



THINK DIFFERENTLY

SKILLSVILLE STRATEGIES



What are Strategies?

Strategies are tools and techniques that help achieve calmness and concentration to prime the brain to effectively use Success Skills. These skills are **Focus, Think Differently, Organize, Remember, and Feel.**

What is a Child-Friendly Definition of Strategies?

"Strategies are something you do or words you think about to help you understand your thoughts and emotions and respond in a helpful way."

What is Think Differently, and Why is it Helpful?

Think Differently is our ability to think about various ways to solve problems, appropriately adjust to new situations, transition from one task to another, and learn new information. This Success Skill helps children navigate changes and uncertainties with more confidence. By encouraging children to **Think Differently**, caregivers and grownups can help children thrive in diverse environments and new situations.

What is a Child-Friendly Definition of Think Differently?

"Try new things and finding creative ways to solve a problem, or learn from your mistakes and make changes."

When do children struggle with Think Differently?

When they...

- Struggle to find new and creative ways to solve a problem.
 - A child might have a hard time finishing an art project if they run out of paint.
- Find it challenging to determine specific solutions.
 - A child might struggle to solve a puzzle if they think there's only one right solution.
- Have difficulty considering contrasting ideas.
 - A child might find it challenging to understand why some people love the hot summer, and other people prefer the cold winter.
- Encounter challenges in switching activities when plans change unexpectedly.
 - A child might find it difficult to transition from playing outside to playing indoors when it starts to rain.
- Experience trouble comparing things that are different.
 - A child might not be able to identify the similarities between a cupcake and a muffin.

Consider incorporating strategies into your child(ren)'s routine to further enhance the **Think Differently** Success Skill. Strategies can be used in school, at home, and in the community. While all strategies can support Success Skills, the effectiveness of a specific strategy is different for everyone. Experiment with different approaches to find what works best for your child's individual needs.

