Skill One: Focus and Self-Control

The Seven Essential Life Skills Every Child Needs

“A learning relationship with a child is a lifetime in the making.” – Ellen Galinsky

Children need this Skill in order to achieve their goals, especially in a world that is filled with distractions and information overload. It involves paying attention, remembering the rules, thinking flexibly, and exercising self-control.

**SUGGESTION:** Promote Focus—Play games that require children to play attention.
For example, guessing games, “I Spy”, puzzles, Red Light/Green Light, and Musical Chairs (p.44-45).

**SUGGESTION:** Promote Cognitive Flexibility—Encourage children to pretend and to make up pretend stories (p. 54).

**SUGGESTION:** Promote Working Memory—Have children make plans, follow the plans and then discuss what they accomplished (p. 56).

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