

Perspective-Taking

SPARK Resource for Families Jan. 2017

SEL Core Competencies:
Social Awareness

what is perspective-taking?

You respect diverse perspectives, cultures, and races.

Why is perspective-taking challenging?

“You’ll miss
the best
things if
you keep
your eyes
shut.”

-Dr. Seuss

On average, the prefrontal cortex, the region of the brain responsible for higher order thinking skills, is not fully developed until our mid to late 20s. Being able to interpret and understand the perspectives of others is complex and complicated. We often view and understand the actions of other through the lens of our own experiences.

In order for children to develop their ability to understand and respect the perspectives of others, children must be given multiple and diverse opportunities to activate their prefrontal cortex.

What does this mean?

Engage in daily conversations where you and your child have opportunities to discuss complex topics.

what can you do at home?

- when your child has a conflict with another student, teacher, sibling, or friend, encourage your child to consider how the other person in the situation felt.

Online Resources:

- <http://parenttoolkit.com>
- <https://characterlab.org>
- <https://www.psychologytoday.com/blog/the-parents-we-mean-be/201007/how-do-we-help-children-take-other-perspectives-conversation>

Coming Next Month:
Empathy

We Are. We Belong. We Can.