
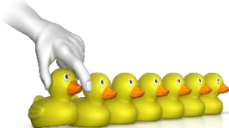










Resources

Help Your Child Tackle School Projects: Tools & Strategies to Strengthen Executive Function

Executive Function	Resources
Thinking Skills	<p>EF Thinking Skills involved in school projects include the ability: to develop and follow a roadmap or blueprint to produce a report or project; to organize and manage resources in order to complete a project on time; to reflect on progress and make adjustments to reach a goal.</p>
<p>1. Planning</p> 	<ul style="list-style-type: none"> ▪ Project planning and organizing http://www.studygs.net/orgstr1.htm ▪ Planning Isn't My Priority by Julia Cook (elementary level book) ▪ What's Your Plan? asking questions instead of nagging - article: https://orderoochaos.com/wordpress/wp-content/uploads/2016/12/family-circle-leslie-josel-january-2017.pdf ▪ How to Brainstorm Ideas https://www.wikihow.com/Brainstorm
<p>2. Organization</p> 	<ul style="list-style-type: none"> ▪ I Can't Find My Whatchamacallit!! by Julia Cook (elementary level book) ▪ How to do Project Mapping for School Projects: author of FLIPP the Switch https://www.youtube.com/watch?v=ZfWY9Qz2a1c ▪ How to Complete a Project on Time https://www.wikihow.com/Complete-a-Project-on-Time
<p>3. Time Management</p> 	<ul style="list-style-type: none"> ▪ The instant guide to time management for kids https://www.greatschools.org/gk/articles/time-management-for-kids/ ▪ 50 Tips to Help Students Succeed: Developing Your Student's Time-Management and Executive Skills for Life by Marydee Sklar ▪ Tips for Curing Time Blindness https://www.additudemag.com/slideshows/stop-wasting-time/?src=embed_link
<p>4. Working Memory</p> 	<ul style="list-style-type: none"> ▪ How working memory works https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/executive-functioning-issues/5-ways-kids-use-working-memory-to-learn ▪ Working memory boosters https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/8-working-memory-boosters; https://www.edutopia.org/blog/put-working-memory-to-work-donna-wilson-marcus-conyers
<p>5. Metacognition</p> 	<ul style="list-style-type: none"> ▪ Metacognition to help maintain focus: "Is what I'm doing now helping me to achieve my goal?" ▪ Questions to guide students' metacognition https://cft.vanderbilt.edu/guides-sub-pages/metacognition/ ▪ Questions to improve metacognition http://blog.innerdrive.co.uk/9-questions-to-improve-metacognition

Executive Function	Resources
Behavior Regulation	EF Behavior Regulation Skills involved in school projects include the ability: to master thoughts and impulses so as to resist temptations, distractions and unhelpful habits; to pause and think before acting; to get started on tasks and maintain effort to complete a task or accomplish a goal.
1. Response Inhibition 	<ul style="list-style-type: none"> ▪ Brain Breaks: Focused Attention Breaks www.edutopia.org/blog/brain-breaks-focused-attention-practices-ori--desautels ▪ Mindful Games Activity Cards: 55 Fun Ways to Share Mindfulness with Kids and Teens by Susan Kaiser Greenland & Annaka Harris ▪ How to Avoid Distractions: www.wikihow.com/Avoid-Distractions
2. Emotion Regulation 	<ul style="list-style-type: none"> ▪ What Were You Thinking?: Learning to Control Your Impulses by Bryan Smith ▪ Get Out of Your Mind and Into Your Life for Teens (workbook) by Joseph Ciarrochi, Louise Haynes & Ann Bailey (reflects Acceptance and Commitment Therapy – ACT) ▪ Avoid Gaslighting Kids https://www.wikihow.com/Avoid-Gaslighting-Children
3. Task Initiation 	<ul style="list-style-type: none"> ▪ Overcoming procrastination https://www.additudemag.com/overcoming-procrastination-steps/ ▪ “I’ll Do It Later” How to Deal with Procrastination pushback: https://orderoochaos.com/wordpress/wp-content/uploads/2015/08/Family-Circle-October.pdf
4. Flexibility 	<ul style="list-style-type: none"> ▪ 7 Tips to Build Flexible Thinking https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/7-tips-for-building-flexible-thinking?view=slideview ▪ Examples of Flexible Self-Talk: http://languageofspeech.blogspot.com/search?q=Flexible+thinking
5. Goal-directed Persistence 	<ul style="list-style-type: none"> ▪ Teaching Persistence: 8 Strategies to Build Student Stamina http://www.scilearn.com/blog/teaching-persistence-how-to-build-student-stamina ▪ Strategies for Becoming More Persistent: http://www.scilearn.com/blog/teaching-persistence-how-to-build-student-stamina

General:

- **The Work-Smart Academic Planner**, revised ed.; & **Smart but Scattered**, & **Executive Function in Children and Adolescents**, 2nd ed., by Peg Dawson and Richard Guare
- **Late, Lost, and Unprepared: A Parents’ Guide to Helping Children with Executive Functioning** by Joyce Cooper-Kahn, Ph.D. and Laurie Dietzel, Ph.D.
- **Executive Function articles** and **“Parent Tools”** such as **Tech Finder** <https://www.understood.org>
- **Where's My Stuff? The Ultimate Teen Organizing Guide** by Samantha Moss and Lesley Schwartz
- **Center on the Developing Child - Harvard University: EF Guides and Resources** <https://developingchild.harvard.edu/resources/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence/>