

# 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 prompt your child to think about how the characters in the book might feel:

- “How do you think the girl felt when the stepmother tricked her by being nice then turned mean once she married her father? Why do you think the stepmother acted that way? Have you ever been tricked? How did that feel?”

#### Skill:

Perspective Taking includes being able to **understand why people behave as they do and how their behavior affects others**. Talking about what underlies the behavior of characters in books promotes **Executive Function** skills.

#### Tip:

Ask your child to pay careful attention to how the story changes when it is told in different countries, noticing the details, such as the glass slippers (in France) becoming sandals of gold (in Iraq).

- “How do the girl's clothes change in different countries?”

Despite the fact that the story unfolds in different countries and cultures, the plot continues.

Ask your child:

- “How did the girl manage when she didn't have enough to eat or a good place to sleep?”
- “Why do you think the animals helped her?”

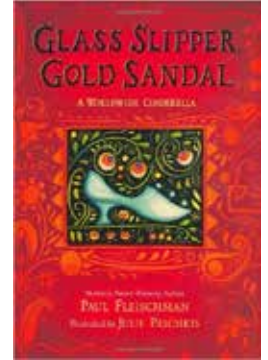
#### Skill:

When you help your child understand others' attitudes and motivations, you are helping him or her learn to see the perspective of others. This back and forth conversation you have with your child about the book 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.

## Glass Slipper, Gold Sandal

By Paul Fleischman

*Glass Slipper, Gold Sandal* is the much-loved Cinderella story told through the traditions of many different lands.



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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[www.fbmarketplace.org](http://www.fbmarketplace.org).

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](http://www.mindinthemaking.org).