

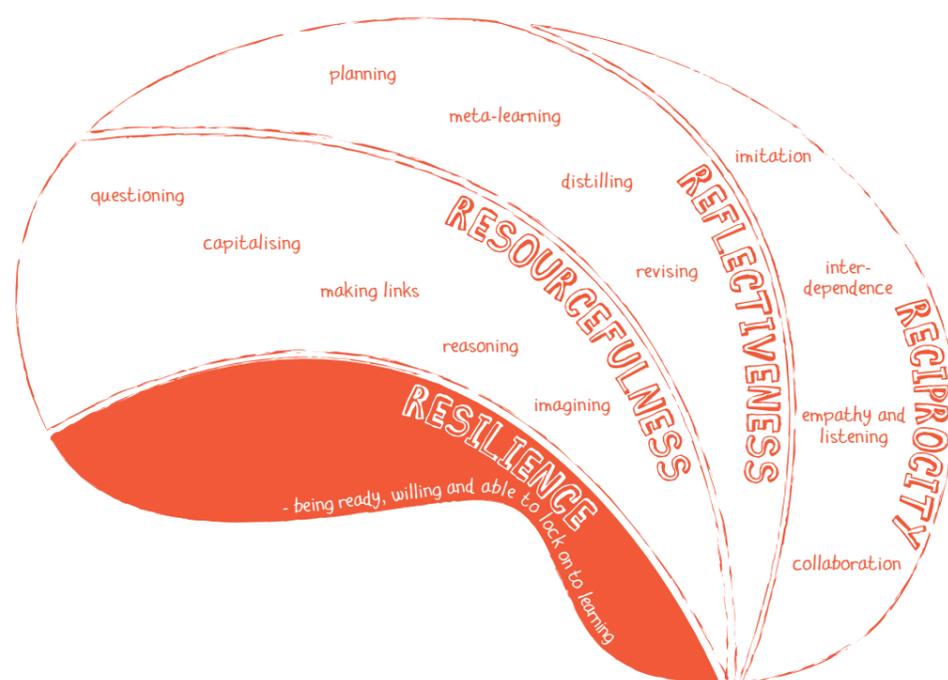
RESILIENCE:

The emotional aspects of learning; 'feeling'
The capacities that make up this disposition are:

Absorption Managing Distractions Noticing Perseverance

Noticing

Perceiving subtle nuances, patterns and details in experience.



How to make the most of the story; STRAWBERRIES AND CARROTS

A story about twins Aneeta and Nanda. Their teacher sets the class a task to practice noticing and Nanda learns that noticing means more than just looking carefully.

The focus of this story is on the five senses. When the girls are asked to do some noticing Nanda thinks mainly about looking; Aneeta uses other senses too. The story will enable you to introduce all five senses and will allow discussion of the circumstances when each sense is appropriate – so you can include the 'safety warnings' about not tasting or smelling without knowing what you're dealing with. An additional point brought out by the story is that good noticing takes time and concentration. Without this it's so easy to miss things.



After the story

Connecting questions

- What was it that Aneeta and Nanda noticed at their school?
- Why do you think Mrs Sharma was so pleased with them? Why did she say noticing was a good thing?
- Mrs Sharma gave them a noticing task to do at home. What did they have to do?
- Why did Aneeta have more things on her noticing list than Nanda? What did Nanda think noticing was all about?
- When Nanda had finished Aneeta said she needed more time. Why do you think she said this?
- Do you think Nanda will be better at noticing now?

Transferring questions

- If you had to do the same task do you think you would be like Aneeta or Nanda?
- When you look carefully what sort of things do you find out about something?
- What kind of things do you find out by feeling or touching something?
- What about smelling and tasting?
- And what can you find out by listening or hearing?
- Can you think about times when you shouldn't touch, smell or taste?

STRAWBERRIES AND CARROTS

A story to introduce: Noticing

Aneeta and Nanda are twins (perhaps you have heard a story about them before). They are both in Mrs Sharma's class at Three Oaks Primary School. Aneeta asked her mum one day what was an Oak and her mum told her all about oak trees and they looked at some pictures in a book. Nanda liked the shape of the oak leaf, with its wavy edge all around. When they went to school the next day they looked for the oak trees but they could only find two.

"Why is it called Three Oaks if there are only two oak trees?" Aneeta asked her mum.

"I really don't know," said mum "you'd better ask Mrs Sharma."

"That was very clever to have spotted that there were only two oak trees," Mrs Sharma said. "There used to be three, a long time ago when the school was new. Then they had to put in some new classrooms when there were more children to come to the school, so they had to cut down one of the trees. It was quite sad really because oak trees are very beautiful."

Nanda wondered why they didn't change the name of the school to Two Oaks.

Mrs Sharma talked to the class about the oak trees and she said how clever it was of Aneeta and Nanda to notice that there were only two of them in the school grounds. She told the class that careful noticing was a very useful thing to be able to do and she said that she would give them a special job to do at home that week-end to practice noticing.

On their way home from school Aneeta and Nanda told their mum what they had to do.

"We've got to choose a fruit or a vegetable," said Aneeta.

"And then we've got to see how many things we can notice about it," Nanda added. "Mrs Sharma said that we can ask mums or dads to help us to write it all down because we might not know all the words."

"Will you help us mum?" asked Aneeta.

"Of course I will," she said, "and I'm sure dad will help too."

On Saturday morning Aneeta and Nanda went with mum and dad to do the shopping and mum said that they could choose any fruit or vegetable for their homework (home learning?). Aneeta decided



that she would choose a fruit, but she couldn't decide whether to have a banana or a strawberry. Nanda knew just what she would like – her favourite vegetable – a carrot; and in the end Aneeta chose a strawberry.

After lunch mum and dad said they would both help, so Aneeta went with mum into the kitchen with her strawberry and Nanda took her carrot into the garden with dad.

"And remember," said dad, "we're only going to help you with the writing – you've got to tell us what you want to say. You've got to do the noticing."

A little while later Nanda came into the kitchen.

"We've finished," she said, "I can't think of anything else."

But Aneeta wanted a bit longer.

"Give us five more minutes," said mum.

So five minutes later they all met up again in the garden.

"How many things have you noticed about your strawberry?" Nanda asked Aneeta.

Aneeta and mum counted the things on their list.

"I've got 12 things," said Aneeta.

Nanda was a bit surprised.

"I've only got 6," she said. "I'll count them again."

So she counted the things on her list and she could still only find 6 things that she'd noticed about her carrot

"I wonder if there are some things you didn't think about," suggested mum. "Why don't you read your list out to us."

Dad helped Nanda to read what she had written:

"It's orange and it's long and pointed. That's three things. It's flat at the top and there are little bits of stalk sticking out. That's five. And there are little creases and cracks all over it. That's six. You read your list now Aneeta."

So now it was mum's turn to help Aneeta read her strawberry list.

"It's red and fat, but quite small and it's flat at the top and pointed at the bottom."

"Hold on," said dad, "I can't keep count – I think that's 5."

"There's a little clump of leaves coming out of the top and a little stem. All over there are little dents and it's squashy. It smells really sweet and when I tasted it it was sweet and juicy. How many is that?"

"I lost count," said dad, "but I think it was at least 12. Why do you think that list had so many more things in it?"

Aneeta and Nanda thought hard. Mum read Aneeta's list again and dad read Nanda's. (n.b. you may like to read the two lists to the children to see if they can spot the differences before you read on)

"I know, I know," shouted Nanda, "Aneeta had things like squashy and sweet and what it smelt like."

"You only had things about what you could see," said Aneeta.

"That's true," said dad. "When you think about what you can feel and what you can smell and what you can taste you begin to notice lots more. Even what you can hear."

"I couldn't hear my carrot," said Nanda.

"Nor my strawberry," said Aneeta.

"Take a bite from the carrot Nanda," mum said. "Now can you hear it?"

"Yes, it sounds crunchy," said Aneeta. Nanda couldn't say anything; she was just enjoying the taste of her carrot.