

The Habits of Mind, developed by Art Costa and Bena Kallick, provide teachers and students with strategies to become flexible thinkers, resilient people and problem solvers.

Through the MAPPEN guided inquiry units used at Mount Waverley Heights Primary two Habits of Mind are taught explicitly each term. Students at each level consider how the Habits relate to specific events and situations in their lives. They learn about behaviours important in successfully adopting each Habit of Mind. The aim is for these dispositions to become habitual and instinctive. Students for whom these dispositions have become habitual, can learn anything anytime, anywhere and as such, the authors of Mappen, felt that they are a fabulous basis on which to build.

MAPPEN Inquiry Units and the Habits of Mind			
MWHPS Yearly Introductory Unit			
DEVELOPING OUR LEARNING CULTURE			
<ul style="list-style-type: none"> <li>All 16 Habits of Mind</li> </ul>			
MWHPS Odd Year			
<b>COMMUNITY</b> <ul style="list-style-type: none"> <li>Persisting</li> <li>Thinking and communicating with clarity and precision</li> </ul>	<b>CHANGE</b> <ul style="list-style-type: none"> <li>Gathering data through all senses</li> <li>Questioning and posing problems</li> </ul>	<b>NECESSITY</b> <ul style="list-style-type: none"> <li>Managing impulsivity</li> <li>Finding humour</li> </ul>	<b>CURIOSITY</b> <ul style="list-style-type: none"> <li>Remaining open to continuous learning</li> <li>Responding with wonderment and awe</li> </ul>
MWHPS Even Year			
<b>IDENTITY</b> <ul style="list-style-type: none"> <li>Taking responsible risks</li> <li>Thinking about thinking (metacognition)</li> </ul>	<b>SUSTAINABILITY</b> <ul style="list-style-type: none"> <li>Applying past knowledge to new situations</li> <li>Thinking interdependently</li> </ul>	<b>SOCIAL JUSTICE</b> <ul style="list-style-type: none"> <li>Thinking flexibly</li> <li>Listening and understanding with empathy</li> </ul>	<b>CREATIVITY</b> <ul style="list-style-type: none"> <li>Creating, imagining and innovating</li> <li>Striving for accuracy</li> </ul>

At Mount Waverley Heights our Wellbeing team will be focussing on the development of further lessons and their implementation for five of the 16 Habits of Mind - *Persisting, Managing Impulsivity, Finding Humour, Taking Responsible Risks* and *Listening with Understanding and Empathy*. Below is a detailed description of all five and their relevance to our students.

**Persisting:**

Sticking to a task until it is complete; remaining focused. Looking for ways to reach a goal and not giving up.

- Having high-expectations of our students is important and creating a desire to learn is even more important to create life-long learners.

*"As a leader and just as a student its really important to always persist. It's okay to make mistakes. You just have to keep trying until you reach your goal."*

*- Alexia, Opals House Captain.*

### **Managing Impulsivity:**

Thinking before acting; remaining calm, thoughtful and understanding.

- Encouraging students to act responsibly in social and academic situations, not rushing to complete work or saying or doing impulsive things towards others.

*"This skill is important to use as a leader when I am talking to others in a group by not calling out when others are talking and not talking back to others."*

*- Gabriel, School Captain*

### **Finding Humour:**

Try to appreciate others' humour; it helps you to think better. Being able to laugh at you.

- Building resilience in our students, recognising that it is okay to laugh at yourself from time to time, we all make mistakes and do silly things sometimes and we should own it! Also to learn that everyone has a different sense of humour, aiming to identify this is important for building social relationships.

*"It's okay to laugh at yourself from time to time because it gives you an open mind to solve problems."*

*- Peri, Wallabies House Captain*

### **Taking responsible risks:**

Being adventuresome and welcoming challenges, it's how you improve! Try new things constantly. Don't worry about making mistakes.

- Emphasising to students the necessity of mistakes in order to learn and encouraging them to be ambitious with their learning.

*"As a leader it is important to be adventurous and welcoming challenges. It is also important to try new things and not worry about making mistakes."*

*- Alysa, Wallabies House Captain*

### **Listening with Understanding and Empathy:**

Listen to what others are saying and reading what messages their body language is sending.

- Encouraging our students to be empathetic towards others by understanding that body language is an important and valuable part of understanding and responding appropriately to others.

*"As a person it is important to listen to others because it shows respect and they might inspire you."*

*- Ethan, Kookaburras House Captain*

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