

MIND in the Making

The Seven Essential Life Skills Every Child Needs

Life Skill That Promotes Executive Function (EF): Perspective Taking

Perspective Taking goes far beyond empathy. It involves **figuring out what others think and feel** and forms the basis for children's understanding of the intentions of their parents, teachers and friends. Children who can take the perspectives of others are also much less likely to get involved in conflicts.

Suggestions for Promoting Perspective Taking for Ages 6-8

Tip:

You can talk with your child about how it would feel if something he or she wore came to life:

- “What would it feel like if your hat or t-shirt or pajamas talked?”

Skill:

You are promoting Perspective Taking when you help your child think about how it might feel if his or her clothes could talk. This back and forth conversation between you and your child is what researchers call “**serve and return**.” Like a game of ball, one of you says or does something (serves) and the other responds (returns). The importance of these everyday interactions to brain building is a key finding from child development research.

Tip:

You can use the poems in this book to pretend that familiar objects have thoughts and feelings. You can ask your child what his or her shoes or swimsuit might say. Turn this into a back and forth conversation between your child's clothes and your child.

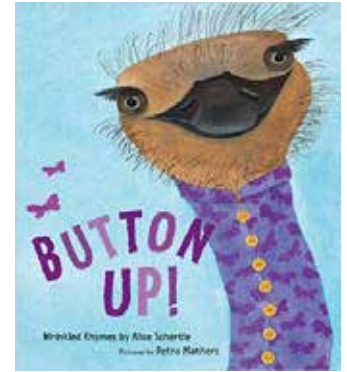
Skill:

Perspective Taking includes **understanding how others think and feel, even pretending about everyday objects**. When your child pretends, he or she has to put his or her own feelings aside, which calls on **Executive Function** skills.

Button Up!

By Alice Schertle

In *Button Up!*, the clothes we wear come to life and express themselves in clever verse.



High-quality books and educational resources from First Book supporting research-based Life Skills from *Mind in the Making* by Ellen Galinsky



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You will notice that these tips promote two child development principles: **Serve and Return** and **Executive Function** skills.

Serve and Return, like a game of ball, involves a back and forth conversation between you and your child where you listen, then build on and extend what your child says or does to promote learning.

Executive Function skills are skills you use to manage your attention, your feelings, your thoughts and your behavior to reach your goals.

They include being able to pay attention, remember information, think flexibly and exercise self control.

Find more about *Mind in the Making* at www.mindinthemaking.org.