

SEVEN ESSENTIAL LIFE SKILLS

Skill Building Book Tips

You can read *I Can Do It Too!* 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:

Play along with your child, going back and forth as you read, copying the actions in the book.



SKILL:

Self-Directed, Engaged Learning is built upon **trustworthy relationships** and **positive interactions**. Even if your child is too young to do the actions that the book describes, you can point out what she or he can do.



TIP:

Add new actions to the story. For example, you can say to your child:

- “I can touch my nose. Can you?”

Once your child touches his or her nose, then respond by saying, “You can do it too!” Continue with more actions and ask your child to suggest things for you to do that he or she copies.



SKILL:

Self-Directed, Engaged Learning includes **elaborating and extending on what children do**. Pay attention to what your child is most interested in and can do. Include those in the back and forth actions you create, based on this story. This 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.



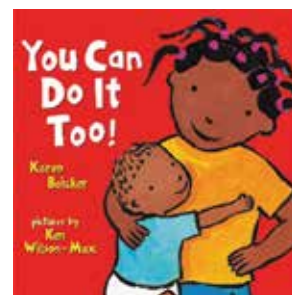
TIP:

Look for something in the book that your child would like to learn. You can practice it with him or her and use the encouraging words from the book.

I Can Do It Too!

By Karen Baicker

I Can Do It Too! shares a child's joy in being able to do things that her family members can do—like pour juice, get dressed and kiss “ouches” goodbye. It is a tribute to what it feels like to become more independent.



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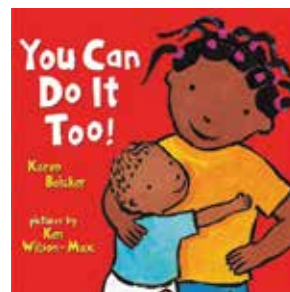
▶ SKILL:

Self-Directed, Engaged Learning is promoted when we help children **practice what they know and work toward new goals**. **Executive Function** skills are driven by goals.

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