

Skill-Building Book Tips

7 Essential Life Skills

Jump into *My Truck Is Stuck!* 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

It's important to ask for help when we need it. Comment on this to your child:

- “That was a good idea for the truck driver to ask for help.”

Skill

Taking on Challenges often involves asking for help.

Tip

Point out that the truck driver and all of the other helpers keep trying to reach their goal of getting the truck unstuck.

Skill

Taking on Challenges includes believing that we can do things even when they are hard. Executive Function skills are driven by goals.

Tip

You can acknowledge the helpful characters in the story by saying to your child:

- “Wow, they're really trying to help the stuck truck go.”

Skill

Taking on Challenges involves having others be helpful to us.

Tip

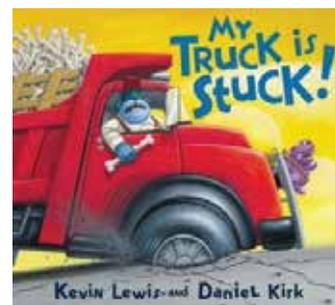
The book concludes with the truck getting unstuck—being pulled out of the hole. Ask your child:

- “What happened to the bones the truck was trying to deliver?” You can go back and look at the pictures of the bones to answer that question.

My Truck is Stuck

By Kevin Lewis and Daniel Kirk

With rhyming text and bright illustrations, young children and their caregivers will enjoy finding out just how stuck one big red dump truck can be. As more and more passing travelers pitch in to help, readers will appreciate the subtle plot twists and counting lessons.



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Skill

This back-and-forth conversation you have with your child 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

You may want to share a time you asked for help or recall a time when your child needed help to do something challenging.

Skill

This gives young children ideas about how to take on challenges and promotes this skill.

Tip

As you read the story, enjoy the rhymes.

Skill

Rhyming promotes the skill of Communicating. Thinking of words that sound like other words promotes the skill of Making Connections.

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.**