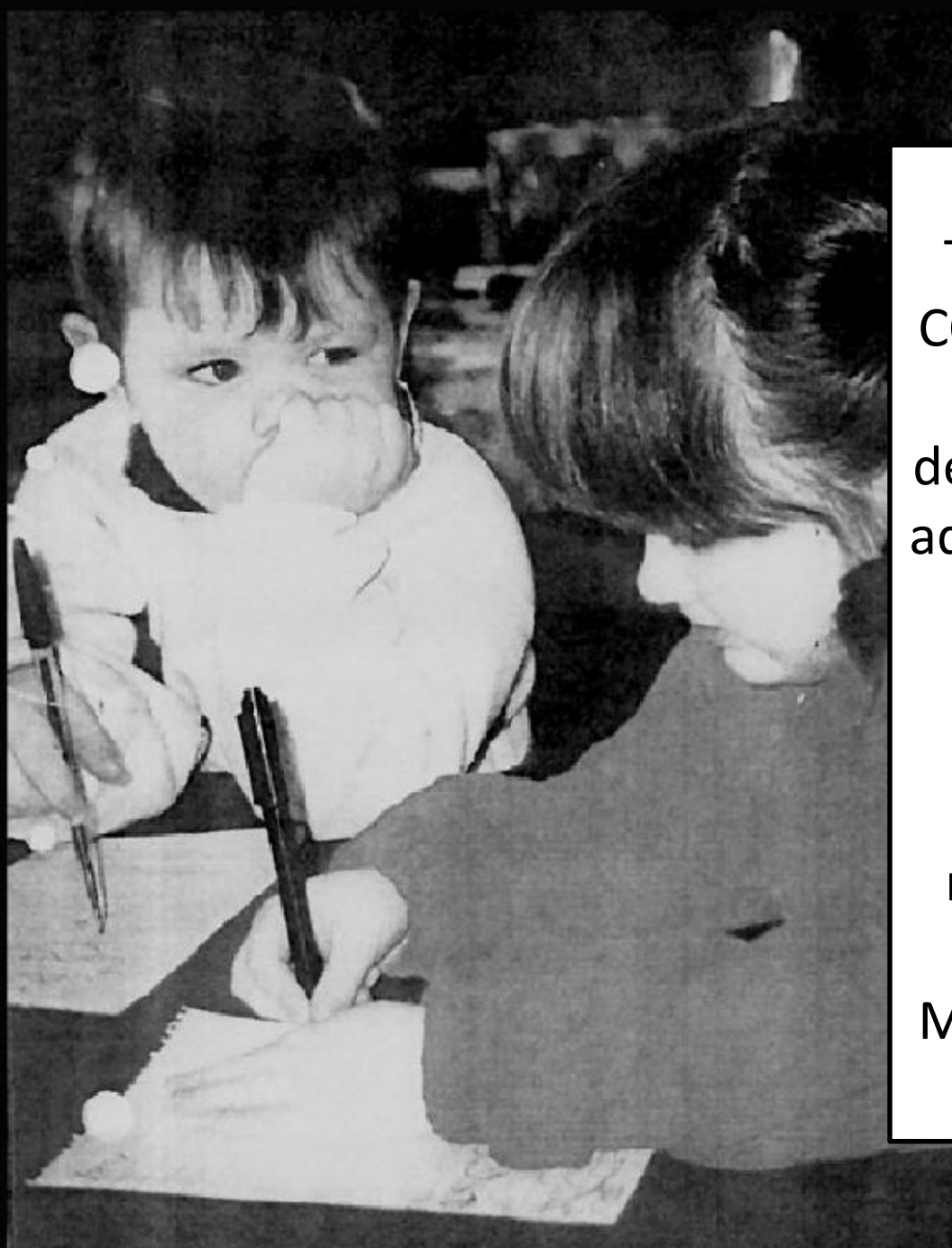
A woman with blonde hair is shown from the chest up, looking slightly to the right of the camera. She has a serious expression and her mouth is open as if she is speaking. She is wearing a colorful, patterned top. The background is dark with some blue and purple lighting. At the bottom of the image, there is a black text box with white text.

Children who are struggling with these capacities often look like children just aren't paying attention



or children who are deliberately not controlling themselves.

For children whose capacity for SELF-REGULATION is insufficiently developed, the choice is between CHALLENGE and COMPLIANCE.



Those who COMPLY may become dependent on adult approval for their learning... i.e. EXTRINSIC rather than INTRINSIC MOTIVATION.

Resilience



a sense of mastery and management of difficulty.

The ability to deal with stress, rise to challenges, and bounce back from difficulties

- The availability of at least one stable and supportive relationship between a child and an adult care-giver.
- A sense of mastery over life circumstances.
- Strong executive functions and self-regulation skills.
- The supportive context of affirming faith or cultural traditions.

PLAY

OUTDOORS

SOCIAL

**freely chosen, personally directed,
intrinsically motivated behaviour
that actively engages the child**

LOOSELY
SUPERVISED

LITTLE OR NO
EQUIPMENT

The first seven years

Greece.... Rome...

‘The first seven years are for play.’

The prophet Mohammed

‘The first seven years are the gods’ domain.’

Japanese proverb

**‘Give me a child till he is seven years old,
and I will show you the man.’**

Jesuits

Froebel

Steiner

Montessori

Malaguzzi

Piaget

Vygotsky

THE DECLINE OF 'REAL PLAY'



Active, creative, outdoor play is being squeezed out of children's lives...

by the twin forces of 'cool' and school.



Education ranking of western nations PISA, 2016

(school starting ages in brackets)

LITERACY

1. Canada (6)
2. Finland (7)
3. Ireland (6)

MATHS

1. Switzerland (7)
2. Estonia (7)
3. Canada (6)

SCIENCE

1. Estonia (7)
2. Finland (7)
3. Canada (6)

British children among the least active in the world, with exercise 'stripped out' of modern lives



Daily Telegraph,
20-11-16

Three-quarters of UK children spend less time outdoors than prison inmates – survey

Time spent playing in parks, woods and fields has shrunk dramatically due to lack of green spaces, digital technology and parents' fears



Guardian, 25/3/16

Today's four-year-olds often 'not physically ready' for school, experts warn

Competitive parenting, iPads and screens are all contributing to a decrease in child mobility can impact on academic learning



Independent,
1-9-16

Child obesity rising again, NHS report reveals

Guardian 3-11-16

Nearly 10% of children in first year of school in England are obese, according to figures that also expose growing class divide



Vitamin D deficiency
Heart disease
Osteoporosis
Myopia

📷 The number of obese ten and 11-year-olds in their last primary school year also rose from 19.1% in 2014-15 to 19.8% last year. Photograph: Gareth Fuller/PA

Scotland's children facing a mental health crisis



Third Force News 20/5/17

Number of children seeking help for anxiety rising sharply, Childline charity warns

Independent, 31-10-16

Children face 12-month mental health wait



BBC News, 7-4-17

Almost two-thirds of children worry 'all the time'



BBC News, 6-2-17

Worries about school work affect about two-fifths of children, the research found

Pupils as young as four having panic attacks, say teachers



Children as young as four are suffering from mental health problems such as panic attacks, anxiety and depression, says a teachers' union.



www.upstart.scot



Upstart Scotland

sue@suepalmer.co.uk

UpstartScot

