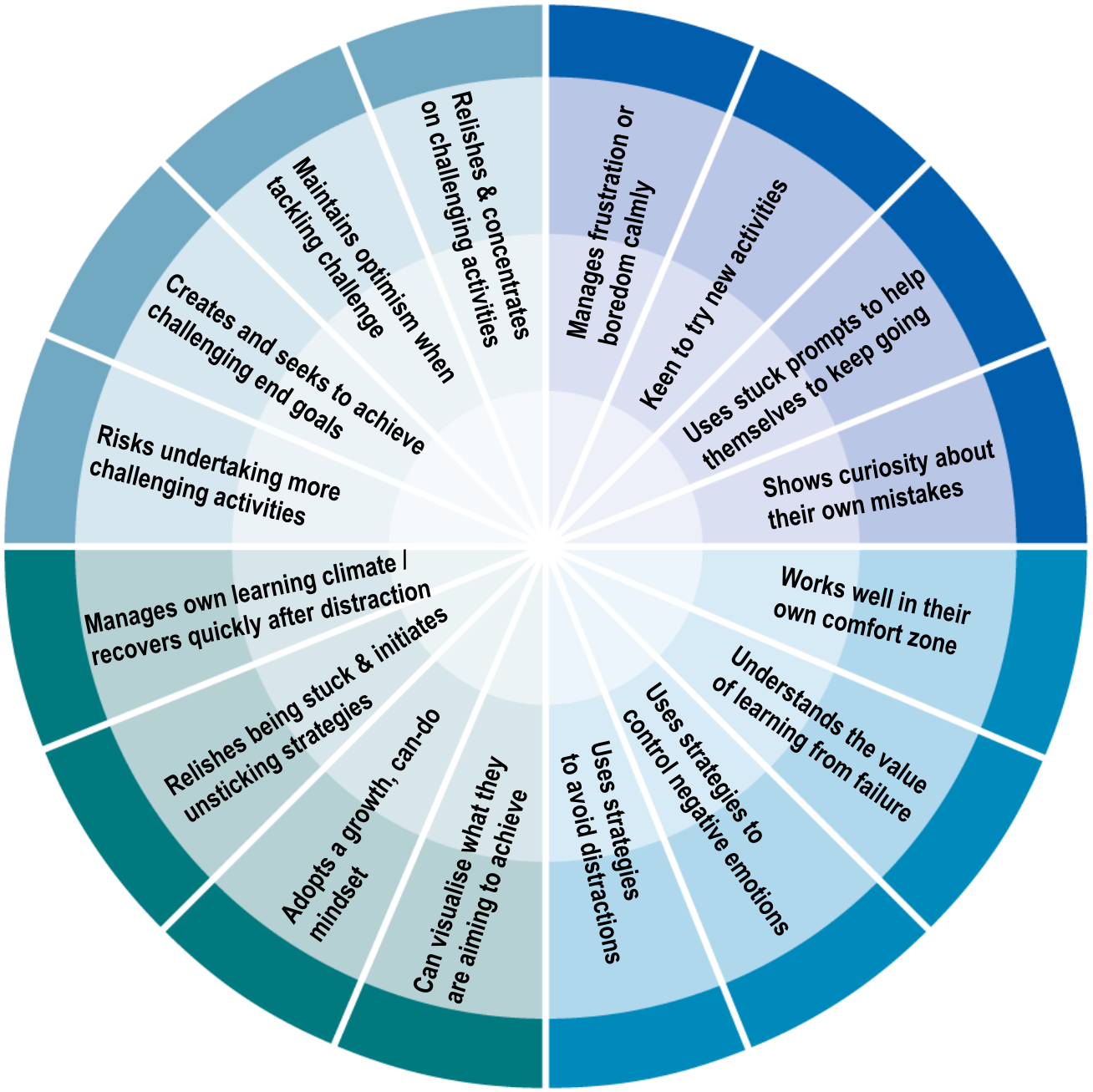
Relishes & concentrates on challenging activities
Maintains optimism when tackling challenge
Creates and seeks to achieve challenging end goals
Risks undertaking more challenging activities
Manages frustration or boredom calmly
Keen to try new activities
Uses stuck prompts to help themselves to keep going
Shows curiosity about their own mistakes
Manages own learning climate | recovers quickly after distraction
Relishes being stuck & initiates unsticking strategies
Adopts a growth, can-do mindset
Can visualise what they are aiming to achieve
Uses strategies to avoid distractions
Uses strategies to control negative emotions
Understands the value of learning from failure
Works well in their own comfort zone