

7 Core Cognitive Skills Your Kid Must Learn

A 9-year-old walks into the kitchen to get a bottle of water... and comes back without it.

A 13-year-old reads an entire chapter... but remembers almost nothing.

A child is told, "Finish your homework, pack your bag, keep your shoes outside, switch off the lights, and go to bed."

A few minutes later, only one or two tasks get done. We, as adults, often interpret this as laziness or a lack of discipline. But beneath these everyday moments lies something deeper: **the pattern of how children think.**

Most parents think their child has a shorter attention span. But the problem is not attention span. Some parents might also think, "Our kid is notorious. He/she is doing it intentionally." Here, the problem is working memory overload. We as adults think their brain can take instructions in the same way as our brains do. But no, the brains of children between the ages of 6-16 are still in the developing stage.

And two of the most important cognitive systems shaping their brain are: **Working Memory** and **Metacognition**.

Metacognition & Working Memory

The invisible skills shaping how children think.

WORKING MEMORY

The brain's mental workspace. It helps children hold and manipulate information while getting things done. Still developing between ages 6-16.

METACOGNITION

The ability to think about your thinking. It helps children reflect, monitor, and adjust their own thought process. A skill for life.

When children understand how their mind works, they become the architects of their own learning.

MindAbs
Understands How Your Child Thinks.

Working memory is the brain's mental workspace. It allows children to hold and process the information while doing something else temporarily.

Imagine it like the Random Access Memory (RAM) of a computer. Working memory is active when the child is reading comprehension passages, solving a math problem, listening to instructions, and even during a social interaction.

Children are not ignoring instructions. Their brains are simply juggling more information than they can carry.

And then comes Metacognition. One of the most underrated life skills. Metacognition is a child's ability to observe their own thinking.

To notice:-

"I didn't understand this."

"I'm getting distracted."

"This strategy isn't working."

"Maybe I should slow down a bit."

In simple words, it's not just thinking. It's *thinking about thinking*. And this changes everything.

Because the highest performing children are not always the ones with the most information. They are the ones who can monitor, adapt, and regulate their own thinking process. A child with strong metacognition doesn't blindly continue making mistakes.

They pause, reflect, and adjust accordingly. That pause is what makes the whole difference.

Unfortunately, our educational systems still reward knowledge based on the marks system, more than thought awareness.

We ask children, "What's the answer?" It happens very rarely that we will ask them, "How did you arrive there? What were you thinking at that time?" And over time, children learn to associate intelligence with speed instead of reflection.

But real-world success rarely works that way.

Life rewards people who:-

- notice patterns
- adapt under uncertainty
- rethink decisions
- manage mental overload
- work under deadlines
- reflect before reacting

These are all cognitive skills. And these skills can be developed. Not through memorisation. But through deliberate mental engagement.

This is why children need environments where thinking is explored openly and not judged immediately. Where making mistakes is not seen as failure, but as feedback. Where children are taught not only *what to learn*, but also to be aware of *how their mind works while learning*.

Because when a child understands their own thinking, they slowly become capable of directing it. And that may be one of the most important forms of intelligence we can help build in the next generation.

And it is best when we start teaching them these skills from the age of 6 or 7. Tender the age, the better the learning. This will help them in becoming confident adults and perform better in every aspect of their lives.

Here, MindAbs comes into the picture. A cognitive development programme for children aged 6-16. We have built it on the NCI Framework - Narrative Cognitive Intelligence: a research-grounded system that trains the foundational cognitive layer on which every skill rests.

MindAbs trains what's underneath - the thinking architecture that determines how a child reasons, decides, and acts when it truly matters. Every day, children work through scenario-based dilemmas - real situations involving friendship, fairness, pressure, and consequence. Not games. Not quizzes. Structured thinking practice that builds seven core cognitive pillars:

- 1) Casual Reasoning - understanding why things really happen
- 2) Sequencing - thinking three steps ahead before acting
- 3) Perspective-Taking - reading situations from multiple viewpoints
- 4) Assumption Awareness - questioning what is taken for granted
- 5) Trade-off Reasoning - making decisions when everything has a cost
- 6) Agency - acting with intention, not just reaction
- 7) Metacognition - understanding how one thinks and learns

The result is not a score. It shows how a child reasons in class, holds steady under peer pressure, acts with integrity when no one is watching, and navigates difficulty with purpose. MindAbs is built by ReflectWise Labs Pvt Ltd. We believe the mind that thinks well is the foundation of a life well lived.

Call us on [9811777113](tel:9811777113) to know more about this programme.

#mindabs #cognitiveskills #cognitive #cognitiveintelligence #metacognition #workingmemory