

Habits of Mind at Home



Persistence:

- Parents model sticking to any task until it is finished
- Discuss benefits of persistence with children
- Examples: put together a jigsaw puzzle; build a model; finish homework; read stories that illustrate persistence (clean the garage with a smiling face)

Precision of Language and Thought

- Model using precise language
- Avoid using statements like: "everyone is", "like, you know", "you never..."
- Ask children to clarify if you don't understand



Managing Impulsivity

- Model thinking before speaking or acting
- Make sure others finish speaking before children start talking
- Teach children to STOP-THINK-ACT

Questioning

- Ask children questions
- When children ask questions, rather than answering immediately, ask "What do you think?" "Why do you think that?"



Flexibility of thinking

- Make sure children know there may be more than one right answer to a problem
- Allow children to explore to find a variety of solutions
- Based on gathered information, children can change their minds

Using All the Senses

- Let children draw pictures or graphs to express ideas
- Build models to solve problems
- Dance or move to music
- Participate in sports
- Make children develop an awareness of their senses in real life situations: cooking; walks; listening to music



Checking for Accuracy

- Check homework
- Check backpack
- Pick up toys

Drawing on Past Knowledge and Experience

- Model making connections between the past and present
- Remember when...
- Does this remind you of...
- What do you know about ...already

Listening with Understanding and Empathy

- Model good listening skills: take turns speaking; look at the speaker; nod
- Model asking questions
- Encourage children to practice the same good listening behavior.

Metacognition

- Model thinking aloud so your children can hear how you go about solving problems
- Ask questions about strategies used in thinking e.g. "What do we need to know to answer the questions?"

Creativity

- Model to children that there is more than one way to solve a problem
- Bounce ideas off each other
- Provide opportunities for encouraging creativity

Wonderment

- Model excitement over learning
- Exhibit a genuine curiosity about people, places, things and ideas
- Model an appreciation and an awareness of your environment

