

SEVEN ESSENTIAL LIFE SKILLS Skill Building Book Tips

You can read *Goodnight Moon* in a way that highlights Focus and Self Control, a Life Skill that promotes Executive Functions. Children need this skill in order to achieve their **goals**, especially in a world that is filled with distractions and information overload. It involves **paying attention, remembering the rules, thinking flexibly and exercising self control.**

Tip:

As you read each page of *Goodnight Moon*, point to the objects named in the story (the red balloon, two little kittens) and ask your child to point after you.

Skill:

When you invite your child to find the objects, you are helping your child learn to **pay close attention** to the details in the pictures, which calls on **Executive Function** skills. The back and forth interaction you have with your child in reading this book is what researchers call "**Take-Turns Talk.**" Like a game of ball, one of you says or does something and the other responds. The importance of these everyday interactions to brain-building is a key finding from child development research.

Tip:

After the opening of the book, there is a tiny mouse on all of the pages with pictures in color. See if your child can find and point to the mouse. If not, point the mouse out to your child.

Skill:

Your child will not only have to pay attention to find the mouse, he or she will also have to use the skill of **self control** to select the mouse in the midst of everything else happening in the picture.

Tip:

Once your child has heard *Goodnight Moon* a number of times, stop before words that rhyme. Can your child remember that after "Goodnight, kittens" is "Goodnight, mittens?" You can help your child remember by pointing to the relevant pictures.

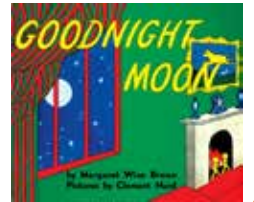
Skill:

When you play the rhyming and remembering game, you are not only helping your child learn to **listen carefully to the sound of words**, you are also promoting his or her **working memory**, an important aspect of Focus and Self Control.

Goodnight Moon

By Margaret Wise Brown

In this classic bedtime story, a rabbit says goodnight to what's in the room, from "Goodnight, moon" to "Goodnight, nobody" finally to "Goodnight, noises everywhere." The mesmerizing cadence of the rhymes and the clever details in every picture form a reassuring and calming end of the day tradition for children and adults alike.



These tips sheets were developed by *Mind in the Making*, in collaboration with First Book. *Mind in the Making* and *Vroom* are programs of the Bezos Family Foundation. Find more books and materials on the First Book Marketplace, a resource available exclusively to educators and programs serving children in need. Visit: www.fbmarketplace.org.

