Skill Two: Perspective Taking

The Seven Essential Life Skills Every Child Needs

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

Perspective taking goes far beyond empathy; it involves figuring out what others think and feel, and forms the basis for children’s understanding of their parents’, teachers’, and friends’ intentions. Children who can take others’ perspectives are also much less likely to get involved in conflicts.

**SUGGESTION:** Help children feel known and understood. To help younger and older children feel known and understood: Repeat back your child’s words or what you think your child is trying to communicate: “You are hungry.”

Describe what you see going on, as if you are a sportscaster: “You threw that ball all the way across the yard!”

Ask a question: “Did you like that book we just read? Why did you like/not like it?”

Let them know you’ve been there: “I know how that feels.”

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by Ellen Galinsky

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