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
  – Skill Building Book tips
  – Skill Building Moments
App – vroom.org
  follow on Facebook
Let’s pull it all together – and let it fly