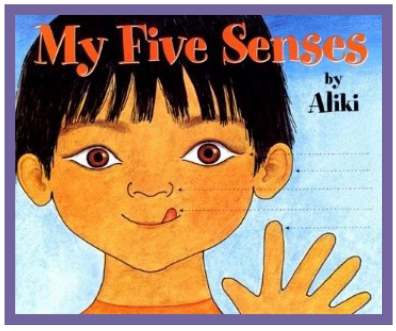
SUNCOAST
The Campaign for GRADE-LEVEL READING

SUNCOAST CAMPAIGN FOR GRADE-LEVEL READING

PRE-K



My Five Senses

By Aliki

ACTIVITY: GUESS WHAT IS IN THE CONTAINER!

SUPPLIES:

- Shoebox (sack or bag)
- Small household items
- A blindfold

DIRECTIONS:

1. Place small items in a shoe box (like a ball, spoon, piece of spaghetti, toothbrush, paper clip).
2. Blindfold your mom/dad/sibling/ grandparent/friend.
3. See if they can use just their sense of touch to identify the items.

Take a pic!

Take a photo of your container and send it along with your name to: connect@gradelevelreadingsuncoast.net

MIND in the Making

The Seven Essential Life Skills Every Child Needs

Executive Function Life Skill: Self-Directed Engaged Learning

It is through learning that we can realize our potential. As the world changes, so can we, for as long as we live—as long as we learn.

- **Establish a trustworthy relationship with your child.**
- **Help children set and work toward their own goals.**
- **Involve children socially, emotionally and intellectually.**
- **Elaborate and extend children's learning.**
- **Help children practice, synthesize and generalize.**
- **Help children become increasingly accountable.**
- **Create a community of learners.**

Suggestions for Promoting Self-Directed Engaged Learning

TIP:

This book is a great way to teach children about bodies and how to become more aware of what's around them.

There are many opportunities to involve your child with the activities in this book. When the child in the book says: "I see with my eyes," you can ask:

- "What is that child seeing? What do you see now?"

SKILL:

One of the principles of Self-Directed Engaged Learning is **involving children socially, emotionally and intellectually**, which is likely to happen when children **use many different senses**.

TIP:

You can ask your child what he or she most likes to smell, to taste, to see, to hear and to touch.

SKILL:

Another principle of promoting Self-Directed Engaged Learning is to **elaborate and extend what children do.**

TIP:

As your child goes through his or her day—dressing, eating, playing, taking a bath, etc.—you can ask:

- "How many senses are you using? Which ones?"

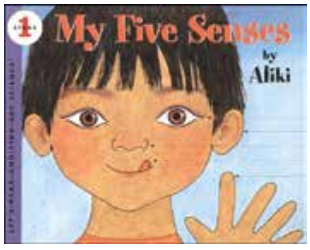
SKILL:

Still another principle of promoting Self-Directed Engaged Learning is helping children **practice, synthesize and generalize**, thus using **Executive Function** skills.This back and forth conversation you have about this book is what researchers call "**serve and return.**" Like a game of ball, one of you says or does something (serves) and the other responds (returns). The importance of these everyday interactions to brain building is a key finding from child development research.

My Five Senses

By Aliki

Aliki explains the human body's five senses in this picture book with sparse text and gentle illustrations. Caregivers can appreciate the real world examples and use of repetition to make concepts clear.



High-quality books and educational resources from First Book supporting research-based Life Skills from *Mind in the Making* by Ellen Galinsky

Find more books and materials on the First Book Marketplace,a resource available exclusively to educators and programs serving children in need.
www.fbmarketplace.org.

You will notice that these tips promote two child development principles: **Serve and Return** and **Executive Function** skills.

Serve and Return, like game of ball, involves a back and forth conversation between you and your child where you listen, then build on and extend what your child says or does to promote learning.

Executive Function skills are skills you use to manage your attention, your feelings, your thoughts and your behavior to reach your goals.

They include being able to pay attention, remember information, think flexibly and exercise self control.

Find more about Families and Work Institute's *Mind in the Making* at **www.mindinthemaking.org.**