



**Grow
Play
Learn**



School Readiness at Glendale Public Library

Perspective Taking

Perspective Taking refers to a person's ability to consider a situation from a different point of view. It requires you to put yourself in the other person's position and imagine what you would feel, think, or do if you were in that situation.

Introduce New Ideas

- Share your thoughts and feelings. If you are having a bad day, let your child know, emphasizing it is not their fault, and share how you will cope. Ask your child to do the same when having a rough day by expressing their feelings using words.
- Use puppets or stuffed animals, to act out different scenarios (for example, one puppet takes a toy from another). Then, ask what emotions they might be feeling. After labeling the emotion, ask what the puppets should do next to help with handling the feeling.

Provide a New Perspective on Something Familiar

- Roleplay with your child. When children pretend to be doctors, teachers, police officers, grandmas, or puppies, they step into another's role. Encourage them to act out their story, think about how they would feel in a situation, and consider what they would do.
- Play "Can You Imagine?" by taking a regular activity and add a twist! For example, after walking the dog, ask, "Can you imagine walking a pet dinosaur? How would it be different?"

Allow Reflection About Their Thoughts

- Help your child become aware of the effect their behavior has on another person. Following a conflict, talk about how they viewed the conflict, why they had that view, and how they felt during the conflict. Then, do the same for a positive interaction.
- When reading or watching a movie, encourage your child to guess why the characters acted the way they did. Talk about the motivation behind behaviors by linking the behavior or action to an emotion. Then, talk about why the character would have felt that emotion.



Find a list of books that feature Perspective Taking at <http://bit.ly/growplaylearn>

Glendale Main Library	Foothills Library	Velma Teague Library	Heroes Regional Park Library
5959 W. Brown St. Glendale, AZ 85302	19055 N. 57th Ave. Glendale, AZ 85308	7010 N. 58th Ave. Glendale, AZ 85301	6075 N. 83rd Ave. Glendale, AZ 85303

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