

Engage and Inspire:

Three factors contribute towards the anatomy of motivation:

- **Autonomy** - Nursery teachers and Montessori schools understand the importance of a little autonomy when it comes to learning. Independence was encouraged and a fluid approach to curriculum objective was adopted.
- **Mastery** - Tasks were made simple and achievable (with lots of praise once done!) to gain a sense of mastery over concepts, skills and new learning.
- **Purpose** - a task is much more palatable when there is a clear, obvious and meaningful reason why it needs to be done. I made sure that any letters that were sent were followed by immediate replies to reinforce the idea that writing makes meaning and can make things happen!

An addictive feeling of success and satisfaction can be gained more frequently by completing tasks of increasing **challenge**. To do this involves the development of different types of **resilience**. Resilience is the ability to stay motivated, optimistic and curious even in the face of a challenge.

Under the guise of 'focus' and 'control' - two skills a jedi must master - we sought to develop these core resiliences:

Physical resilience - the body's ability to withstand stress and heal itself.

Mental resilience - mental focus, determination, and grit.

Emotional resilience - activating positive emotions when you need them most.

Social resilience - a sense of strength through relationships with friends and family.