

Skill-Building Book Tips

7 Essential Life Skills

Discover *Polar Bear, Polar Bear, What Do You Hear?* in a way that highlights Perspective Taking, a Life Skill that promotes Executive Functions. This Life Skill goes far beyond empathy. It involves **figuring out what others think and feel** and forms the basis for children's understanding of the intentions of their parents, teachers and friends. Children who can take the perspectives of others are also much less likely to get involved in conflicts.

Tip

This book provides a great opportunity for children to learn that different animals make different sounds. With very young children, imitate the sounds the animals, such as roaring, snorting and hissing. When your child learns the words and sounds of this book, ask her to make the sound with you. You can also say the word "roaring," and ask your child to make the sound.

Skill

Perspective Taking involves **understanding the perspectives of others**, including what they sound like. To take the perspectives of others, **you must put aside your own thoughts and feelings**, which calls on **Executive Function** skills.

The back-and-forth interaction you have with your child in sharing this story 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

On the last page of the book, kids pretend to be the animals. Have your child pretend, too.

Skill

Pretending is an important way children learn to take the perspectives of others.

Tip

After you have read this story, use the refrain in your everyday life, saying to your child: "[Your child's name, your child's name], what do you hear?"

Have her listen for all of the different sounds around her, like the sounds of birds, honking horns, etc.

Skill

Perspective Taking is promoted by **asking questions, imitating and repeating**.

Polar Bear, Polar Bear, What Do You Hear?

**By Bill Martin, Jr.
and Eric Carle**

A masterful book and noisy trip to the zoo! Polar Bear says he hears a lion roaring. Lion says he hears a hippo snorting. As the perspective shifts from animal to animal, children chime in, practice animal sounds and make predictions.



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.**