

SEVEN ESSENTIAL LIFE SKILLS Skill Building Book Tips

You can read *Head, Shoulders, Knees and Toes* 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:

While reading the book to your child, you can point to your head and say:

- “Here’s my head. Where’s your head?”

Then point to the child’s head:

- “There’s your head!”

Wait for your child’s response and respond back.



SKILL:

Focus and Self Control includes **paying attention**, which calls on **Executive Function** skills. Also, this back and forth interaction 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:

For children who are beginning to remember and understand words, you can let them point first and you follow their lead.

You can ask:

- “Where are your toes?” and “Where are my toes?”



SKILL:

Asking questions is a good way to be interactive and help children **pay attention**.



TIP:

You can encourage your child to point to the part of the body named in the book first and then do the action.



SKILL:

This activity requires **memory**. Focus and Self Control includes **remembering information so that you can use it**.

Head, Shoulders, Knees and Toes

By Annie Kubler

This cheerful board book engages young children’s minds and bodies. It introduces them to a classic song while teaching them several parts of the body. Use it to get little ones up and moving!



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.

