

Habits of Mind	Description
<p style="text-align: center;"><b>Persisting</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Sticking to a task even when you want to give up.</li> <li>● Sounds like – “I think I can, hang in there, keep at it, you can do it!”</li> <li>● Looks like – Attending even with distractions. Trying again.</li> <li>● Feels like – Even though I’d like to quit, I have the strength to continue.</li> </ul>
<p style="text-align: center;"><b>Managing Impulsivity</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Thinking before acting</li> <li>● Sounds like – “Just a minute, let me think” “What will happen if I do this?” “What’s the right thing for me to do now?”</li> <li>● Looks like – Looking both ways before crossing the street. Examining directions before beginning a task. Pausing.</li> <li>● Feels like – Slow down. Take a deep breath. Count to ten. Pause to think. This person cares enough to really listen to me. Comforting, Trusting, Vulnerable</li> </ul>
<p style="text-align: center;"><b>Listening and Understanding with Empathy</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Paraphrasing, attending, seeking other’s feelings</li> <li>● Sounds like – “So you’re suggesting....” “Your idea is.....” “You’re upset because.....” “You’re excited about.....”</li> <li>● Looks like – Facing one another. Eye contact. Nodding.</li> <li>● Feels like – This person cares enough to really listen to me. Comforting, Trusting, Vulnerable</li> </ul>
<p style="text-align: center;"><b>Metacognition -- Thinking about Thinking</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Thinking about your own thinking. Knowing what you know and what you don’t know. Self evaluation.</li> <li>● Sounds like – “Right now I’m wondering....”. “My strategy is....”, “I know this, but I don’t know this”. “Because I know this...I’m going to try this.....”</li> <li>● Looks like – Attending. Staying focused. Asking questions. Analyzing. Reflecting. Trying new ways.</li> <li>● Feels like – “Ah-ha!” “I know that”. “I don’t know that.” “I know, I’ll try this.”</li> </ul>
<p style="text-align: center;"><b>Striving for Accuracy</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Working toward perfection, elegance, craftsmanship</li> <li>● Sounds like – “Making a list, checking it twice”, “Did I check my work?”, “Is this my best effort?”</li> </ul>

	<ul style="list-style-type: none"> <li>● Looks like – taking aim, double checking, using all your resources</li> <li>● Feels like – I’m proud of my finished product</li> </ul>
<p><b>Question and Posing Problems</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Finding problems to solve.</li> <li>● Sounds like – “I wonder if... How high can birds fly? How are these related to each other?”</li> <li>● Looks like – Being curious and seeking answers.</li> <li>● Feels like – If I ask the right questions I can figure out this question.</li> </ul>
<p><b>Applying Past Knowledge to New Situations</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Using past experiences as a source of information and help.</li> <li>● Sounds like – “this reminds me of...This is just like the time when I....?”</li> <li>● Looks like – Explaining what is happening based on previous experiences.</li> <li>● Feels like – I am able to move forward with..... because I know that last time..... (making connections)</li> </ul>
<p><b>Thinking and Communicating With Clarity and Precision</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Being very precise with our communications, avoiding exaggeration or understatement, and being clearly understood. Including important details without too much detail.</li> <li>● Sounds like – “What you will need to know to successfully complete this task is the following.” “Today we accomplished this....because.....” “I understand what you are saying!” “Your being clear helps me to.....”</li> <li>● Looks like – Facing one another. Eye contact. Nodding.</li> <li>● Feels like – This person provided me with enough information so that I clearly understand. This person cares enough to really explain this to me. Understanding, Comforting, Trusting, Precise, Clear.</li> </ul>
<p><b>Gathering Data Through all Senses</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Allowing information into our brains from many senses and not just one or two.</li> <li>● Sounds like – “I connected that to a color or smell.” That image helps me to.....” “I can understand that better if I use my senses to....” “That smell reminds me of....” The picture I have in my brain is....”</li> <li>● Looks like – Touching, Observing, Listening,</li> </ul>

	<p>Feeling, Tasting, Smelling</p> <ul style="list-style-type: none"> <li>● Feels like – I can understand this better because I used my senses to explore it further.</li> </ul>
<p><b>Taking Responsible Risks</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Drawing on past knowledge, being thoughtful about consequences, accepting uncertainty and risk of failure as a normal part of the process.</li> <li>● Sounds like – “I wonder what will happen if...” “What would I learn from stretching myself on this?” “I think I will attempt to....”</li> <li>● Looks like – Reaching for the next bar on the jungle gym. Watching to see what to do in a new situation, then trying it if safe. Accepting challenges because of what could be learned.</li> <li>● Feels like – I knew I could make it to the top. Wow!, I did it! I can ride my bike without training wheels!</li> </ul>
<p><b>Creating, Imagining, Innovating</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Looking for creative ways to solve problems or finding alternative possibilities. Being creative.</li> <li>● Sounds like – “I wonder what would happen if...” Let’s try this a different way.” Let’s look at this from a new angle”</li> <li>● Looks like – Trying several alternatives, analyzing differences for the most precise one.</li> <li>● Feels like – Not being happy with the first possible solution. Striving for the new and different. Enjoying new ways to solve problems. Being creative</li> </ul>
<p><b>Responding With Wonderment and Awe</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Being curious about the world. Finding beauty and joy in our lives and in learning.</li> <li>● Sounds like – “I wonder what makes a rainbow...” The geometric shapes in this are intriguing....” “The simplicity of this..... is amazing”</li> <li>● Looks like – Observing the beauty of the world around us. Finding joy in learning new and difficult things. Accepting challenges because of what could be learned.</li> <li>● Feels like – The world around me is a joy to be discovered. Learning is fun and enjoyable. Being curious makes me happy and feel connected and alive.</li> </ul>

<p style="text-align: center;"><b>Thinking Interdependently</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Working cooperatively and collaboratively. Working effectively in teams.</li> <li>● Sounds like – “What’s your idea?” “How can we solve this problem together?” “By working together we can create a better solution.”</li> <li>● Looks like – Group work, team work. Effectively working together, listening and responding.</li> <li>● Feels like – A sense of accomplishment with others. Success. Trusting others to help.</li> </ul>
<p style="text-align: center;"><b>Finding Humor</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Finding the whimsical, incongruous and unexpected. Being able to laugh at oneself.</li> <li>● Sounds like – Laughter</li> <li>● Looks like – Smiling, listening and responding.</li> <li>● Feels like – Learning and growing is fun and enjoyable. Trust, whimsical frame of mind</li> </ul>
<p style="text-align: center;"><b>Remaining Open to Continuous Learning</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Having humility and pride when admitting we don’t know; resisting complacency.</li> <li>● Sounds like – “I am not really sure why that is?” “I am interested in exploring that thought.”</li> <li>● Looks like – Striving for improvement, always growing, always learning, always modifying and improving themselves.</li> <li>● Feels like – being ok with admitting that you don't know and not being afraid to find out.</li> </ul>
<p style="text-align: center;"><b>Thinking Flexibly</b></p>	<ul style="list-style-type: none"> <li>● What is it? – Changing perspectives, generating alternatives, considering options.</li> <li>● Sounds like – however,” “on the other hand,” “if you look at it another way,” or “John’s idea is... but Mary’s idea is...” We hear them say, “Let’s think of more ideas before we decide which one we want to use.”</li> <li>● Looks like –Look at it another way!</li> <li>● Feels like – They tolerate confusion and ambiguity up to a point, and are willing to let go of a problem trusting their subconscious to continue creative and productive work on it.</li> </ul>