



**Welcome**

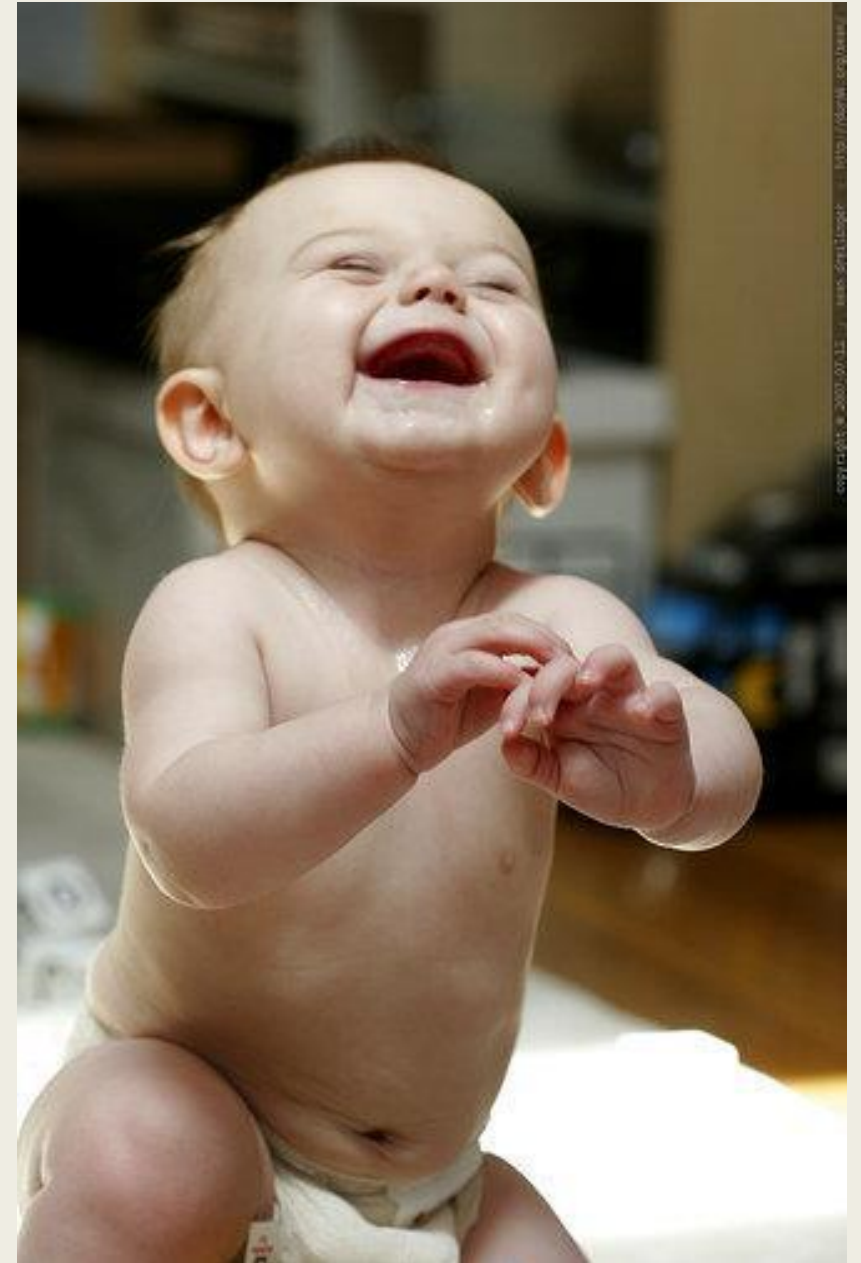


SEVEN ESSENTIAL LIFE  
SKILLS EVERY CHILD  
NEEDS

*Mind in the Making*  
*Ellen Galinsky*



# Let's get an overview of Executive Function



# Focus and Self Control

- Paying attention
- Remembering the rules
- Thinking flexibly
- Staying on task
- Exercising self control



How can I support focus and self control?



# Perspective Taking



- Listening
- Seeing things as others would see them
- Determining what others think and feel

# How can you support perspective taking ?



# Communicating

The skill of determining what one wants to communicate and realizing how our communication will be understood by others





How do we promote communicating?



# Making Connections



- ❑ Making connections is fundamental to learning!
- ❑ Determining what is the same, different, and sorting into categories
- ❑ Symbolic representation

How can you support making connections?



# Critical Thinking

The on-going search for valid and reliable knowledge to guide beliefs, decisions and actions.



How can you support critical thinking?



# Taking on Challenges



- Deal with experiences and events positively
- Learn how to deal proactively with challenges
- Trying something hard
- Learning from mistakes
- Not giving up/persistence

Take a moment to consider...

*A childhood that had no stress in it  
would not prepare you for  
adulthood.*

*- Megan Gunner*

# How do you support children in taking on challenges?





# Self-Directed Engaged Learning

- ❑ It is through self-directed learning that we take the responsibility and initiative for seeking knowledge and skills
- ❑ Through engaged learning that we keep a passion for learning in our own lives.



# How do you support children in becoming Self-Directed, Engaged Learning



# Resources

- Book – *Mind in the Making*
  - Website – [MindintheMaking.org](http://MindintheMaking.org)
    - *Skill Building Book tips*
    - *Skill Building Moments*
- App – [vroom.org](http://vroom.org)  
*follow on Facebook*

Let's pull it all together – and let it fly

