# Skill-Building Book Tips 7 Essential Life Skills

Discover *Horton Hears A Who* in a way that highlights Taking on Challenges, a Life Skill that promotes Executive Functions. Life is full of stresses and challenges. Children who are willing to **take on challenges** (instead of avoiding them or simply coping with them) do better in school and in life.

## Tip

Ask your child:

• "How does Horton feel when no one believes that there are small persons on a speck of dust? How does he cope with his feelings?"

#### Skill

Taking on Challenges elicits lots of emotions and presents opportunities for children to learn to manage them.

## Tip

Ask your child:

- "What does Horton do to try to save Who-ville?
  How does he deal with the taunting and actions
  of others who endanger Who-ville: the exhausting
  journey in following the black-bottomed bird that'
- 'tattered his toenails and battered his bones,' the search in the patch of clovers 'a hundred miles wide,' and his own capture? What keeps him going?"

Ask your child what would keep him going if he was in Horton's place.

#### Skill

Taking on Challenges involves finding ways to deal with challenging situations.

## Tip

Ask children if they find the refrain in this book ("A person's a person, no matter how small") inspiring. Can they think of another time when "special words" helped them or others respond to challenge? What were those words?

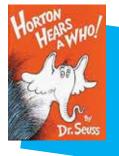
#### Skill

**Having a goal** is important to Taking on Challenges. **Executive Function** skills are driven by goals. Talk with your child about how important it is to Horton to save Who-ville.

#### **Horton Hears A Who!**

By Dr. Seuss

Horton the elephant may be large, but he cares deeply about those who are not—even organisms that are too small to see. In this Dr. Seuss classic, Horton struggles to protect his tiny friends from harm. After all, "a person's a person, no matter how small."





## Tip

Ask children how they feel about the different characters in the book and what they learned from them.

### Skill

Children learn about Taking on Challenges through role models. This story can serve as a role model: Horton is a role model. So is the Mayor. And so is the smallest person in Whoville, Jo-Jo, who is first described as a shirker but comes through in the end. You are a role model, too.

Share a story about something that was challenging to you and the strategies you used to deal with it.

# Tip

Ask your child:

- "What did Horton do when the bird said he would fail?"
- "What did Horton do when he was caged?"

## **■** Skill:

Taking on Challenges requires what has been called a **growth mindset** by researchers. This means **that we believe we can continue to learn and can tackle difficult situations.** This can be promoted by praising children's effort and strategies, not their personalities.

**Pointing out specific actions helps children see that believing in yourself** can be a source of strength in Taking on Challenges.

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