

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 3-5

TIP:

The minnow offers a great illustration of how others have different perspectives when he imagines frog's descriptions of birds, cows and people as fish-like creatures. You can explore this concept with your child by asking:

- "Have you ever had an idea about something before you saw it? What were your ideas?"
- "How was the real thing different or the same as your ideas?"

SKILL:

Perspective Taking involves **learning that others may have different knowledge than you do**. To learn this, you have to **put aside what you know and take the perspectives of others**, which calls on **Executive Function** skills.

TIP:

A central concept of *Fish is Fish* is that we sometimes want what other people have. The minnow wanted to go on land like the frog, but when he does, he discovers he can't breathe there. When the minnow returns to the water, he discovers that his world "was certainly the most beautiful of all worlds."

Ask your child if he or she has ever had similar experiences.

SKILL:

By talking about wanting what others have, you will help children learn about the perspectives of others.

TIP:

You can ask your child:

- "Why couldn't the fish breathe on land?"
- "Are there things you can do that others can't? How does that make you feel?"

SKILL:

Perspective Taking includes **learning that others can do things that you can't**.

Fish is Fish

By Leo Lionni

When Fish's best friend, Tadpole, sprouts legs, ventures onto land and comes back with glorious descriptions, Fish yearns to see for himself. Quickly, he discovers that "frog is frog and fish is fish," and as a fish, the pond is the best place for him.



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.