



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



6/28/2024

Hangzhou Dipont School of Arts and Science

Behaviour for Learning Expectations 2024/2025 Academic Year

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Behaviour for Learning

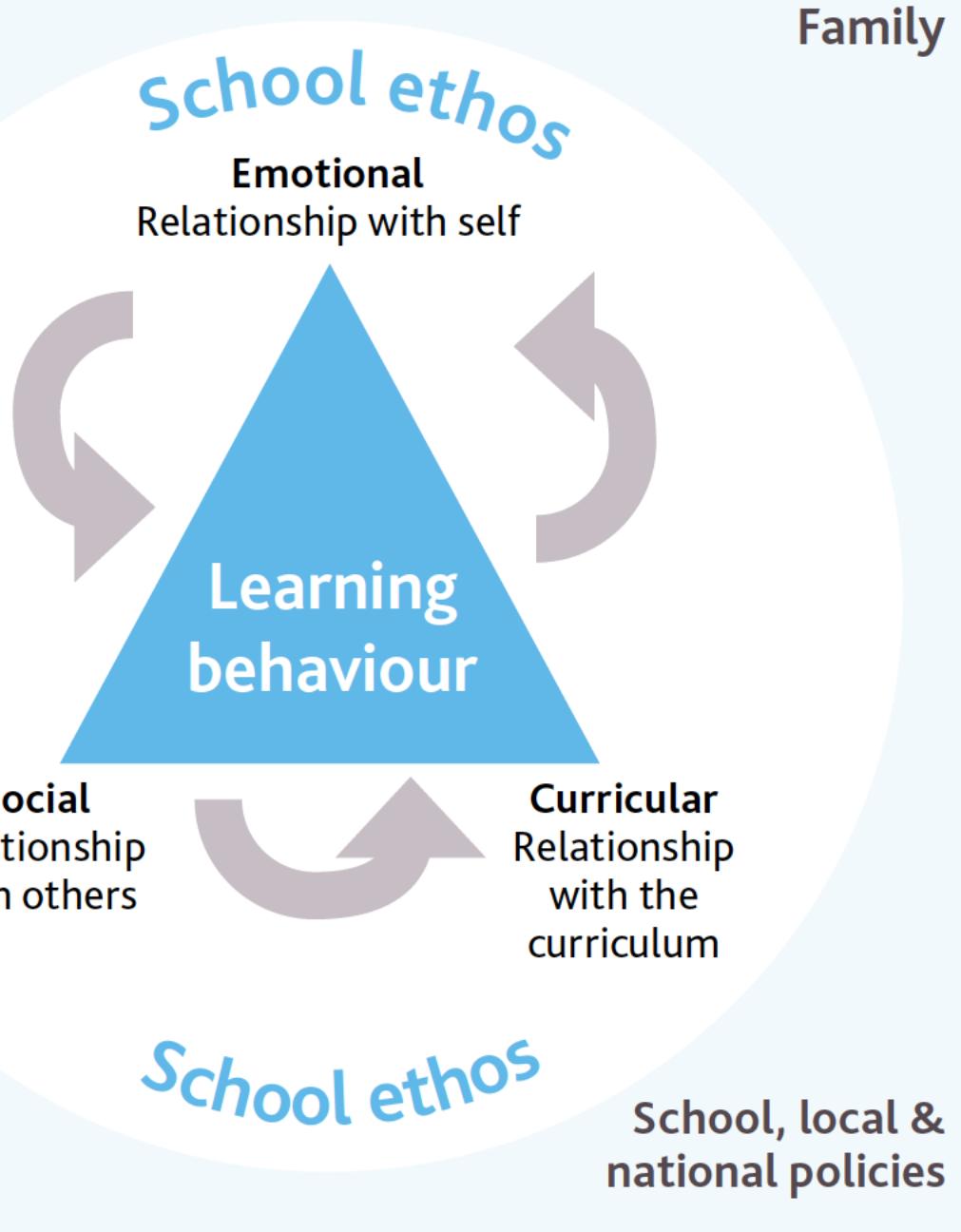
建立积极关系，
促进学习成功

Building Positive
Relationships for
Successful Learning

Services

Family

Community/
culture(s)



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

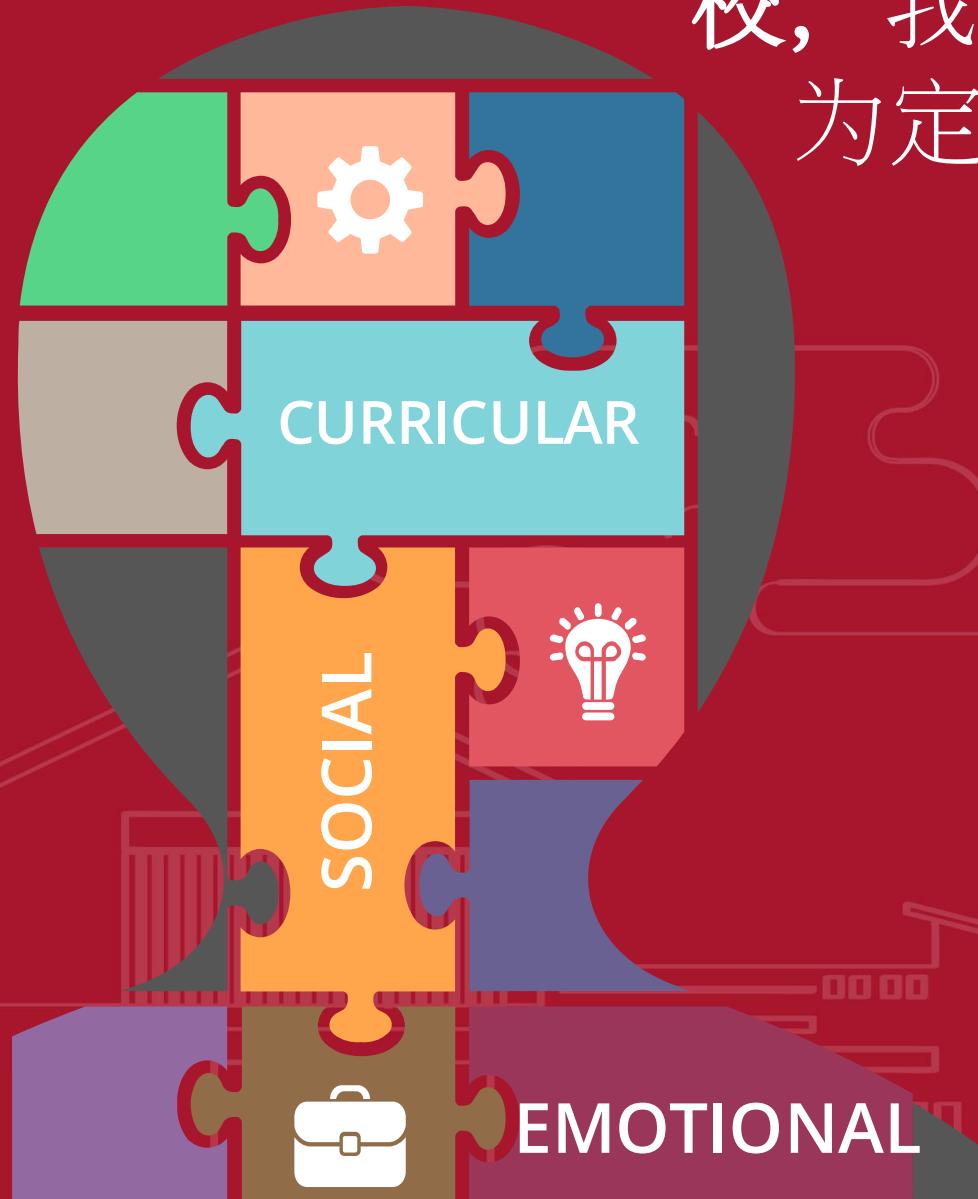
学习行为聚焦于三个关键关系：
Behaviour for Learning
focuses on three key relationships:

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.



“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.’



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



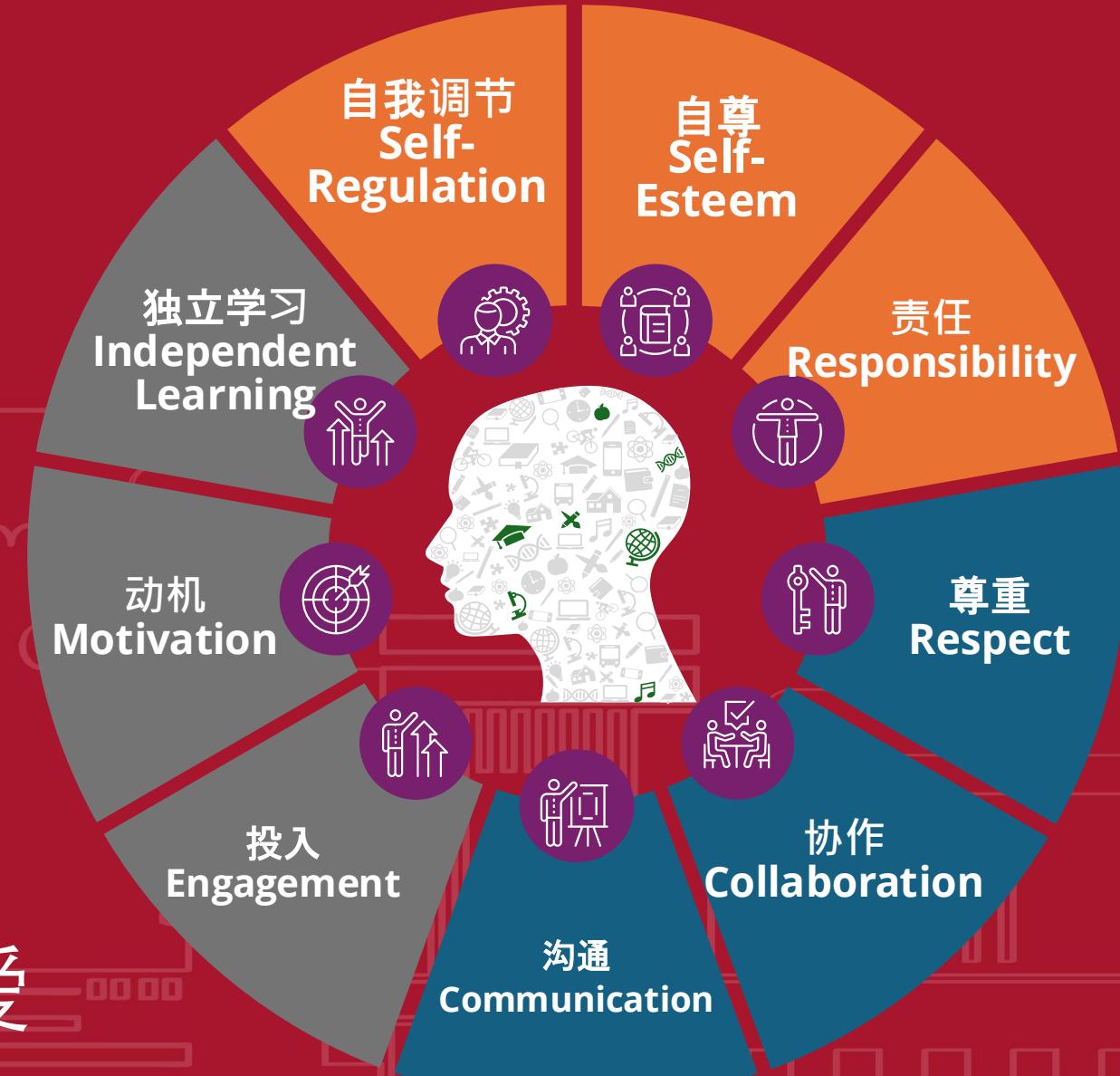
我们的特质： 黄金十项

OUR PROFILES: THE GOLDEN 10



培养对学习的热爱

Foster a Love of Learning





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黄金十项

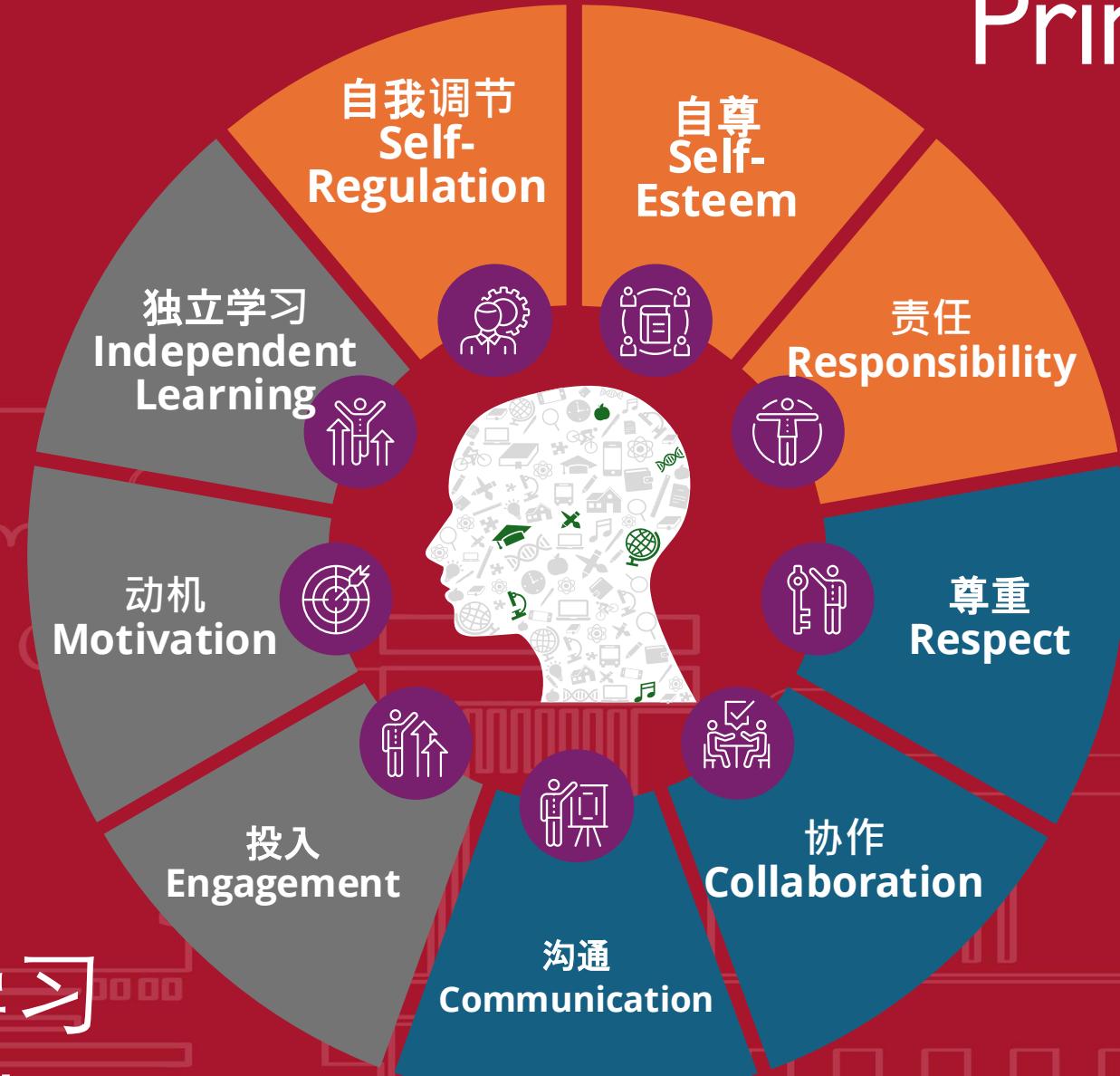
OUR PROFILES:
THE GOLDEN 10



保持好奇，终身学习

Curiosity and Lifelong Learning

Primary





小学阶段学习者 特质概览

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**: 我在学习中做出选择, 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。

Summary of Primary Learner Profiles

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.



- 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。
- 鼓励自尊:** 我认可并庆祝学校社区内的成就与努力。
- 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。
- 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。
- 促进合作:** 我组织定期合作会议, 鼓励团队项目的开展。
- 增强沟通:** 我提供定期更新, 并保持畅通的沟通渠道。
- 参与教学领导:** 我积极参与并支持教学与学习过程。
- 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。
- 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。
- 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。

- Promote Emotional Regulation:** I model and support emotional regulation among staff and students through professional development.
- Encourage Self-Esteem:** I recognize and celebrate achievements and efforts within the school community.
- Demonstrate Responsibility:** I set clear goals and ensure accountability in achieving them.
- Model Respect:** I practice active listening and ensure everyone's voice is heard and valued.
- Foster Collaboration:** I facilitate regular collaborative meetings and encourage team-based projects.
- Enhance Communication:** I provide regular updates and maintain open lines of communication.
- Engage in Instructional Leadership:** I actively participate in and support the teaching and learning process.
- Motivate Learning and Achievement:** I set high expectations and provide the necessary support to achieve them.
- Support Independent Learning:** I offer opportunities for professional development and continuous learning for staff.
- 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。

家长特质概览

Summary of Parent Profiles

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：在家中进行深呼吸或安静反思。
- 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！”）。



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）。



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。



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。

5 激发好奇心 与学习

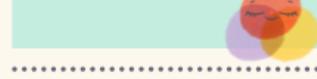
- 共同探索：一起参与动手活动（如：烘焙、园艺或简单实验）。
- 设定小目标：为学习设定小而可达成的目标，并庆祝进步（如：“我们一起数到10吧！”）。

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.



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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