

SEVEN ESSENTIAL LIFE SKILLS

Skill Building Book Tips

You can read *Knuffle Bunny* in a way that highlights Taking on Challenges, a Life Skill that promotes Executive Functions. Life is full of stresses and challenges. Children who are willing to **take on challenges** (instead of avoiding them or simply coping with them) do better in school and in life.



TIP:

Ask your child:

- “How does Trixie feel when she realizes that Knuffle Bunny is missing?”

You can also ask children if they noticed that Knuffle Bunny was missing before Trixie comes to this realization. Here’s a hint: you can see the bunny in the window of the washing machine.



SKILL:

Taking on Challenges **elicits many different emotions and presents opportunities for children to learn to manage them.**



TIP:

You can ask your child:

- “What were some things Trixie did when she was challenged with trying to tell her daddy about the missing Knuffle Bunny? What else might she have done? What did her daddy do to try to find the bunny?”



SKILL:

Taking on Challenges involves **finding ways to deal with challenging times. Sometimes it takes trying many different strategies**, which Trixie did when she tried to communicate without words. When you communicate with your child about this story, the back and forth conversations you have 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:

You can talk with your child about how important Knuffle Bunny is to Trixie, and that’s why she tried so hard to tell her Daddy without words that her bunny is missing.



SKILL:

Having a goal is important to Taking on Challenges. **Executive Function** skills are driven by goals.

Knuffle Bunny

By Mo Williams

Hilarious and relatable, *Knuffle Bunny* is the story of a pre-verbal toddler—who loses a beloved toy and throws an award-worthy tantrum and her father, who has no idea what she’s upset about. It’s a very funny story about universal experiences and feelings.



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TIP:

This story can serve as an example of how challenging times offer opportunities to grow. It is through dealing with this situation that Trixie learns to say her first words. You can be a role model in helping your children learn this too by sharing a story about something that was challenging to you and the strategies you used to deal with it.



SKILL:

Children learn about Taking on Challenges **through examples and role models.**

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