

# SEVEN ESSENTIAL LIFE SKILLS

## Skill Building Book Tips

You can read *Are You My Mother?* in a way that highlights Critical Thinking, a Life Skill that promotes Executive Functions. This Life Skill is the ongoing search for **valid and reliable knowledge to guide beliefs, decisions and actions.**



### TIP:

You can ask questions that will help your child make predictions or come up with theories to predict what causes different things to happen. For example, you can ask:

- “What do you think it means when the egg jumps?”
- “What do you think will happen if the baby bird leaves the nest without his mother?”



### SKILL:

Critical Thinking promotes **cause and effect thinking**, which calls on **Executive Function** skills.



### TIP:

As the baby bird encounters each animal and object, you can ask your child if he or she thinks it is the baby bird’s mother, and ask why or why not.



### SKILL:

The baby bird uses **problem solving**—an aspect of Critical Thinking—to try to find his mother, but because he has just hatched, he doesn’t have very much prior knowledge and has to rely on information from the other animals and objects.



### TIP:

Ask children to share an experience of losing something and trying to find it. Once they tell their story, ask them what clues they used. What worked for them in finding the lost person or object?



### SKILL:

Helping children **analyze their problem-solving process** and how well it worked helps them become more adept at Critical Thinking.

## Are You My Mother?

By P.D. Eastman

After he falls from his nest, a confused baby bird asks everyone he meets (a dog, a plow, an airplane and more) if they’re his mother until (hooray!) he finds her. This charming story of identity and belonging is also available in a bilingual edition.



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