

Skills for Success: Building Executive Functioning at School and Home

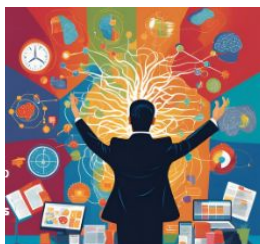
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Executive Functioning Facilitator (EFF)



Agenda

- Intro to Executive Functioning
- Executive Functioning at JDS
- Executive Functioning at home

What is Executive Functioning?



"Executive functioning" is like the brain's management system—skills that help kids plan, focus, remember, and self-regulate.

Executive functioning is like a conductor guiding different parts of the brain to do their jobs, helping kids plan, focus, remember, and manage emotions—but it doesn't actually do those things itself; it just keeps everything in sync!



A
"CUE"-er
Not a
"DO"-er

What is Executive Functioning?



- Not a direct organization skill
- A simulation skill
 - Seeing yourself in the future to plan backwards and execute forwards

Why is it Important?

- These skills help kids succeed in school, make friends, and handle challenges.
- They're the **foundation** for doing homework, getting ready for school, making good choices, and staying calm.



Key Skills EF supports

Planning, Time & Organization:

Making and following a plan within a timeline.

Working Memory & Focus: Keeping information in mind to work with it and knowing what to focus on.

Impulse Control: Thinking before acting.

Emotional Regulation & Flexibility:

Managing feelings and thinking flexibly about a topic.



How Executive Functioning Skills Show Up at School

- listening to directions
- following multi-step tasks
- keeping track of supplies
- handling classroom transitions
- Initiating classroom activities
- finishing work on time
- social skills
- focusing on important information



How Executive Functioning Skills Show Up at Home



- Morning routines
- Homework time
- Following instructions
- Chores
- Organizing belongings
- Managing emotions and self control
- Planning ahead
- Problem-solving
- Bedtime routines

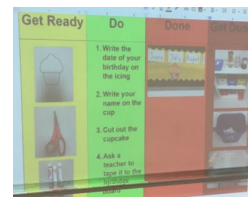
Executive Functioning at JDS



Future Glasses



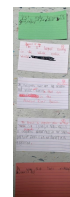
Visual Matching



Get Ready, Do, Done



Working Clock

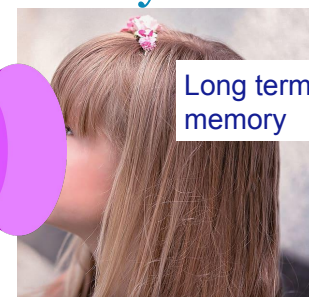
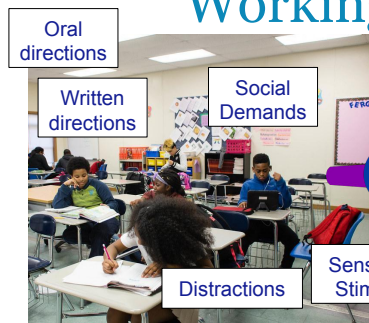


Academics

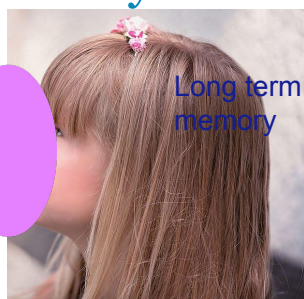
SLLC & MoM Collabs



Working Memory



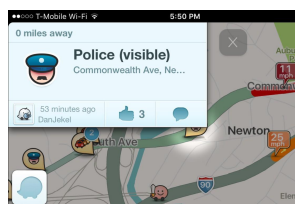
Working Memory



Let's get visual, visual.



Mediators



Executive Functioning is a Simulation Skill

What is the difference?

Plan

Everyday Routine

	M	T	W	T	F	S	S
Finish Homework							
Take a bath							
Brush Hair							
Brush teeth							
Use the bathroom							
Read a book							
Lights out							

Simulation

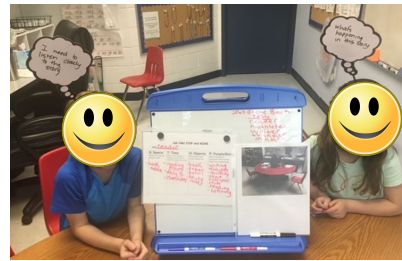
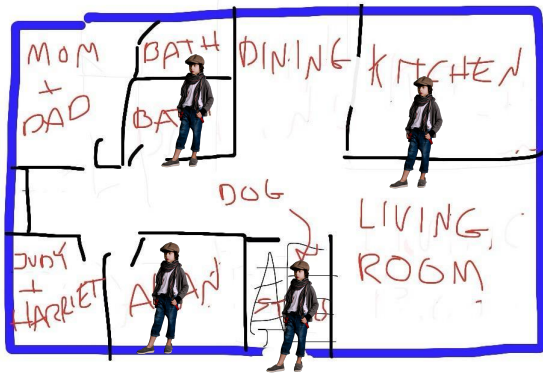
Planning vs. Simulation

Planning	Visualizing/Simulation
• Uses verbal working memory • Identifies steps • Focuses on process • Good for small cues and reminders	• Uses nonverbal working memory • Allows child to stimulate what it feels like to carry out steps in space and time • Allows for adjustments (plan B) • Mental dress rehearsal

Gesture/Job Talk



STOP and MIME



Job Talk! STOP and MIME			
S: Space	T: Time	O: Objects	P: People/Role
Where is the person doing this job?	What is he/she doing in a moment in time? Time of day/how long does this take?	What objects does he/she need/have?	What is the person's role/action? Who is there? What is their appearance?

STOP and MIME

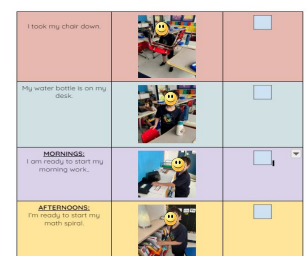
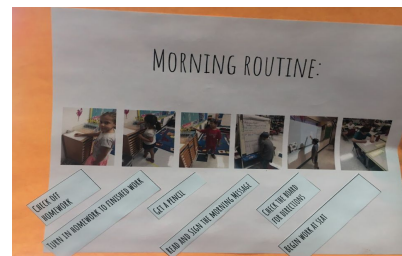
Job Talk! STOP and MIME			
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kitchen	7:15 5 min - make 5 min - eat 1 min - clean up	Paper towel microwave sandwich	Dylan Ready for school



9 Reasons to Photos

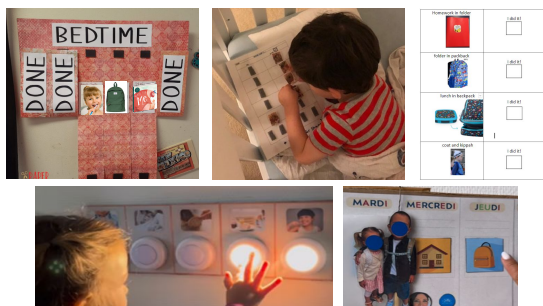


Visual Schedules/Routines



Visual routines @ JDS

Visual routines @ Home



Creating Visual Routines with Kinesthetic Input

- Ask your child what space they go to
- Walk with them to that space
- Stop at the doorway/boundary of that space
- Have the student use self talk to describe the actions they will do and the materials they will use
- The student enters the space and carries out the action: Take a Picture
- Then have the student state what space they will go to next
- Repeat the process until the Visual Schedule is complete

[Link to template for your pictures](#)

Visual Timers



The Working Clock



Linked

The Working Clock @ Home



Visual Matching/Zones



Visual Matching/Box and Block @ Home



No Nonsense HW routine

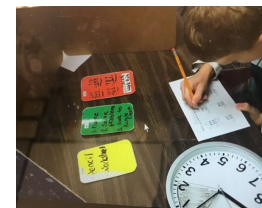
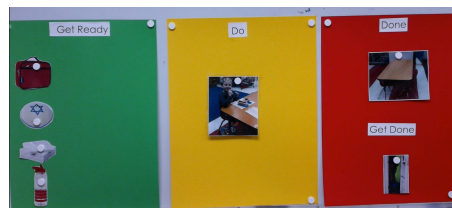
1. **Pick a Time:** Set a specific time for homework every day. Write it down and post it somewhere visible. Example: "Homework is 6:00–6:30."
2. **Choose a Spot:** Always do homework in the same spot (like the dining table) with all supplies ready. No phones!
3. **Make a Plan:** Help your child rank homework tasks from most important to least important.
4. **Use the Whole Time:** Even if homework is done early, stay for the full time. Make a list of extra things to do, like organizing their binder or reading.
5. **Reward:** Decide on a reward for a full week of following the routine!



Get Ready, Do, Done



Get Ready, Do, Done

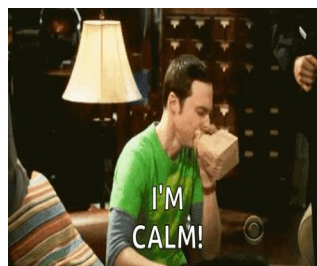


Get Ready, Do, Done

Get Ready	Do	Done
1. Snacks 2. Baggie 3. Backpack 4. Permanent marker	1. Gather snacks 2. Get baggie 3. Write name on baggie 4. Count by 5s to 100 5. Place them in the baggie 6. Put the baggie in your backpack	

[Link to your own.](#)

Co-regulation



- **Foundation of Support:** Children rely on co-regulation, or shared emotional support, to learn self-regulation skills and remain calm while practicing new EF skills.
- **Calm Nervous System:** When a parent remains calm, the child's nervous system can settle, making it easier to learn and practice executive functioning.
- **Self-Care Matters:** Parents need to recharge to best support their kids. When you take care of your own well-being, you can show up fully for them.

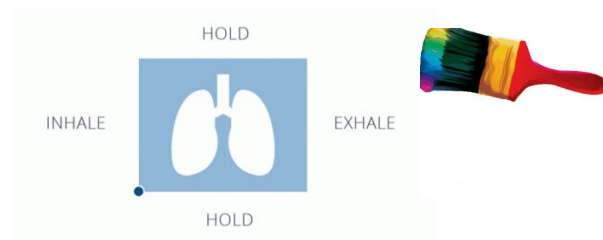
Using Breath to Help Kids Co-Regulate

- **Calms the Nervous System:** Deep breathing reduces stress for both you and your child.
- **Easy to Practice Together:** Simple, shared breathing techniques help regulate emotions.
- **Builds Connection:** Breathing together strengthens the bond and models calm responses.
- **Develops Self-Regulation:** Practicing breathing regularly gives kids a tool they can use on their own.



Using Breath to Help Kids Co-Regulate

Box Breath Painting



References and Resources

- Sarah Ward at Cognitive Connections www.efpractice.com
- Russell Barkley <https://www.russellbarkley.org/>
- Breathe Bethesda www.breathebethesda.com
- Book - [Smart But Scattered](#)

Questions, comments, feedback?

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