

Skill-Building Book Tips

7 Essential Life Skills

Explore *Head, Shoulders, Knees and Toes* in a way that highlights Focus and Self Control, a Life Skill that promotes Executive Functions. Children need this skill in order to achieve their **goals**, especially in a world that's filled with distractions and information overload. It involves **paying attention**, **remembering the rules**, **thinking flexibly** and **exercising self control**.

Tip

While reading the book to your child, you can point to your head and say:

- “Here’s my head. Where’s your head?”

Then point to the child’s head:

- “There’s your head!”

Wait for your child’s response and respond back.

Skill

Focus and Self Control includes **paying attention**, which calls on **Executive Function** skills. Also, 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.

Tip

For children who are beginning to remember and understand words, you can let them point first and you follow their lead.

You can ask:

- “Where are your toes?” and “Where are my toes?”

Skill

Asking questions is a good way to be interactive and help children **pay attention**.

Tip

Encourage your child to point to the part of the body named in the book first, then do the action.

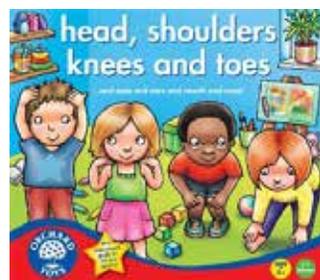
Skill

This activity requires **memory**. Focus and Self Control includes **remembering information so that you can use it**.

Head, Shoulders, Knees and Toes

By Annie Kubler

This cheerful board book engages young children’s minds and bodies. It introduces them to a classic song while teaching them several parts of the body. Use it to get little ones up and moving!



These tips sheets were developed by *Mind in the Making*, in collaboration with First Book. 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**.