

	IB Documents			John Harvey's ATL Skills Framework for States of Mind (July 2022)			
	9	13	16	12	13	13	10
	EYE (The Early Years in the PYP, October 2021)	PYP (Primary Years Programme, Learning & Teaching, October 2018, Updated December 2018)	MYP (Principles into Practice 2014, Updated 2021)	EYE	PYP	MYP / DP	Teaching Models / Strategies
States of mind	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
Using strategies that manage state of mind	Take responsibility for own well-being.	Use strategies to support concentration and overcome distractions.	Practise focus and concentration	Use strategies to support concentration and overcome distractions.	Use strategies to support concentration and overcome distractions.	Use strategies to support concentration and overcome distractions.	<a href="#">Pomodoro Technique</a> <a href="#">Locus of Control</a>
	Be aware of body-mind connections.	Be aware of body-mind connections.	Practise being aware of body-mind connections	Be aware of body-mind connections.	Be aware of body-mind connections	Be aware of body-mind connections	Guided Meditation There are a range of Guided Meditation videos on Youtube.
			<i>Practise strategies to develop mental focus</i>			<i>Practise strategies to develop mental focus</i> <b>Removed because has been merged with the first skill indicator.</b>	
			<i>Practise strategies to overcome distractions</i>			<i>Practise strategies to overcome distractions</i> <b>Removed because has been merged with the first skill indicator.</b>	
	<b>Perseverance (Yes I Can)</b>	<b>Perseverance (Yes I Can)</b>	<b>Perseverance</b>	<b>Perseverance (Yes I Can)</b>	<b>Perseverance (Yes I Can)</b>	<b>Perseverance</b>	<b>Perseverance</b>
	Demonstrate persistence in tasks.	Demonstrate persistence.	Demonstrate persistence and perseverance	Demonstrate persistence in tasks.	Demonstrate strategies to think, speak and act with persistence	Demonstrate persistence and perseverance	<a href="#">Dr. Rob Bell's 8 Ways to Build Persistence</a>
	Use strategies to problem-solve.	Use strategies to remove barriers.	Practise delaying gratification	Use strategies to problem-solve.	Practise delaying gratification	Practise delaying gratification	<a href="#">Dr. Rob Bell's 8 Ways to Build Persistence</a>
	<i>Manage own emotions.</i>			<i>Manage own emotions.</i> <b>Removed as skill indicator is better suited to emotional management, which is absent in EYE, but important for a continuum school</b>			
	<i>Manage feelings and resolve conflict.</i>			<i>Manage feelings and resolve conflict.</i> <b>Removed as skill indicator is better suited to emotional management, which is absent in EYE, but important for a continuum school</b>			
	<b>Emotional management</b>	<b>Emotional management</b>	<b>Emotional management</b>	<b>Emotional management</b>	<b>Emotional management</b>	<b>Emotional management</b>	<b>Emotional management</b>
		Take responsibility for one's own actions.		Take responsibility for one's own actions and wellbeing <b>Added emotional management so as a continuum, there is alignment.</b>	Take responsibility for one's own actions and wellbeing	Take responsibility for one's own actions and wellbeing	<a href="#">Locus of Control</a>
		Use strategies to prevent and eliminate bullying.	Practise strategies to prevent and eliminate bullying	Use strategies to prevent and eliminate bullying. <b>Added emotional management so as a continuum, there is alignment.</b>	Use strategies to prevent and eliminate bullying.	Practise strategies to prevent and eliminate bullying	<a href="#">Michelle Borba's 6 R's of Bullying Prevention</a>
		Use strategies to reduce stress and anxiety.	Practise strategies to reduce stress and anxiety	Use strategies to reduce stress and anxiety. <b>Added emotional management so as a continuum, there is alignment.</b>	Use strategies to reduce feelings of discomfort or worry	Practise strategies to reduce stress and anxiety	<a href="#">Prof Steve Peters Control Your Inner Chimp</a>
		Manage anger and resolve conflict.	Practise strategies to overcome impulsiveness and anger	Manage anger and resolve conflict. <b>Added emotional management so as a continuum, there is alignment.</b>	Know what makes me frustrated and resolve the conflict	Practise strategies to overcome impulsiveness and anger	<a href="#">Prof Steve Peters Control Your Inner Chimp</a>
	<b>Self-motivation</b>	<b>Self-motivation</b>	<b>Self-motivation</b>	<b>Self-motivation</b>	<b>Self-motivation</b>	<b>Self-motivation</b>	<b>Self-motivation</b>
		Practice positive thinking and language that reinforces self-motivation.	Practise analysing and attributing causes for failure	Practice positive thinking and language that reinforces self-motivation.	Practice positive thinking and language that reinforces self-motivation.	Practice positive thinking and language that reinforces self-motivation. <b>Added language from PYP for this skill indicator</b>	<a href="#">Growth Mindset</a>
					Practise analysing and attributing causes for failure <b>Added this into the PYP, so habit is developed when students are young</b>	Practise analysing and attributing causes for failure	<a href="#">Growth Mindset</a>
				Set personal improvement goals <b>Added this as its an important part of process of self motivation and self regulation.</b>	Set personal improvement goals <b>Added this as its an important part of process of self motivation and self regulation.</b>	Set personal improvement goals <b>Added this as its an important part of process of self motivation and self regulation.</b>	<a href="#">IKIGAI</a>
			<i>Practise managing self-talk</i>			<i>Practise managing self-talk</i> <b>Removed because of the first skill indicator</b>	
			<i>Practise positive thinking</i>			<i>Practise positive thinking</i> <b>Removed because of the first skill indicator</b>	
<b>Resilience</b>	<b>Resilience</b>	<b>Resilience</b>	<b>Resilience (I'll Get Back Up)</b>	<b>Resilience (I'll Get Back Up)</b>	<b>Resilience</b>	<b>Resilience</b>	
Work through setbacks.	Manage setbacks.	Practise "bouncing back" after adversity, mistakes and failures	Work through setbacks or disappointment	Practise "failing well" when dealing with with disappointment, adversity or unmet expectations <b>Language changed to align with MYP</b>	Practise "failing well" when dealing with with disappointment, adversity and unmet expectations	<a href="#">Growth Mindset</a>	
Show ability to adapt to new situations	Work through adversity.	Practise dealing with change	Show ability to adapt to new situations	Show ability to adapt to change	Practise dealing with change	<a href="#">Locus of Control</a>	
Work through disappointment.	Work through disappointment.	Practise dealing with disappointment and unmet expectations	Work through disappointment. <b>Removed because it has been merged with the first skill indicator</b>	Work through disappointment. <b>Removed because it has been merged with the first skill indicator</b>	Practise dealing with disappointment and unmet expectations <b>Removed because it has been merged with the first skill indicator</b>		
	Work through change.	Practise "failing well"			Practise "failing well" <b>Removed because it has been merged with the first skill indicator</b>		