



杭州狄邦文理学校
HANGZHOU DIPONT SCHOOL
OF ARTS AND SCIENCE
(原人大附中杭州学校)



学习行为培养 (B4L) 2025/26

Behaviour for Learning (B4L) 2025/26



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Behaviour for Learning



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6/28/2024

Hangzhou Dipont School of Arts and Science

Behaviour for Learning Expectations
2024/2025 Academic Year

Compiled by:	Emmanuel Barthalomew, Director of School Improvement
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建立积极关系，
促进学习成功

Building Positive
Relationships for
Successful Learning

Services

Family

School ethos

Emotional
Relationship with self



Learning
behaviour

Social
Relationship
with others

Curricular
Relationship
with the
curriculum

School ethos

Community/
culture(s)

School, local &
national policies

学习行为概念框架 Behaviour for Learning Conceptual Framework

学习行为聚焦于三个关键关系：
Behaviour for Learning
focuses on three key relationships:

1. 与自我的关系：学习的情感层面。
Relationship with Self: Emotional aspects of learning.
2. 与他人的关系：学习的社交层面。
Relationship with Others: Social aspects of learning.
3. 与课程的关系：学习的认知或课程层面。
Relationship with the Curriculum: Cognitive or curricular aspects of learning.



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为什么‘学习行为’很重要

Why B4L Matters



“作为教育者和家长，当我们希望孩子们有良好的行为、积极学习并不断成长时，首先我们自己就必须以身作则，在行为、学习和成长上做好榜样。”

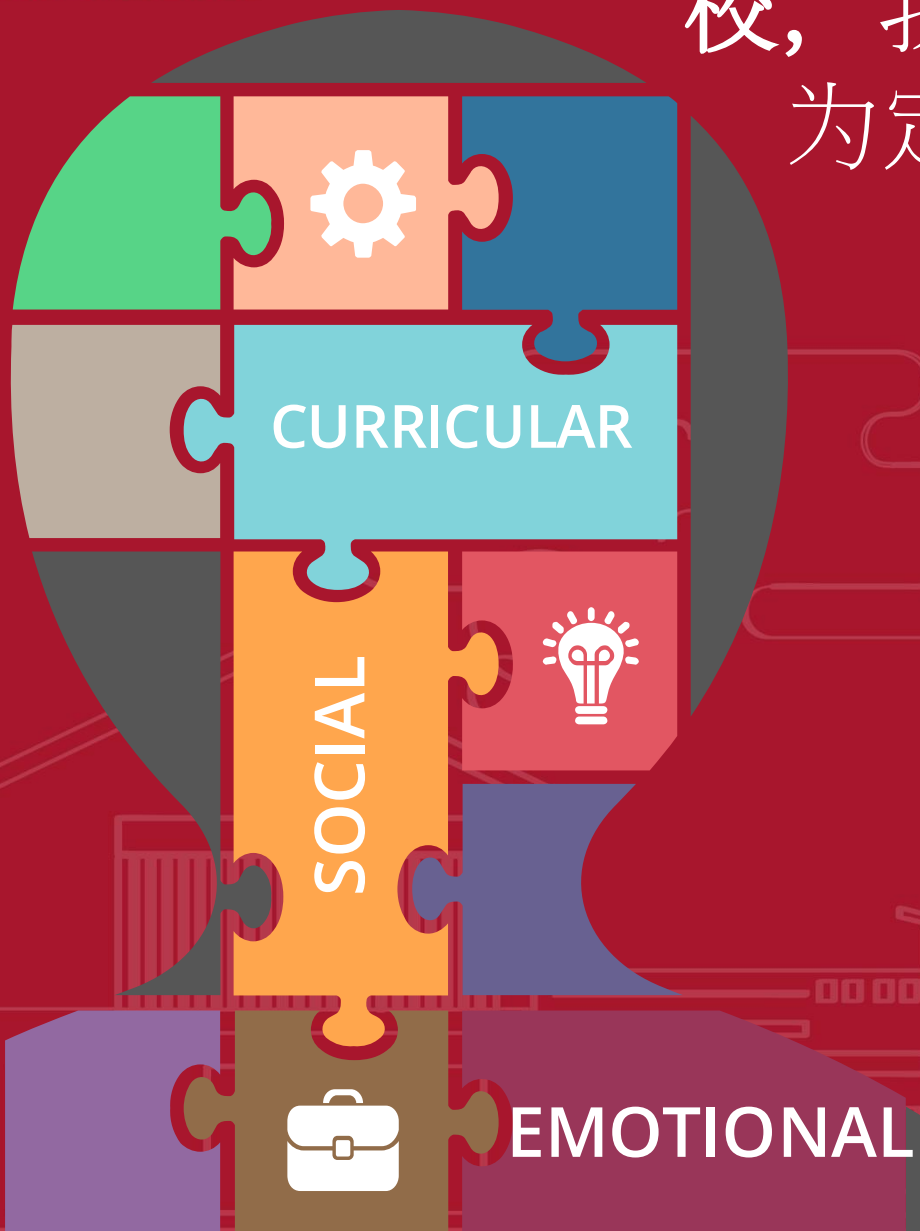
‘When we as educators and parents want our pupils and children to behave, learn, and grow, it matters first and foremost how we behave, learn, and grow.’



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在杭州狄邦文理学校，我们将学习行为定义为……

At HDSAS, we define B4L as...



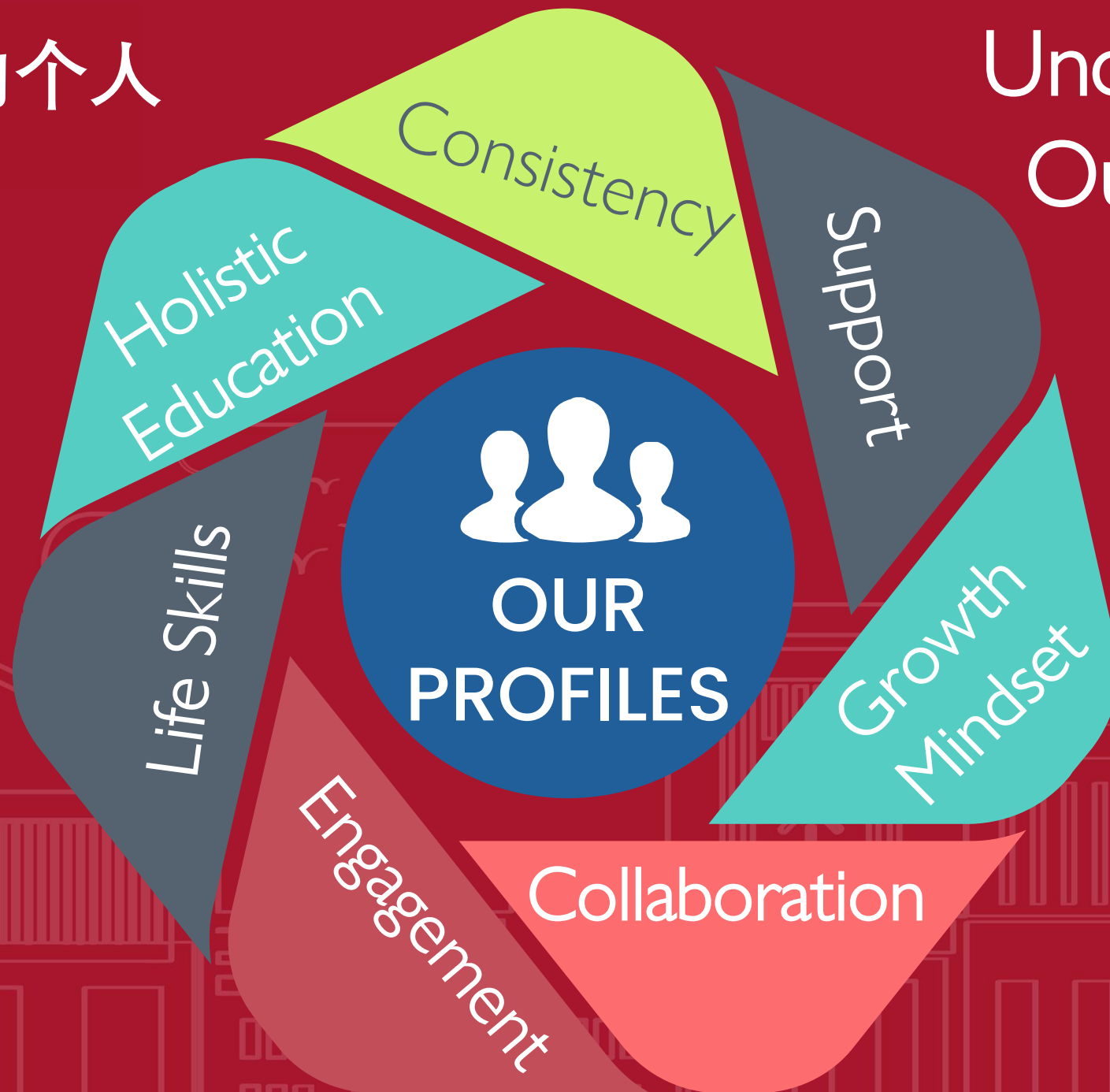
“通过采用一系列方法和策略，营造积极的学习环境，在这种环境中，学习者被鼓励发展自我调控能力、社交技能，并与课程建立牢固的联系。”

*the approach and strategies
used to create a positive
learning environment where learners are
encouraged to develop self-regulation, social skills,
and a strong relationship with the curriculum.*

认识我们的个人
特质

*学生
*Learner

*教师
*Teacher



Understanding
Our Profiles

*家长
*Parent

*领导者
*Leaders



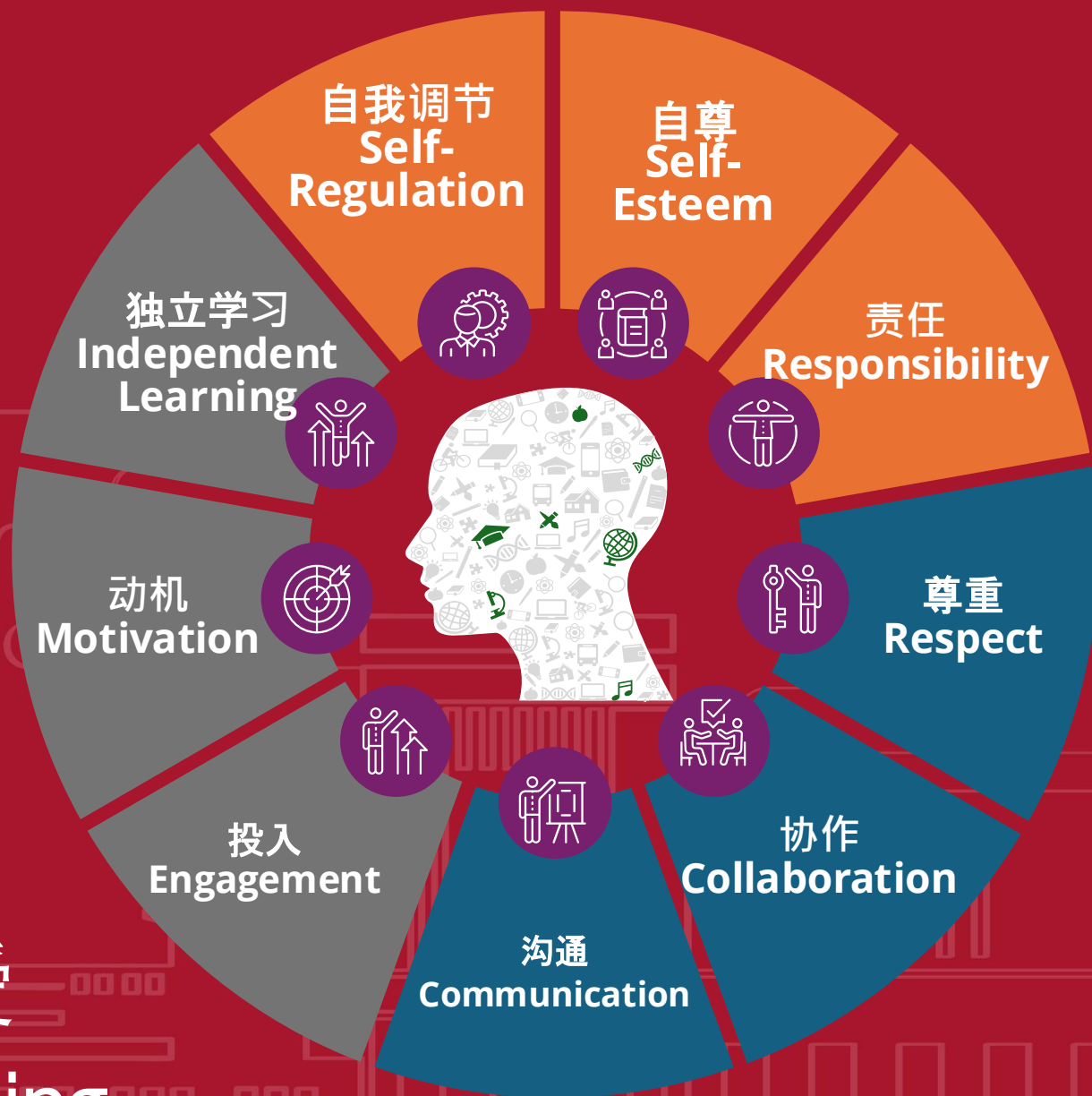
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KG

我们的特质： 黄金十项 OUR PROFILES: THE GOLDEN 10



培养对学习的热爱 Foster a Love of Learning





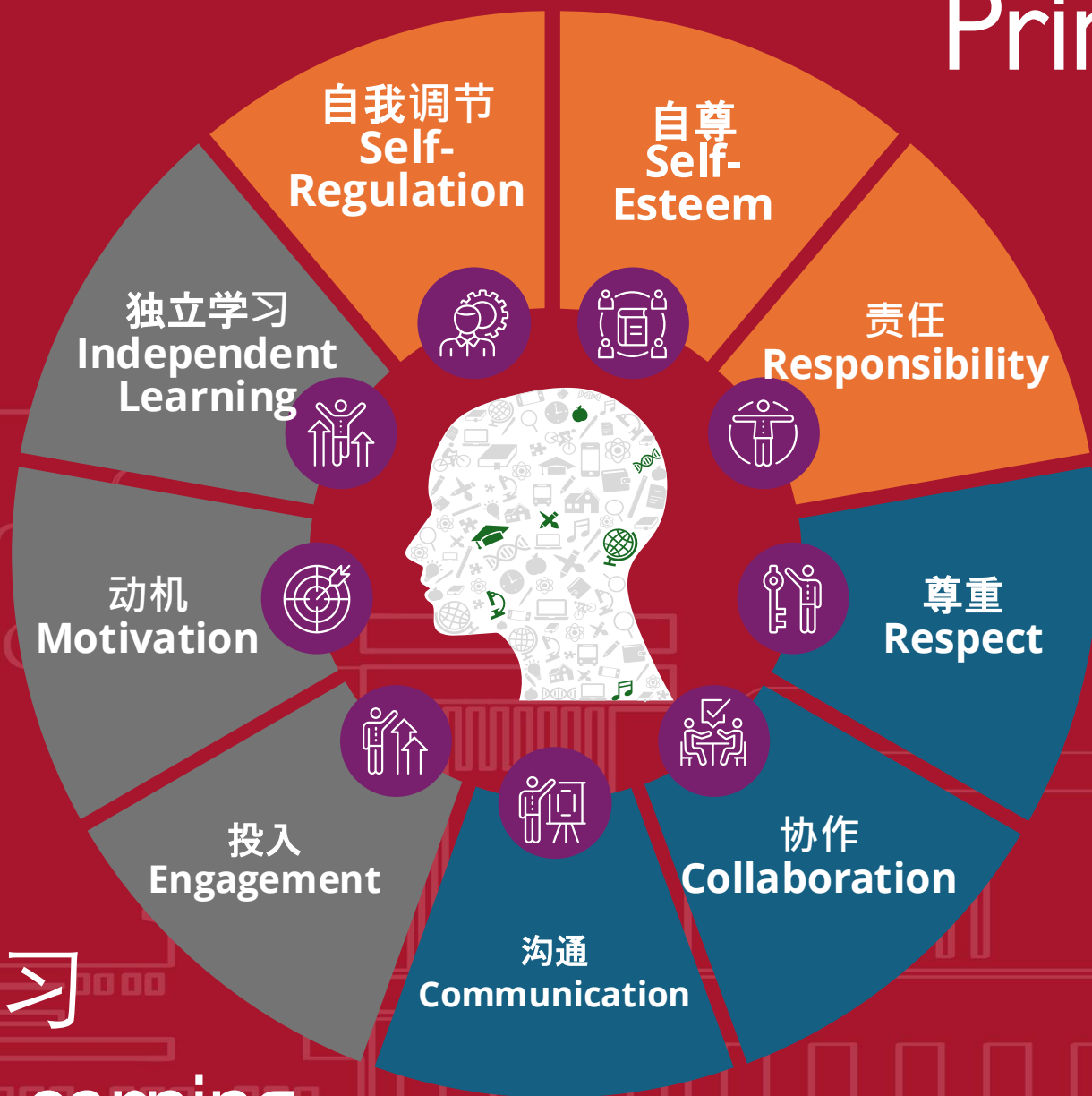
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Primary

我们的特质： 黄金十项 OUR PROFILES: THE GOLDEN 10



保持好奇，终身学习 Curiosity and Lifelong Learning





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小学阶段学习者 特质概览

Summary of Primary Learner Profiles

1. **自我调节：**我通过深呼吸保持冷静和专注。
2. **自尊：**当我的努力得到表扬时，我会感到自信
3. **责任心：**我照顾好自己的教室和物品。
4. **尊重：**我表现出友善并认真倾听他人。
5. **合作：**我喜欢小组合作并分享自己的想法。
6. **沟通：**我分享自己的感受，并尊重地倾听他人。
7. **投入：**我喜欢让学习变得有趣的活动。
8. **动力：**我设定目标，并在达成时感到自豪。
9. **独立学习：**我在学习做出选择，并在需要时寻求帮助。
10. **好奇心与终身学习：**我们探索新事物，并保持好奇心。

1. **Self-Regulation:** I use deep breaths to stay calm and focused.
2. **Self-Esteem:** I feel good about myself when my efforts are praised.
3. **Responsibility:** I take care of my classroom and my belongings.
4. **Respect:** I show kindness and listen to others.
5. **Collaboration:** I enjoy working in groups and sharing ideas.
6. **Communication:** I share my feelings and listen to others respectfully.
7. **Engagement:** I enjoy activities that make learning fun.
8. **Motivation:** I set goals and feel proud when I achieve them.
9. **Independent Learning:** I make choices in my learning and ask for help when needed.
10. **Curiosity and Lifelong Learning:** We explore new things and keep our curiosity alive.



小学阶段（1-6年级）

1. 情绪调控示范：运用正念练习来管理压力。
2. 积极强化者：使用表扬和奖励系统。
3. 环境组织者：定期更新和整理教室环境。
4. 尊重互动示范者：以身作则，展示尊重的互动方式。
5. 合作活动策划者：策划并实施合作性学习活动。
6. 有效沟通者：通过多种渠道与家长沟通。
7. 学习投入促进者：设计有趣、吸引人的学习活动。
8. 激励指导者：设定有意义的目标并庆祝成就。
9. 独立学习促进者：提供独立研究的机会。
10. 批判性思维引导者：通过项目式学习培养批判性思维。

Primary Grades (1-6)

1. **Emotional Regulation Model:** Use mindfulness exercises to manage stress.
2. **Positive Reinforcer:** Utilize praise and reward systems.
3. **Environment Organizer:** Regularly update and arrange the classroom.
4. **Respectful Interactor:** Model respectful interactions.
5. **Collaborative Planner:** Plan and implement collaborative activities.
6. **Effective Communicator:** Use various channels to communicate with parents.
7. **Engagement Specialist:** Create engaging learning activities.
8. **Motivational Guide:** Set and celebrate meaningful goals.
9. **Facilitator of Independent Learning:** Provide opportunities for independent research.
10. **Critical Thinking Facilitator:** Use project-based learning to develop critical thinking.



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领导者特质概览

Summary of Leader Profiles

- 1. 促进情绪调控：**通过专业发展培训，我为教职员和学生树立榜样并支持他们的情绪调控。
- 2. 鼓励自尊：**我认可并庆祝学校社区内的成就与努力。
- 3. 示范责任感：**我设定明确目标，并确保实现目标的责任落实到位。
- 4. 树立尊重榜样：**我实践积极倾听，确保每个人的声音被听到并受到重视。
- 5. 促进合作：**我组织定期合作会议，鼓励团队项目的开展。
- 6. 增强沟通：**我提供定期更新，并保持畅通的沟通渠道。
- 7. 参与教学领导：**我积极参与并支持教学与学习过程。
- 8. 激励学习与成就：**我设定高标准，并提供实现目标所需的支持。
- 9. 支持独立学习：**我为教职员提供专业发展和持续学习的机会。
- 10. 营造积极学校文化：**我们实施各类项目和举措，促进积极的学校文化，并关注所有学生的社会、情感及学业需求。

- 1. Promote Emotional Regulation:** I model and support emotional regulation among staff and students through professional development.
- 2. Encourage Self-Esteem:** I recognize and celebrate achievements and efforts within the school community.
- 3. Demonstrate Responsibility:** I set clear goals and ensure accountability in achieving them.
- 4. Model Respect:** I practice active listening and ensure everyone's voice is heard and valued.
- 5. Foster Collaboration:** I facilitate regular collaborative meetings and encourage team-based projects.
- 6. Enhance Communication:** I provide regular updates and maintain open lines of communication.
- 7. Engage in Instructional Leadership:** I actively participate in and support the teaching and learning process.
- 8. Motivate Learning and Achievement:** I set high expectations and provide the necessary support to achieve them.
- 9. Support Independent Learning:** I offer opportunities for professional development and continuous learning for staff.
- 10. Foster a Positive School Culture:** We implement programs and initiatives that promote a positive school culture and address the social, emotional, and academic needs of all students.



1. **支持情绪调控:** 我与孩子一起练习正念活动, 例如深呼吸。
2. **提升自尊:** 我经常表扬孩子的努力和进步。
3. **教授责任感:** 我布置小任务, 帮助孩子照顾自己的环境和物品。
4. **树立尊重榜样:** 我向孩子示范如何友善待人和倾听他人。
5. **鼓励合作:** 我安排需要团队合作的游戏或小组活动。
6. **促进沟通:** 我鼓励孩子表达自己的感受和需求, 并一起练习倾听。
7. **参与学习:** 我在家与孩子一起进行有趣的动手学习活动。
8. **激励学习目标:** 我帮助孩子设定简单、可实现的目标, 并庆祝他们的成就。
9. **鼓励独立性:** 我为孩子提供在学习活动中自主做出选择的机会。
10. **培养学习热情与好奇心:** 我们一起探索感官和探索性活动, 通过游戏发现和学习。

1. **Support Emotional Regulation:** I practice mindfulness exercises like deep breathing with my child.
2. **Boost Self-Esteem:** I praise my child's efforts and improvements regularly.
3. **Teach Responsibility:** I assign small chores to help my child take care of their environment and belongings.
4. **Model Respect:** I show my child how to be kind and listen to others.
5. **Encourage Collaboration:** I arrange playdates or group activities that require teamwork.
6. **Foster Communication:** I encourage my child to express their feelings and needs and practice listening together.
7. **Engage in Learning:** I engage in fun, hands-on learning activities with my child at home.
8. **Motivate Learning Goals:** I help my child set simple, achievable goals and celebrate their accomplishments.
9. **Encourage Independence:** I provide opportunities for my child to make choices in their learning activities.
10. **Foster a Love for Learning and Curiosity:** We explore sensory and exploratory activities together to discover and learn through play.



家庭助力： 如何在家有效支持孩子的学习之旅



1 情绪管理

- 实践正念：在家中深呼吸或安静反思。
- 应对压力：在紧张时刻使用平静策略（如：“我们一起做三次深呼吸吧！”）。



2 提升自尊

- 鼓励努力：不仅表扬结果，更要赞扬努力（如：“我喜欢你不断努力的样子！”）。
- 分享挑战故事：讲述克服困难的故事，培养韧性。



4 培养尊重与合作

- 树立榜样：在家中使用友善言辞和积极倾听。
- 团队活动：安排需要团队合作的玩耍或家庭活动（如：一起拼拼图）。

5 激发好奇心与学习

- 共同探索：一起参与动手活动（如：烘焙、园艺或简单实验）。
- 设定小目标：为学习设定小而可达成的目标，并庆祝进步（如：“我们一起数到10吧！”）。



3 培养责任感

- 分配小任务：如整理玩具或摆放餐具。
- 鼓励独立：促进独立性的日常习惯（如：自己整理书包）。



6 促进沟通

- 开放提问：询问关于他们一天的开放式问题，鼓励讲述。
- 互动学习：使用互动故事书或游戏来增强词汇和社交技能。



How Parents can Support Behaviour for Learning at Home



1 Supporting Emotional Regulation

- Practise mindfulness at home, such as deep breathing or quiet reflection time.
- Use calming strategies during stressful moments (e.g., “Let’s take three big breaths together”).



2 Boosting Self-Esteem

- Praise efforts, not just outcomes (e.g., “I love how you kept trying!”).
- Share stories about overcoming challenges to build resilience.



4 Fostering Respect and Collaboration

- Model kind words and active listening at home.
- Arrange playdates or family activities that require teamwork (e.g., building a puzzle together).

5 Encouraging Curiosity and Learning

- Explore hands-on activities together (e.g., baking, gardening, or simple experiments).
- Set small, achievable goals for learning and celebrate progress (e.g., “Let’s count to 10 together!”).



3 Teaching Responsibility

- Assign small chores like tidying toys or setting the table.
- Encourage routines that promote independence (e.g., packing their school bag).



6 Promoting Communication

- Ask open-ended questions about their day to encourage storytelling.
- Use interactive storybooks or games that build vocabulary and social skills.



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