

# SEVEN ESSENTIAL LIFE SKILLS

## Skill Building Book Tips

You can read *Actual Size* in a way that highlights Perspective Taking, a Life Skill that promotes Executive Functions. This Life Skill goes far beyond empathy. It involves **figuring out what others think and feel** and forms the basis for children's understanding of the intentions of their parents, teachers and friends. Children who can take the perspectives of others are also much less likely to get involved in conflicts.



### TIP:

You can help children understand the differences between themselves and the animals in this book.

For example, you can ask:

- “How do the eyes of a giant squid compare with your eyes? What about the eyes of a cat?”
- “What difference do you think it would make to have eyes of different sizes?”



### SKILL:

Perspective Taking involves **understanding not just others' thoughts and feelings, but also their physical characteristics.**



### TIP:

You can ask your child:

- “Why do you think that each animal in the book is the size it is?”
- “Why do you think we are the size we are?”



### SKILL:

Perspective Taking includes **figuring out why others act the way they do.** To do so, you have to **put aside what you know and feel and take the perspectives of others,** which call on **Executive Function** skills.

## Actual Size

**By Steve Jenkins**

Just how big is a gorilla's hand or a giant squid's eye? This superb nonfiction book shows readers the full scale of the animal kingdom, inviting observations and comparisons while sparking curiosity about the natural world.



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