

Building Learning Power



- A person with a positive attitude thinks about solutions to their problems and focuses on them, rather than the problem. They smile, they are approachable and they are helpful.

Resilience

The capacity to recover quickly from difficulties;
toughness

Self Discipline

**‘the ability to control
one's feelings’**

<https://www.youtube.com/watch?v=kv7-EmgM9PY>