

SEVEN ESSENTIAL LIFE SKILLS

Skill Building Book Tips

You can read *My Five Senses* 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:

This book is a great way to teach children about their bodies and how to become more aware of what's around them.

There are many opportunities to involve your child with the activities in this book. When the child in the book says: "I see with my eyes," you can ask:

- "What is that child seeing? What do you see now?"



SKILL:

One of the principles of Self-Directed, Engaged Learning is **involving children socially, emotionally and intellectually**, which is likely to happen when children **use many different senses**.



TIP:

You can ask your child what he or she most likes to smell, to taste, to see, to hear and to touch.



SKILL:

Another principle of promoting Self-Directed, Engaged Learning is to **elaborate and extend what children do**.



TIP:

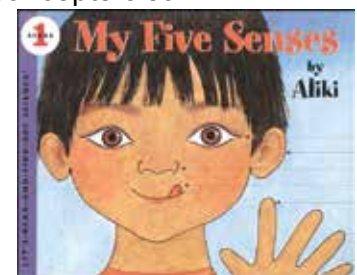
As your child goes through his or her day—dressing, eating, playing, taking a bath, etc.—you can ask:

- "How many senses are you using? Which ones?"

My Five Senses

By Aliko

Aliko explains the human body's five senses in this picture book with sparse text and gentle illustrations. Caregivers can appreciate the real world examples and use of repetition to make concepts clear.

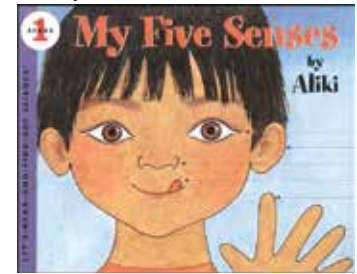


 **SKILL:**

Still another principle of promoting Self-Directed, Engaged Learning is helping children **practice, synthesize and generalize**, thus using **Executive Function** skills. This back and forth conversation you have about this book 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.

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