

MIND in the Making

The Seven Essential Life Skills Every Child Needs

Executive Function Life Skill: 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

TIP:

You can help children understand the differences between themselves and the animals in this book.

For example, you can ask:

- “How do the eyes of a giant squid compare with your eyes? The eyes of a cat?”
- “What difference do you think it would make to have eyes of different sizes?”

SKILL:

Perspective Taking involves **understanding not just others' thoughts and feelings, but also their physical characteristics.**

TIP:

You can ask your child:

- “Why do you think that each animal in the book is the size it is?”
- “Why do you think we are the size we are?”

SKILL:

Perspective Taking includes **figuring out why others act the way they do.** To do so, you have to **put aside what you know and feel and take the perspectives of others,** which call on **Executive Function** skills.

Actual Size

By Steve Jenkins

Just how big is a gorilla's hand or a giant squid's eye? This superb nonfiction book shows readers the full scale of the animal kingdom, inviting observations and comparisons while sparking curiosity about the natural world.



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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You will notice that these tips promote two child development principles: **Serve and Return** and **Executive Function** skills.

Serve and Return, like 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 Families and Work Institute's *Mind in the Making* at www.mindinthemaking.org.