

SEVEN ESSENTIAL LIFE SKILLS

Skill Building Book Tips

You can read *Press Here* 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:

You can make this book fun by following the directions either before or after your child, taking turns and learning from one another.



SKILL:

Self-Directed, Engaged Learning is being **involved socially, emotionally and intellectually**. When you read the book with your child, taking turns, you are serving as a role model of a learner and involving him or her in ways that will promote **Executive Function** skills.



TIP:

There are a number of puzzles in the book. Ask your child to guess what will happen next. For example, you can say to your child:

- “After rubbing the yellow dot on the left and it turns to red, what do you think will happen when you rub the yellow dot to the right?”
- “What do you think will happen when you tap on the dots five times?”
- “How can you figure out which dots have switched places?” You can give your child a hint by figuring out the pattern of dots two pages before.



SKILL:

By helping your child **ask and answer questions**, you are promoting your child's engagement in learning. 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.

Press Here

By Herve Tullet

Press Here is an inventive concept—an interactive page-turner of a book where the child's actions lead to changes in the patterns of dots on each page.



SEVEN ESSENTIAL LIFE SKILLS

Skill Building Book Tips



TIP:

As you read *Press Here*, talk about the concepts he or she may not know or may not know yet, like left and right. Give your child hints on how to remember these concepts, such as: “Make an L with your finger and thumb on your left hand.”



SKILL:

Helping your child **elaborate and extend what he or she knows and transfer this knowledge to new situations** is fundamental to learning.

Press Here

By Herve Tullet

Press Here is an inventive concept—an interactive page-turner of a book where the child’s actions lead to changes in the patterns of dots on each page.



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.



For more ways to help your child learn and develop, visit
mindinthemaking.org and vroom.org

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