

# Skill-Building Book Tips

## 7 Essential Life Skills

Read *The Carrot Seed* in a way that highlights Focus and Self Control, a Life Skill that promotes Executive Functions. Children need this skill in order 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

Talk with your child about all the ways the little boy in the story cared for the carrot seed (pulling the weeds around the seed and sprinkling the ground with water, etc.) and how he kept focused on his goal, even when everyone in his family doubted that the seed would grow.

### Skill

The skill of Focus and Self Control is necessary as you **work toward a goal**. **Executive Function** skills are driven by goals.

### Tip

Ask your child:

- “What did the little boy do to help the seed grow?”
- “How do you think the little boy felt when nothing came up?”

### Skill

An important aspect of **Executive Function** skills is **remembering** information so you can use it in different ways. By asking your child to recall the story, you are building this capacity.

### Tip

Share a story with your child about a time when you used **self control** to work toward a goal that was important to you. Remind the child of a time when she worked toward a goal as well.

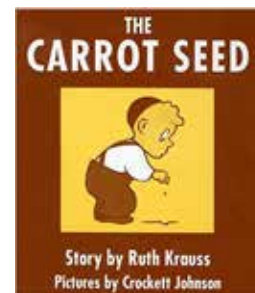
### Skill

It's important for children to understand that working toward a goal takes **time, effort** and **believing you can achieve the goal**.

### The Carrot Seed By Ruth Krauss

Pictures by  
Crockett Johnson

In this heartwarming story, a boy plants and cares for a carrot seed. He's certain it will grow into something wonderful, even when those around him have doubts.



These tips sheets were developed by *Mind in the Making*, in collaboration with First Book. *Mind in the Making* and *Vroom* are programs of the Bezos Family Foundation. 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).

For more ways to help your child learn and develop, visit [mindinthemaking.org](http://mindinthemaking.org) and [vroom.org](http://vroom.org)

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