Ages: 4-5

I want ice cream - what should I do?



3 min

What to do:

1. When the child wants something (or in the abstract): "You want ice cream. What ways do you have to make that happen?"
2. List the options together: look in the fridge, ask me, go to the store with Dad, make some from yogurt, wait until the weekend.
3. Ask: "And what else? Maybe some unusual way?"

Try this too:

"What if there were no ice cream at all? What would you come up with that's just as cold and sweet?"

On repeat in a month:

"Remember when you wanted ice cream and came up with a bunch of ways? Today we have (a new wish) - what are the ways? How many new ones can you think of?"

What we practised:

"This exercise is about the shift from „I ask" → „I look for a solution myself". Covey called it „proactivity" - skill number one for independence."