

SEVEN ESSENTIAL LIFE SKILLS

Skill Building Book Tips

You can read *Head To Toe* in a way that highlights Self-Directed, Engaged Learning, a Life Skill that promotes Executive Functions. It is through learning that we can realize our potential. As the world changes, so can we, for as long as we live—as long as we learn.

Principles of Self-Directed, Engaged Learning

- Establish a trustworthy relationship with your child.
- Help children set and work toward their own goals.
- Involve children socially, emotionally and intellectually.
- Elaborate and extend children’s learning.
- Help children practice, synthesize and generalize.
- Help children become increasingly accountable.
- Create a community of learners.



TIP:

When reading this book, try each movement with your child. For example, when you and your child turn your heads, ask your child if she or he can turn to one side and then the other. Or you can ask your child to suggest other movements for you to imitate.



SKILL:

Studies show that children are most likely to **remember what they’ve learned when they have first-hand experiences**—not by just listening. 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:

From Head to Toe offers many things to do together that are joyful and that promote **Executive Function** skills.



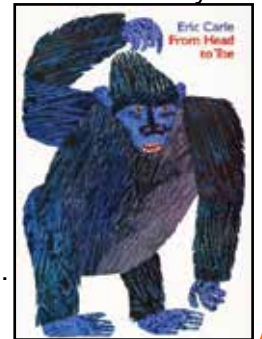
SKILL:

Involving children socially, emotionally and intellectually happens when children are having fun.

From Head to Toe

By Eric Carle

This wonderful interactive book gets children up and moving as they imitate the motions of favorite animals and respond to “Can you do it?” with “I can do it!” They’ll stomp, bend, wiggle and giggle their way to greater health and confidence.



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.

