

# SEVEN ESSENTIAL LIFE SKILLS

## Skill Building Book Tips

You can read *Where's Spot?* 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 fun-filled book of lifting flaps that reveal surprising animals hiding in everyday places is all based on the goal of finding Spot.



#### SKILL

One of the principles of promoting Self-Directed, Engaged Learning is helping children **set and then work toward goals**. **Executive Function** skills are driven by goals.



#### TIP:

You can play a similar game with your child, saying: "Where are you? There you are!" As your child gets older, you can make the game more difficult.



#### SKILL

Another principle of promoting Self-Directed, Engaged Learning is to **elaborate and extend what children do**. *Where's Spot?* is based on the game of hide and seek. The "Where are you? There you are!" 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:

This book is about a **trustworthy relationship**—a mother dog searching for her puppy to make sure he eats dinner. You can talk about all of the ways that families take care of their babies.



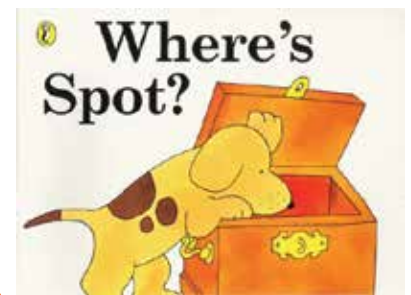
#### SKILL

Another principle of promoting Self-Directed, Engaged Learning is establishing a **trustworthy relationship** with your child.

### Where's Spot?

By Eric Hill

Spot is a curious puppy, eager to explore his world. Young children can lift the flap on each page to find Spot, learning new descriptions and hiding places as they turn the pages.



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](http://www.fbmarketplace.org).



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