

# Absorption

## When you use this learning muscle you....

- Become engrossed in what you are doing
- You may not be aware of the passing of time
- Find being absorbed satisfying and rewarding
- Like the feeling of being challenged in your learning



## Our aim is to encourage the children to be “locked on” to their learning

As teachers we enable our pupils to recognise what it feels like to be ‘lost in learning’ and to appreciate how this state of being helps the learning process. Our very young learners will have little trouble becoming absorbed in those things which they find interesting, enjoyable, exciting. As teachers we begin the process of developing habits of concentration by raising awareness of what it actually means to be absorbed and what it feels like in practice.

**Lost in learning**

**Rapt**

**Attentive**

**Excited by learning**

**Wanting to continue**

**Proud of learning**

- Allow children time to explore and follow their interests
- Role model the enjoyment of learning
- Try new approaches and new technology share in the awe, wonder and excitement.
- Make what good learners do explicit to children and treat learning as a reward in itself and not just praising the outcome.

“You look as though you are really enjoying getting on with that.” *“You’ve really been engrossed in that. Why do you think that was?”* “What helps you to really get into something?” *“You’ve been so involved in that you haven’t noticed how the time has passed.”* “You looked as though you were ‘lost’ in what you were doing.” *“What sort of things do you get really engrossed in?”* “What does it feel like when you really get into something?”

