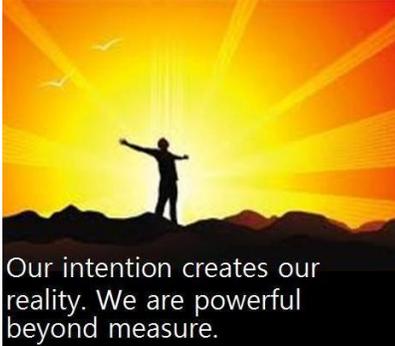


## Why Intentionality Matters

**Intentionality** means to act with purpose and plan to achieve. Children who are intentional think before acting. They consider their choices before choosing. They make a plan before they start a project. Intentional children are competent and effective.

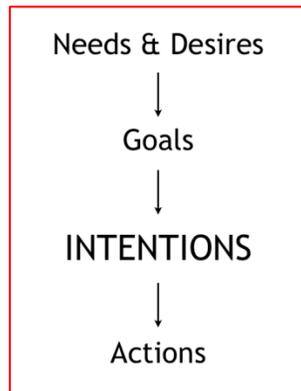


An infant moves a blanket to find a toy underneath, she has a goal and she accomplishes it with an action. Her actions are based on cause and effect. “I want the toy. I move the blanket. I get the toy.”

This is intention.

It is important during the early years to help children set appropriate goals and teach them strategies (tools) that help them achieve their goals.

Children learn by doing. If we achieve goals successfully then we allow them to practice making want children to combine their intentionality. Individuals who are likely to achieve their goals confidence. They are also more others and, therefore, are more



want children to be able to set and need to provide experiences that intentional choices. Ultimately, we self-confidence with their secure in their choices are more because they move forward with likely to inspire the confidence in likely to ask other for help.

### A Child Shows Intentionality When...

- She makes thoughtful choices.
- He considers alternatives.
- She understands the difference in thoughts and actions.
- He finishes work.
- She demonstrates persistence and determination.
- He acts with confidence.

### An Intentional Child Understands These Words...

- Actions
- Choices
- Commitment
- Consider
- Do
- Drive
- Effectiveness
- Focus
- Goal
- Intent
- Persistent
- Purpose
- Reflection
- Satisfaction
- Think

## What You Can Do to Boost a Child's Intentionality Skills

### Talk About Intentionality

- Talk about your plans.
- Point out examples of intentional thinking.
- Let children know when you are thinking about something and why.

### Model Intentionality

- Discuss the importance of thinking about what we want to do and what we want to accomplish.
- Read stories that feature characters who make intentional choices.

### Practice Intentionality

- Offer choices and assess the pros and cons.
- Discuss the difference between doing what we **want** to do and doing the **right** thing.



- Allow time for focusing and reflecting.
- Encourage persistence and commitment.
- Encourage the development of internal satisfaction.
- Stimulate children's curiosity.
- Share control.
- Encourage cooperation.

### Acknowledge Intentionality

- Acknowledge children's successes
- Sustained effort (persistence) deserves recognition

### Reflect on Intentionality

- Ask children questions that encourage them to think about intentionality

Research shows: Preschool children cannot make thoughtful decisions when they are given more than **three** options to choose from.

Adapted from 7 Skills for School Success by Pam Schiller

Goals		What are we doing today Mom?	
Morning		7:00	
		8:00	
		9:00	
		10:00	
		11:00	
		12:00	
Afternoon		1:00	
		2:00	
		3:00	
		4:00	
		5:00	
		6:00	
		7:00	
	8:00		

