

# Skill-Building Book Tips

## 7 Essential Life Skills

Discover and share *Wilma Unlimited* in a way that highlights Focus and Self Control, a Life Skill that promotes Executive Functions. Children need this skill 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

The book says that Wilma began running and jumping as soon as she learned to walk. Moving was a strength of hers from early on. Ask your child to think about his unique strengths and interests. Then ask him to think about how he can use these strengths to achieve a goal, even if challenges arise along the way.

### Skill

Focus and Self Control is promoted when **we build upon our strengths and have meaningful goals. Executive Function** skills are driven by goals.

This back-and-forth conversation you have about your child's unique strengths, interests and goals 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

Ask him what helped Wilma become the fastest runner in the Olympics. For example, after she was stricken with polio, she wanted to be able to go school with everyone else. So, she worked hard and practiced walking even though nobody thought she'd be able to move around without a brace. When she took off her brace and walked into church, she "took her mind off her knees by concentrating on taking another breath, and then another."

### Skill

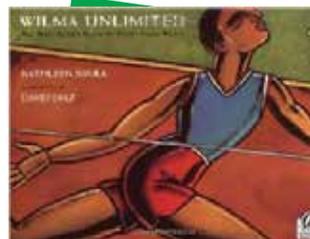
When you ask your child to reflect on Wilma's experiences, you're helping him see how empowering it can be to **set goals and concentrate on achieving them**.

### Tip

Make a list of strategies your child can use to work toward a goal he or she cares about. These strategies could include setting up practice time, getting help from others, positive self-talk, taking his mind off problems, using the "power of concentration," and remembering the goal.

### **Wilma Unlimited** By Kathleen Krull

*Wilma Unlimited* tells the inspiring true story of how Wilma Rudolph overcame many odds—from being the "sickliest child" in her hometown with a variety of illnesses, including polio, to becoming the world's fastest runner and winning three Olympic Gold Medals.



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### Skill

Achieving goals depends on using specific **strategies**, especially if there are challenges. When you make a list of strategies with your child, you're promoting the skill of Focus and Self Control.

This back and forth conversation about strategies 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.

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

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