



Executive Functioning – Strategies at Home

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What is Executive Functioning?

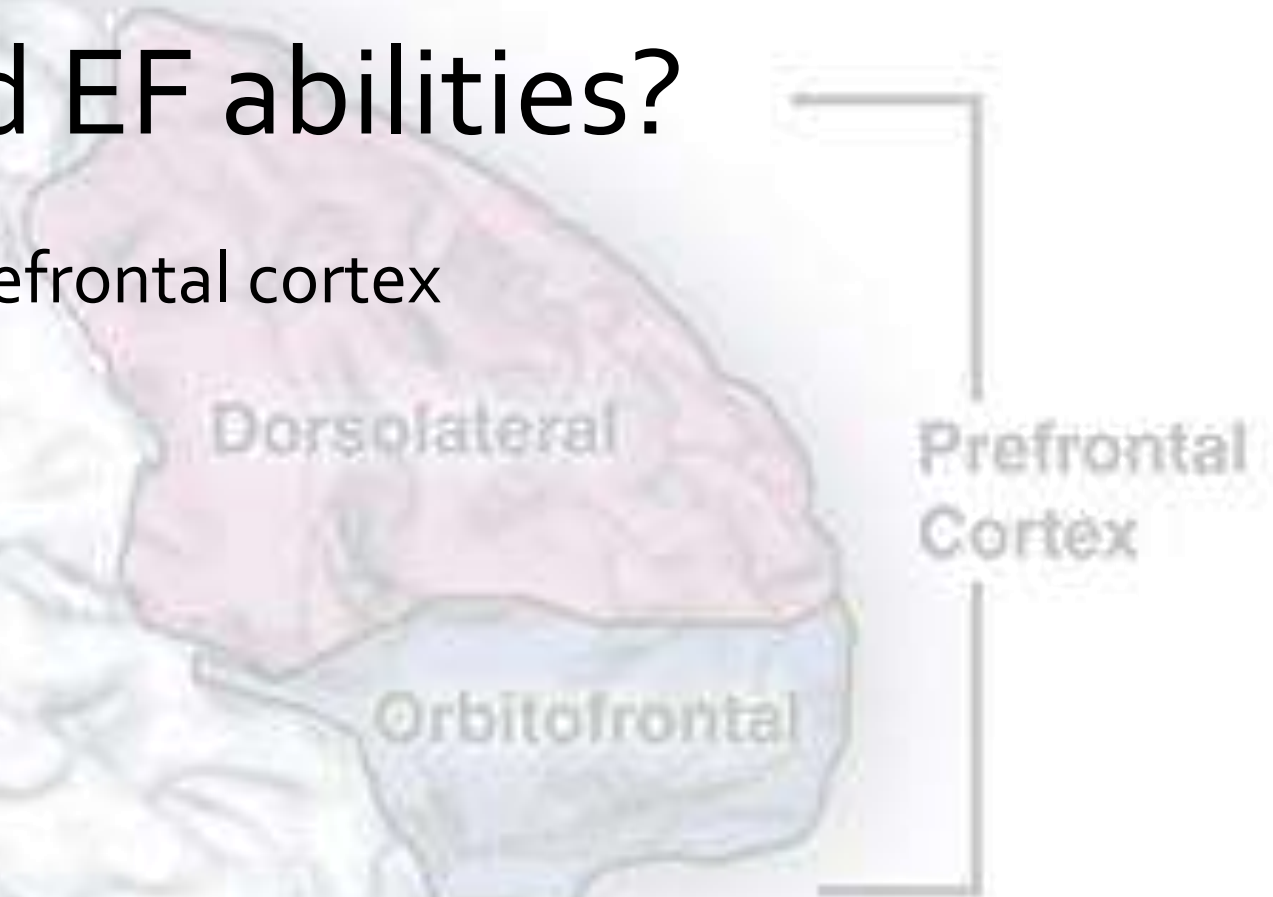
- The cognitive management system of the brain
- A set of cognitive process that include:
 - Organization
 - Time Management
 - Modulating Emotions
 - Memory
 - Initiation
 - Emotional Regulation
 - Attention
 - Planning & Prioritizing
 - Self-Monitoring
 - Impulse Control

Where do we find EF abilities?

- Located primarily in the frontal/prefrontal cortex

This brain region is involved in:

- complex cognitive behaviors:
 - problem solving
 - critical thinking
 - metacognition
 - decision making
- personality expression
- cognitive flexibility



Executive Functioning skills help us to:

- make plans
- follow through with our plans by recognizing and making adjustments as needed
- achieve our goals

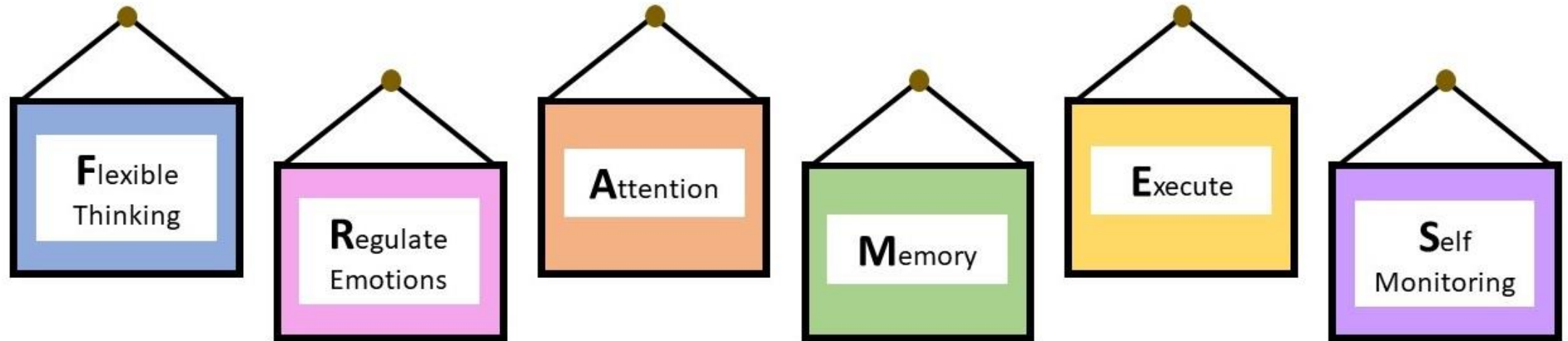


Impact of Executive Functioning Skills

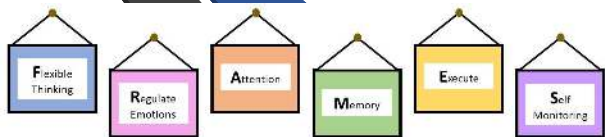
Influences academic abilities,
including Reading
Comprehension, Math, and
Writing

Predictive of symptoms of
anxiety and depression

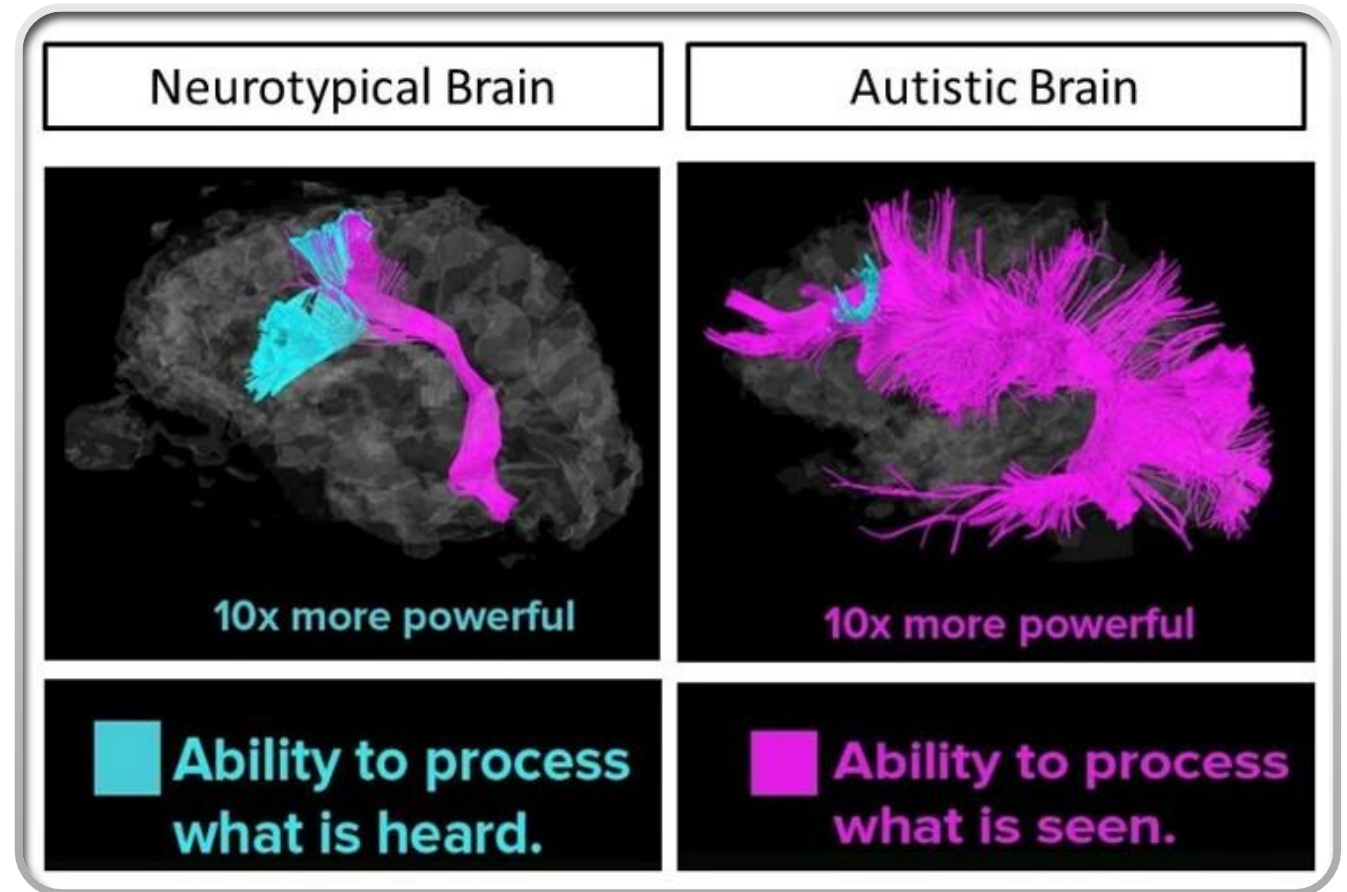
Executive Functioning: **FRAMES**



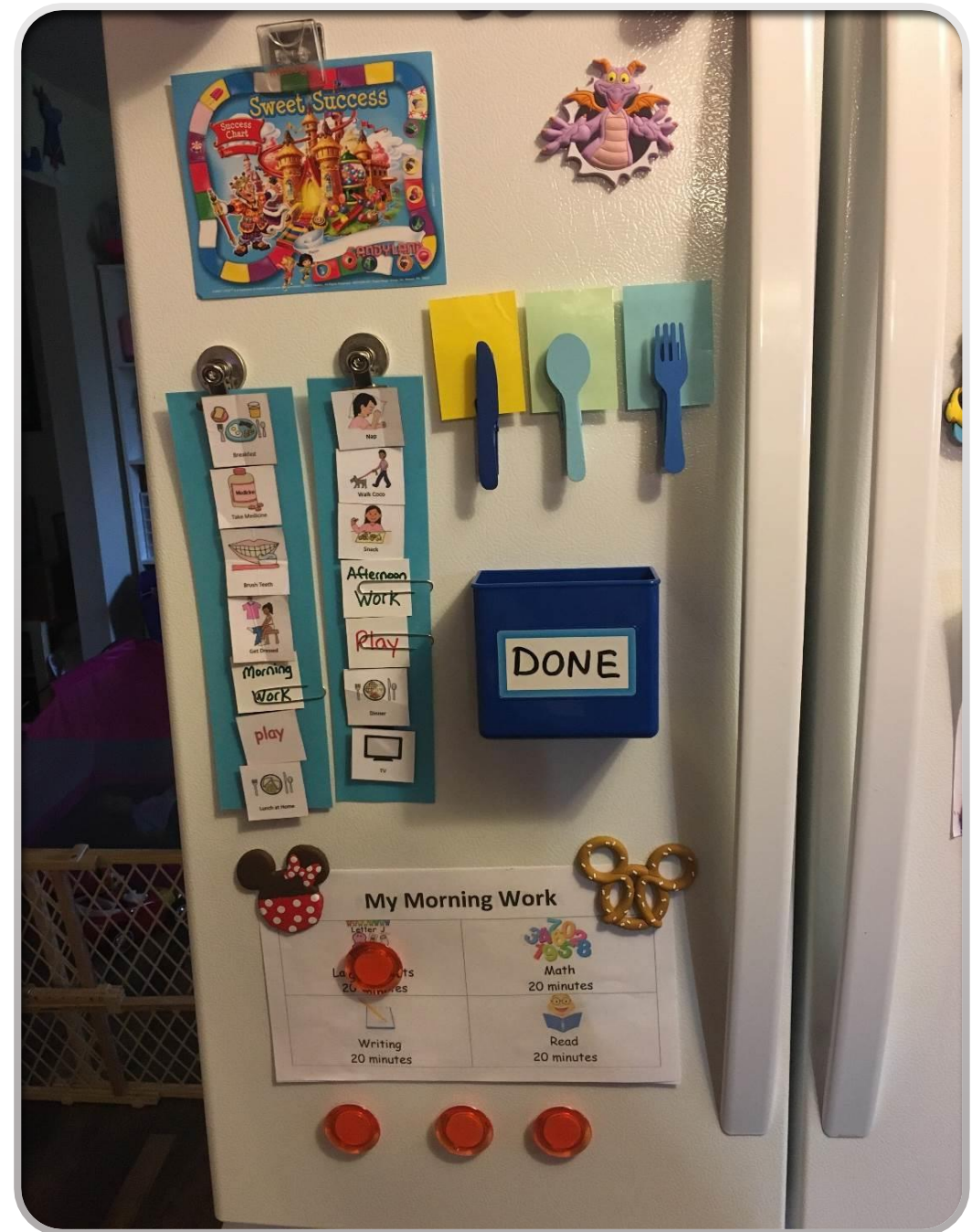
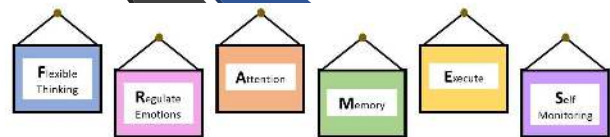
What can we do at home to help our children develop and practice Executive Functioning skills?



- Learning Style
- Interests
- Motivation

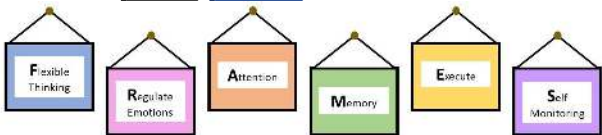
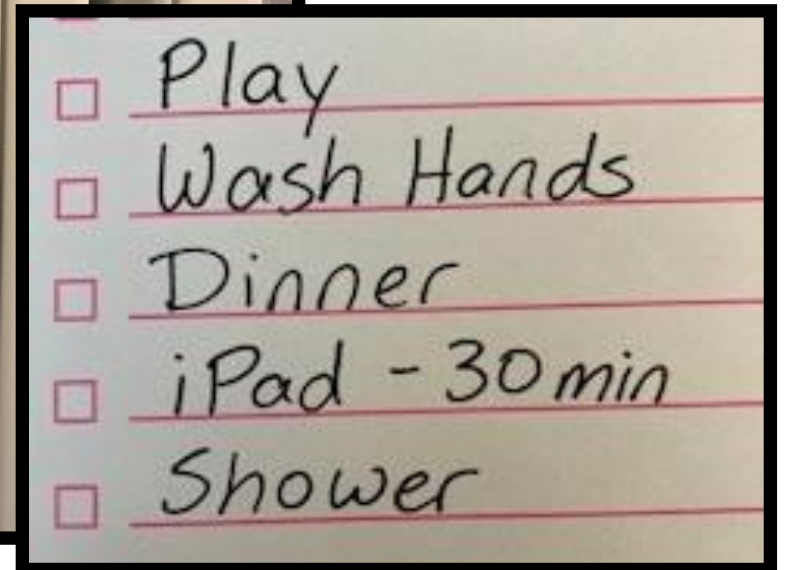
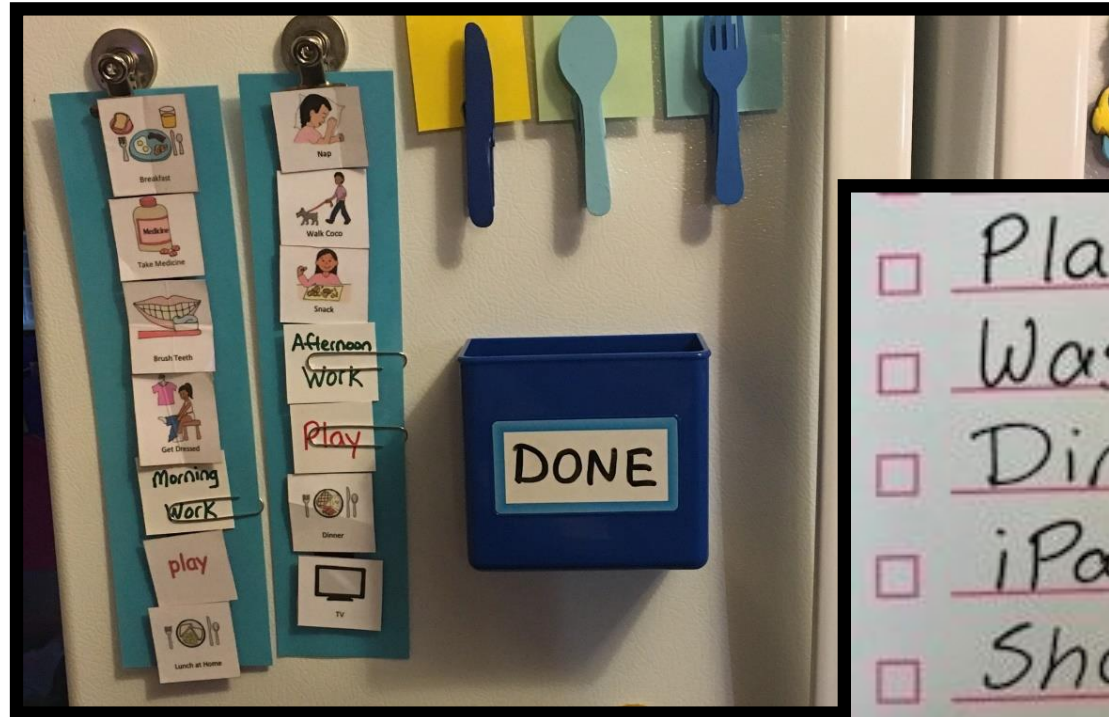


Command Center






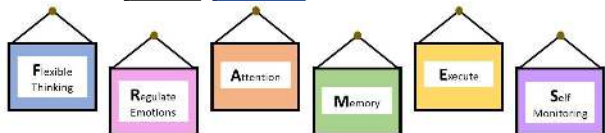
Schedules

- Tells the order that events will happen
- Let a person help set the schedule
- Does the order make sense?



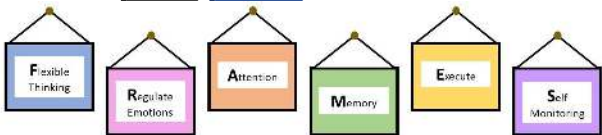
Schedules

1 st	Next	Then
Bank 	Grocery Store 	Home 

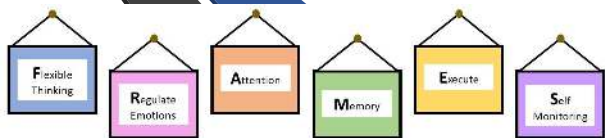
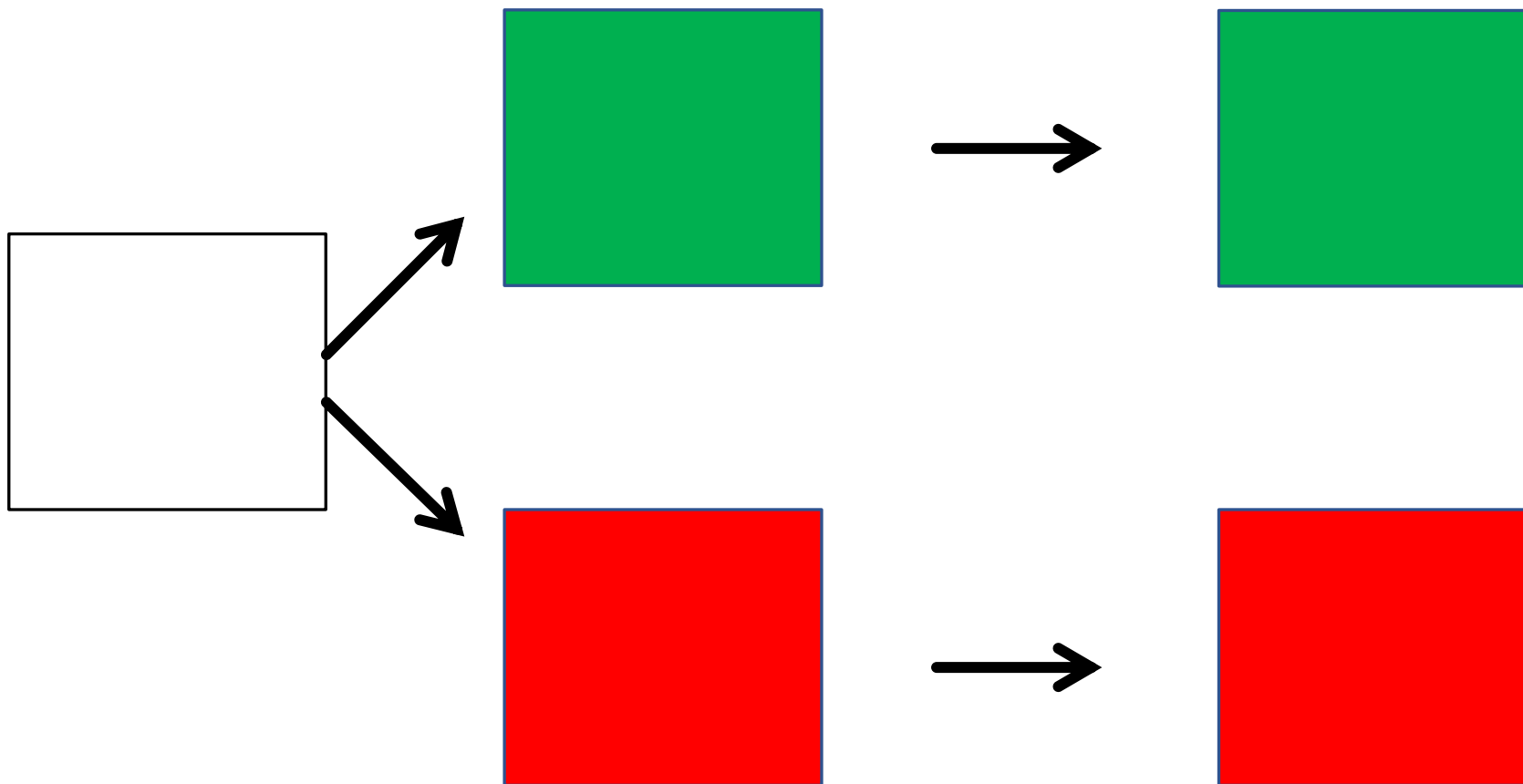


Choices

- Let the person choose the order
- Practice making decisions based on how much time you have to complete an activity
- Allow choice for when something will be done

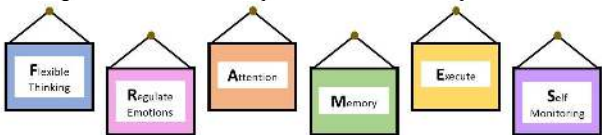


Red & Green Path



Calendar with visual reminders

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	E-LEARNING	E-LEARNING	E-LEARNING	E-LEARNING	E-LEARNING	
	SCHOOL	SCHOOL	E-LEARNING	SCHOOL	SCHOOL	

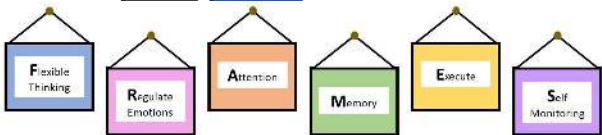
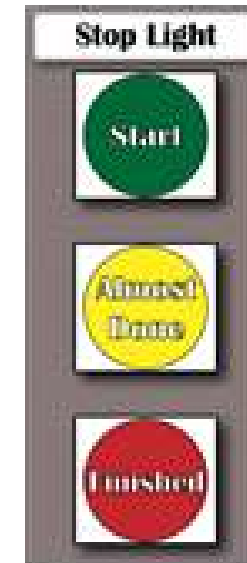
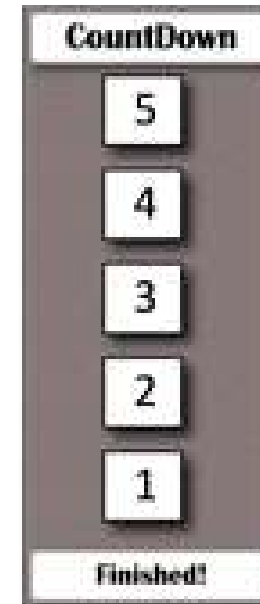
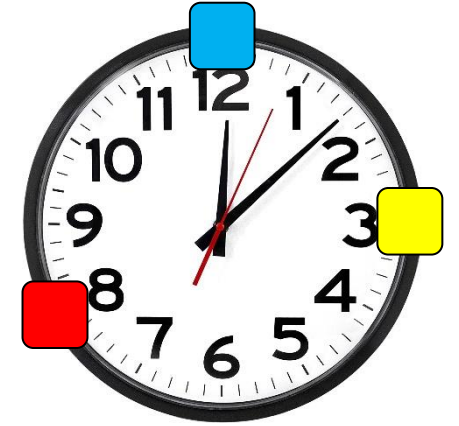


Calendars by Betacalendars.com

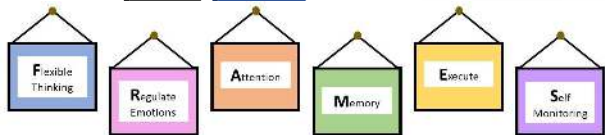


Time Supports

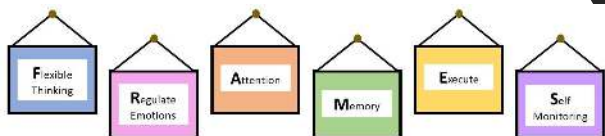
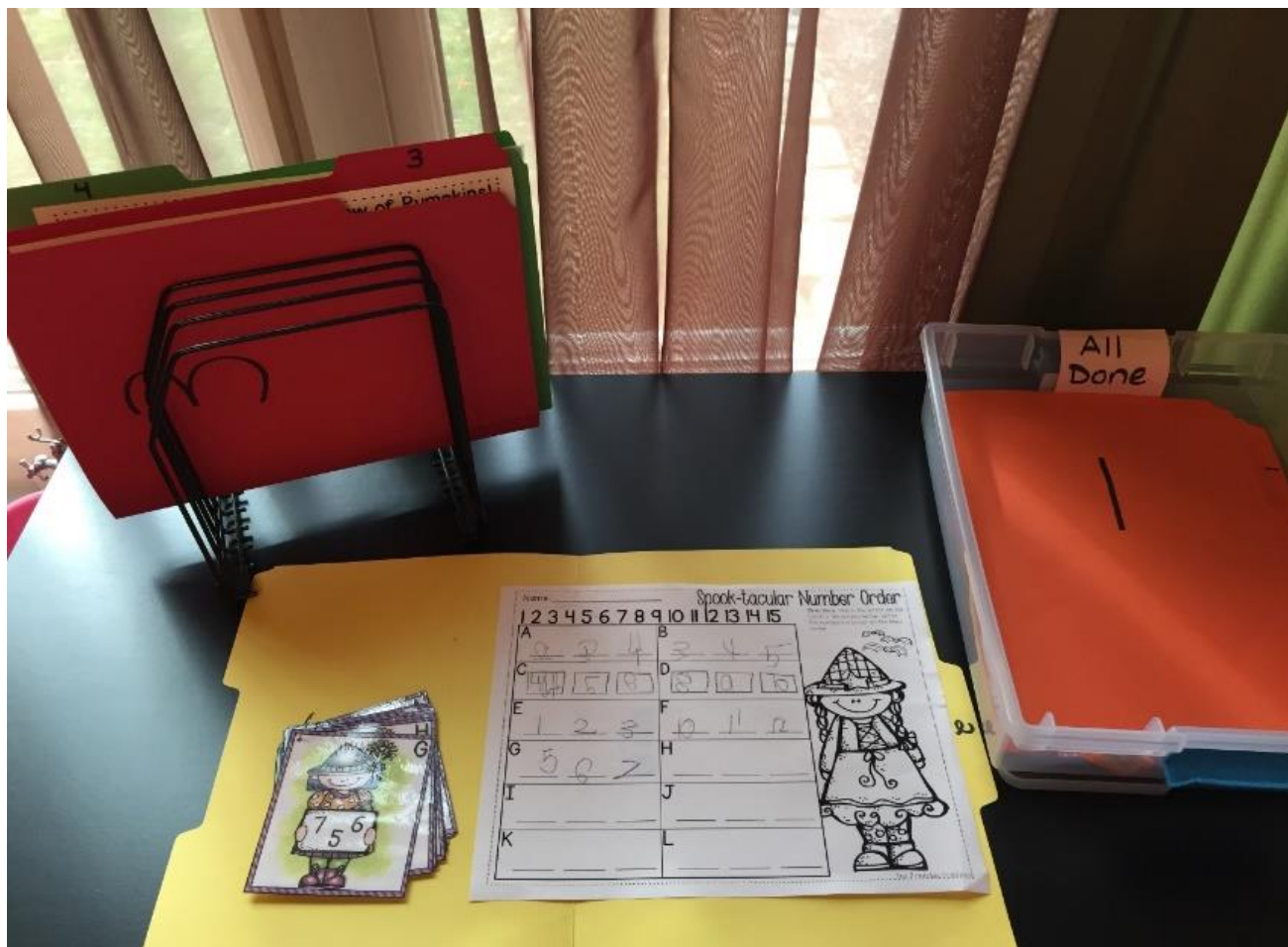
- Timers
- Countdowns
- Clocks with visual supports
- Alarms
- Play Beat the Clock



Structured Work System : Chores



Structured Homework Space

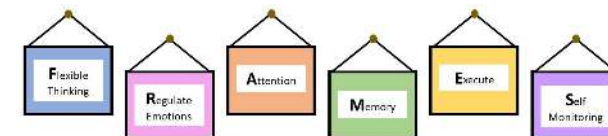




Structured Task

- Laundry

- Meet your child where they are at and then practice to improve the skill

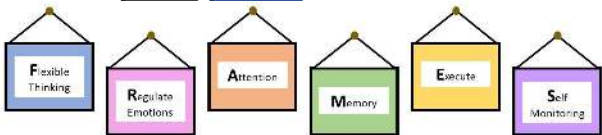


Structured Task : Lego



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FOR AUTISM**

IRCA Short Clips



Structured Lego Activities

These are examples of structured tasks that can be used to set up an activity for kids to learn to build with Legos. These activities also help kids practice patterns and following a design.

Ideas for Structuring a Lego Task



Use a cookie sheet with 3 baskets to set up a Left to Right work system.

1. Pick up pattern card
2. Make the patterned Lego tower
3. Put the card and tower in the Done basket.



Put a picture of a basic Lego design in a basket. Place all of the needed pieces in the basket to build.



Cut apart the steps to put together the object. Glue the steps in order on a folder. Place all of the Lego pieces in a baggie.

Options:

- If seeing all of the steps is overwhelming, cover each step with a sticky note. Remove the sticky notes one at a time to complete the steps.
- Number a baggie for each step that contains only the needed pieces to add for the step.



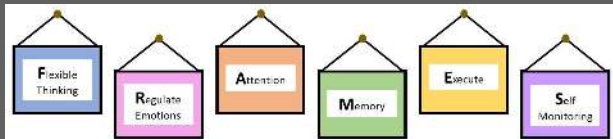
Be Visual

Sticky Notes

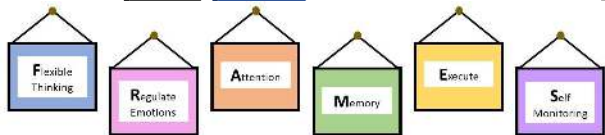
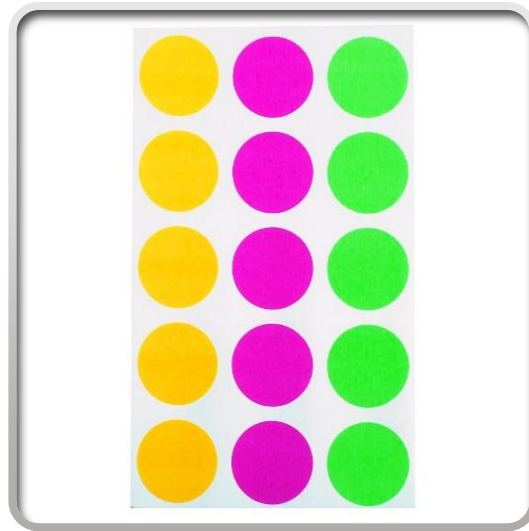
- Reminders
- Can be put anywhere
- Can be moved around

Highlighters

- Draw your attention to important information
- Color code



Stick it!



Paint Chips

Emotion
Vocabulary

fine

good

great

amazing



Plan /
Sequence

Step 1

Step 2

Step 3

Step 4

Schedule

Bank

CVS

DQ

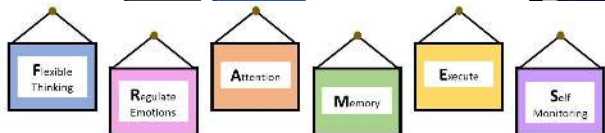
Home



Cleaning Up



Label as much
as you can



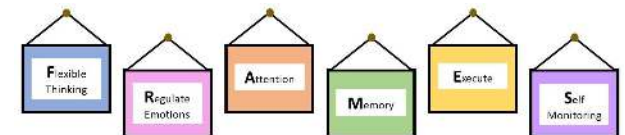
Be Creative

- Making your own items for play
- Practice developing a plan, initiating that plan, and evaluating the plan
- If it doesn't work, adjust your idea and try again



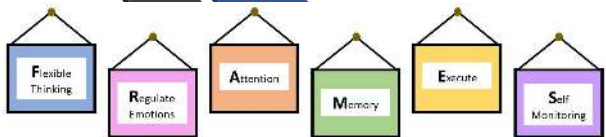
Tell Stories

- Encourage children to tell their own stories
- A great way to practice sequencing
- Help kids make an outline
- Parent writes the story and child can illustrate the story
- Ask Questions:
 - “What happens next?”
 - “How did that happen?”
 - “Does that make sense?”



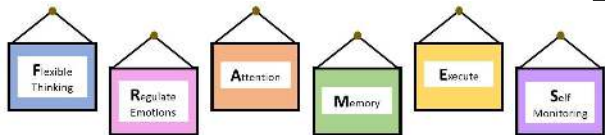
Games

- Concentration
- Jenga
- Scrabble
- Sushi Go!
- Go Fish
- Slap Jack
- Red Light/ Green Light
- Memory Games
 - can include special interest
- Disney Pixar Outta Order
- Pictionary
- Battleship
- Checkers
- Sorry!
- Simon Says
- Musical Chairs
- I Spy
- S'Match



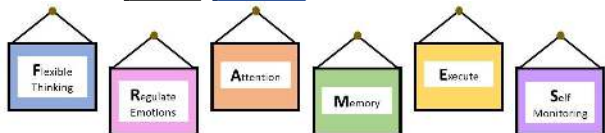


Scavenger Hunt



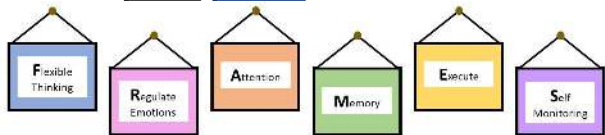
Singing and Dancing

- Make up songs to help remember routines
 - ✓ Daniel Tiger songs:
 - ❖ “When you feel so mad that you’re gonna roar...”
 - ❖ “When you have to go potty, stop...”
 - ✓ Schoolhouse Rock
 - ❖ “Conjunction Junction what’s your function...”
 - ❖ “I’m just a bill, yes I’m only a bill...”
- Have a dance party while cleaning up the room



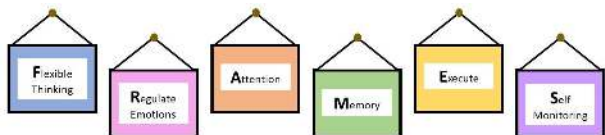
Make Plans

- Make a plan for dinner
- Plan a birthday party
- Plan the afternoon activities
- Make a Plan A and Plan B ... and sometimes Plan C
- Help break down all the steps for what needs to be done...these things just don't happen
- Make a Homework / Study plan



Make Plans

- Write it down
- Speak your plans out loud to model
- Rehearse.... "Now tell me what the plan is for _____."



Switch it Up!



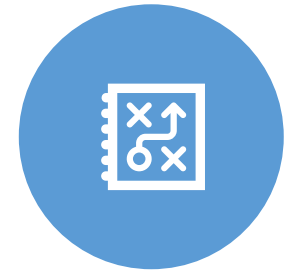
DRIVE A
DIFFERENT
WAY HOME



SWITCH
WHERE
PEOPLE SIT AT
THE TABLE

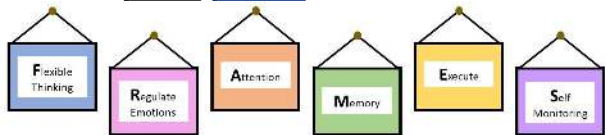


DO A DAILY
ROUTINE
BACKWARDS

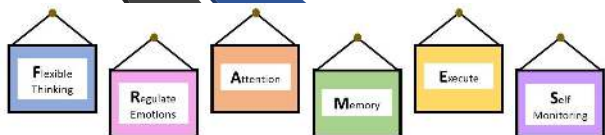
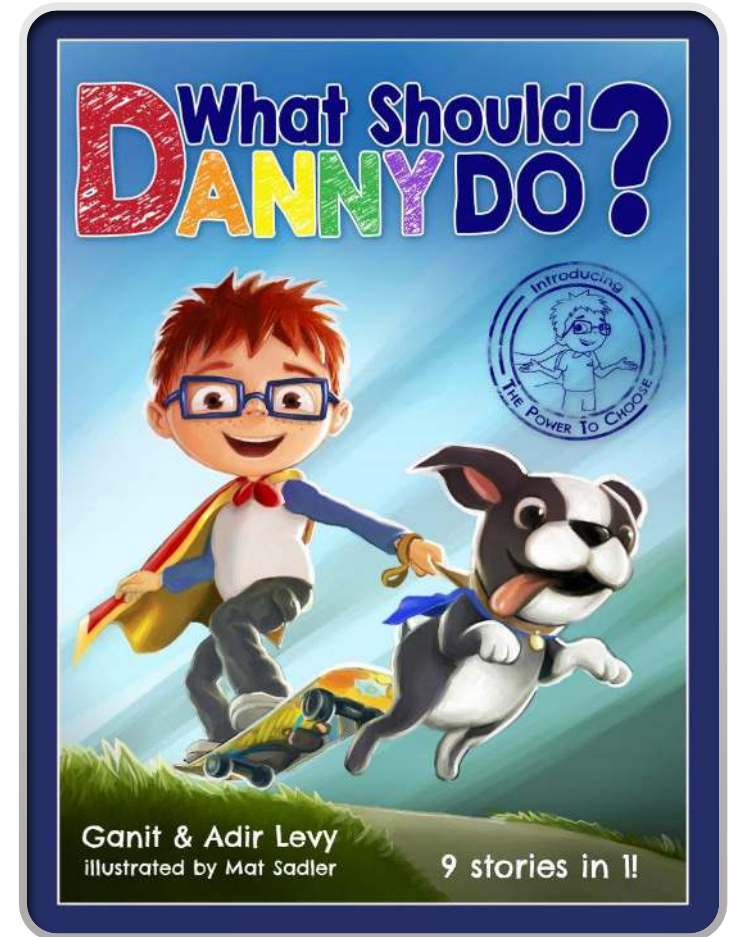
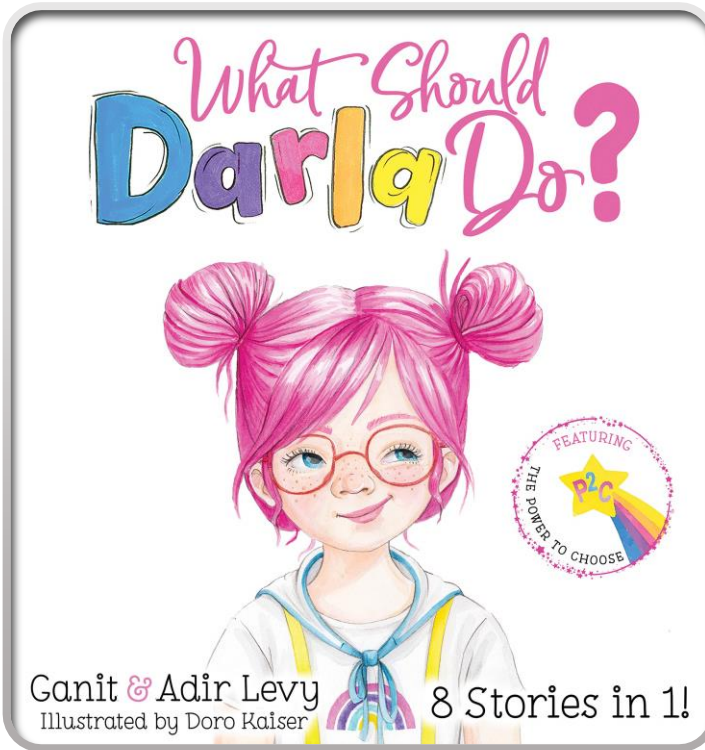


MAKE UP NEW
RULES FOR THE
GAME

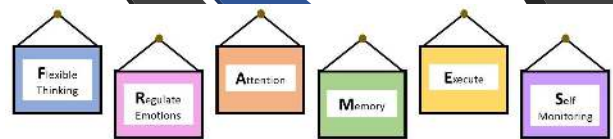
(GO UP THE CHUTES
AND DOWN THE
LADDERS)



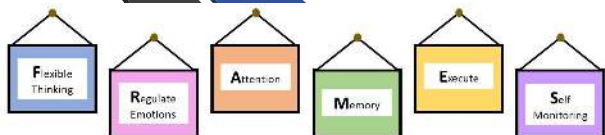
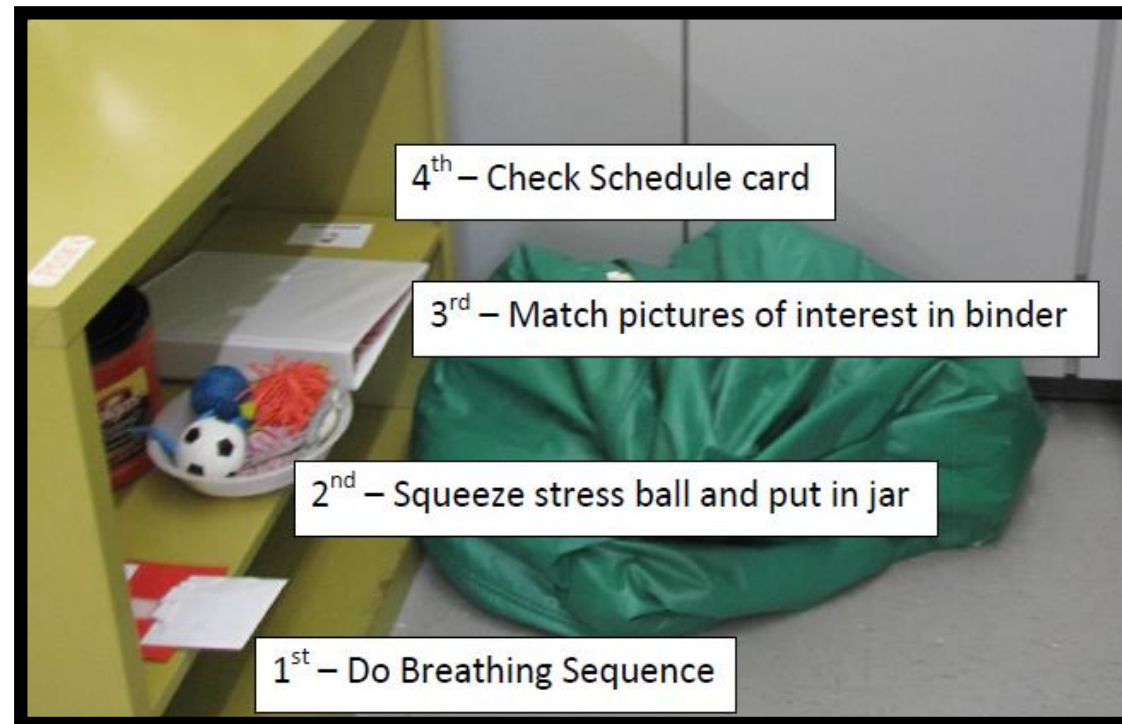
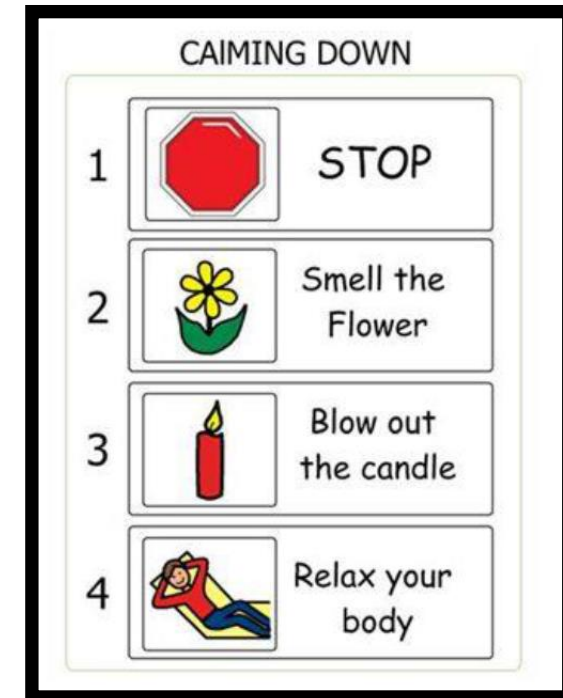
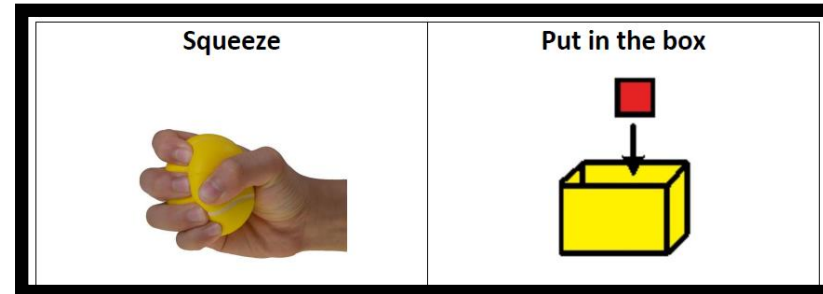
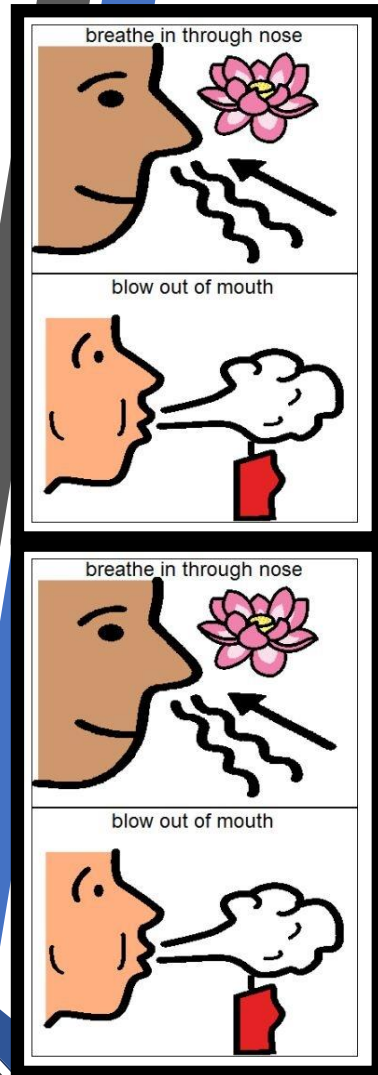
Choose Your Own Adventure Stories



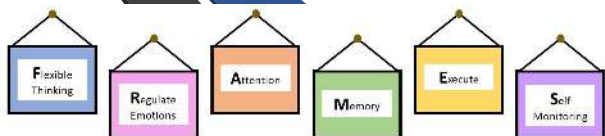
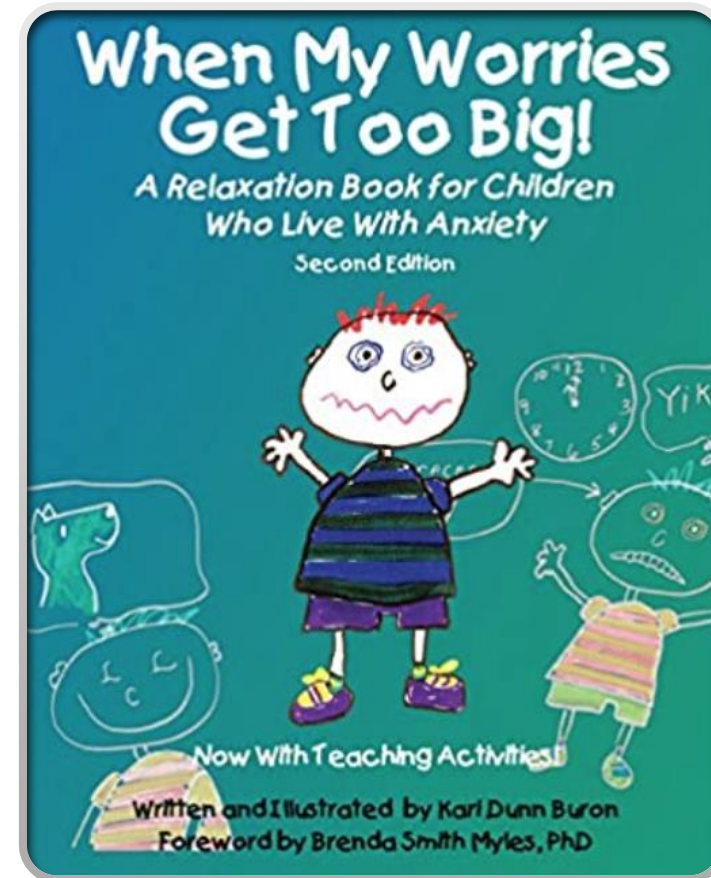
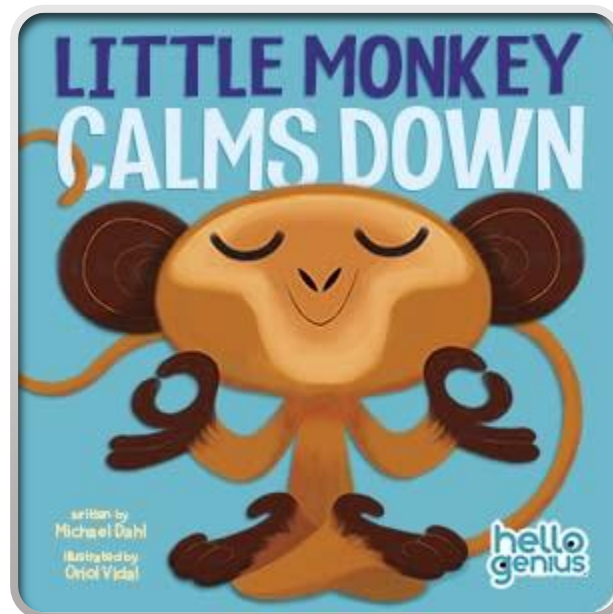
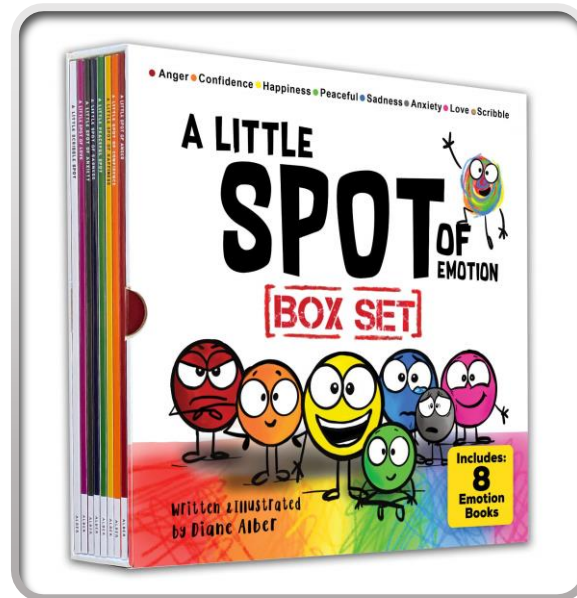
Create a Calming Space



Teach a Calming Routine



Regulating Emotions



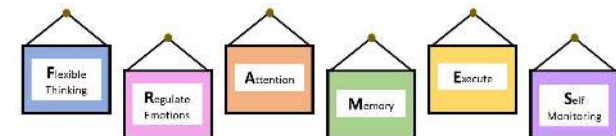
The 5 Point Scale

The Incredible 5 Point Scale

by

Kari Dunn Buron

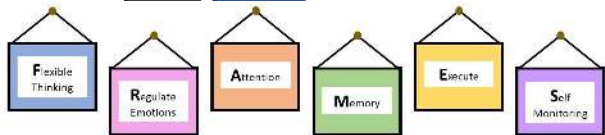
www.5pointscale.com



Self-Monitoring

Teach the person to ask themselves:

1. What is my problem or what is my goal?
2. What is my plan?
3. Am I following my plan?
4. How did I do?

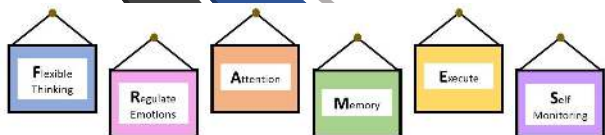


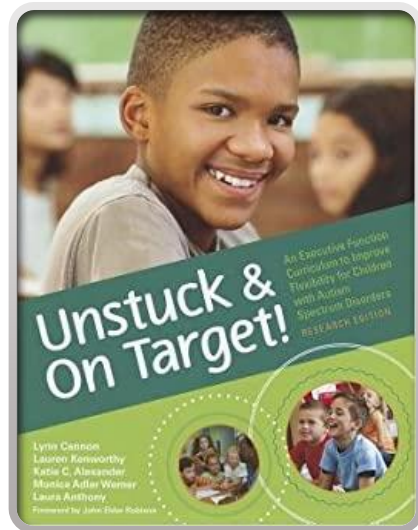
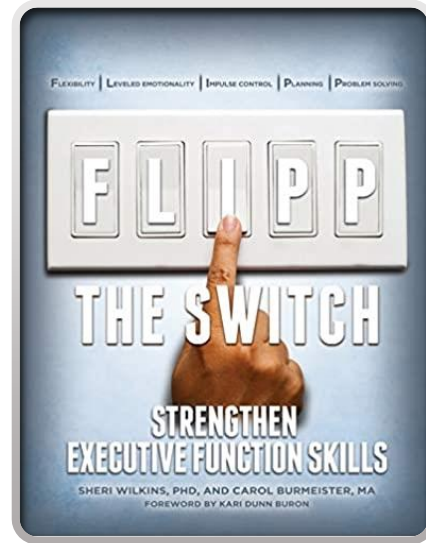
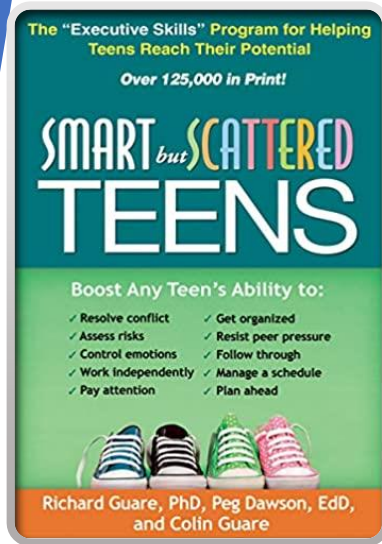
Strategy Evaluation

	How much does this strategy help?					I like this strategy	I don't like this strategy
	1 <i>None</i>	2 <i>A little</i>	3 <i>Some</i>	4 <i>A lot</i>	5 <i>I feel better</i>		
Coping strategy							
Take five deep breaths.							
Close your eyes and think of a "happy place" (e.g., the beach).							
Close your eyes and think of your favorite activity.							
Run outside (maybe a lap around the house or ball field).							
Chew a piece of gum.							
Have a drink of water.							
Take a break.							
Read.							
Draw.							
Make your own strategy:							

Make your own strategy:							

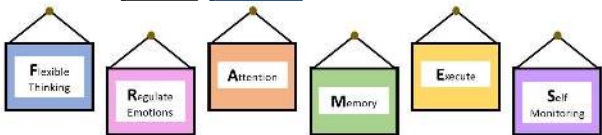
Kenworthy et al.





Direct Teaching

- For older adolescents and adults, directly teaching about Executive Functioning skills can be effective
- There are books and activities that directly teach skills



Best
Wishes!

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