

# SEVEN ESSENTIAL LIFE SKILLS

## Skill Building Book Tips

You can read *Are You Ready To Play Outside* in a way that highlights Perspective Taking, a Life Skill that promotes Executive Functions. This Life Skill 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.



### TIP:

You can ask your child questions about the characters:

- “Why do you think Piggie doesn’t like rain and Gerald the Elephant does?”



### SKILL:

Perspective Taking includes **figuring out what others feel and think**. To do so, you have to **put aside your own feelings and thoughts**, which calls on **Executive Function** skills.



### TIP:

Ask your child questions about the character's actions and motivations:

“How did Gerald the Elephant help Piggie? Why did he do so?”



### SKILL:

Perspective Taking includes **understanding others**.



### TIP:

Ask your child about what the characters learned from their experiences in the book.

You can talk with your child about how Piggie's views change:

- “Remember when Piggie first asked, ‘How can anyone play outside with all of this rain!?!’ Then he saw the worms enjoying the rain. What did Piggie learn from the worms?”
- “Why do you think the worms were happy about the rain and Piggie wasn’t?”



### SKILL:

Perspective Taking involves the self control to **put aside your own assumptions in order to understand the viewpoints of others and how they change through experience**.

## Are You Ready to Play Outside?

### By Mo Willems

In this hilarious award-winning book, Gerald (an elephant) and Piggie (a pig) think the rain has ruined their plans, until they learn that, to others, wet weather is big fun.



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**TIP:**

The writer and illustrator of this book, Mo Willems, suggests that children can read this book like a play.

**SKILL:**

**Pretending to be different characters helps children learn to take the perspectives of others.** Children will enjoy opportunities to act out this book.

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**MIND** in the Making  
The Seven Essential Life Skills Every Child Needs