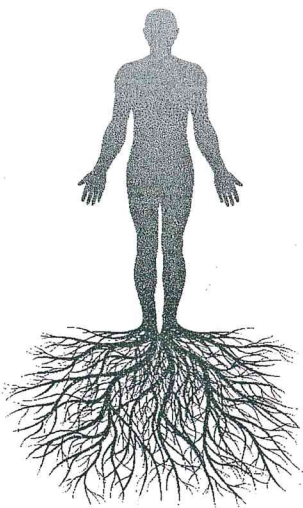


The Empowering Learning™ Process – Parents Information

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Releasing Stress - Grounding

1. Imagine that you have roots, like a tree, growing into the ground.
2. Use these imaginary roots to release any stress or anxiety into the ground.
3. Notice how much calmer and more stable you feel.
4. This can help a child to control their mental imagery and stop words moving on the page.
5. It is essential that you get grounded first and then help your child to get grounded before starting any homework.
6. This can help a child pay more attention in class, sit still and feel more confident.



Imagine stress disappearing into the ground – leaving the person calm and stable.

Mental Imagery – The Spelling Process

Steps

1. Work on one word at a time.
2. Check the child understands the meaning.
3. If the word is a P.O.C.C. word (see attached list) then get them to imagine an image of the word. If not then they need to imagine a 'whiteboard' that they can write the word on.
4. Check the image is up to the left or right, and that it is stable and clear.
5. Put the word on a Post-it and hold it up so that it is in line with the image.
5. Hold it up until the child feels they can see both the image and word in their minds. Then remove the post-it.
6. Check the spelling out loud. To check if they are really 'seeing' the word, get them to spell it in reverse.
7. Get them to write it down.

Practise learning words this way throughout the week.

