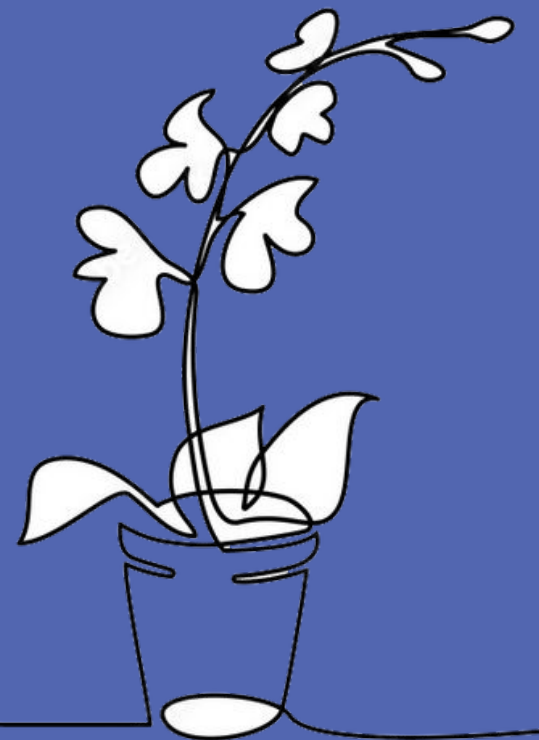




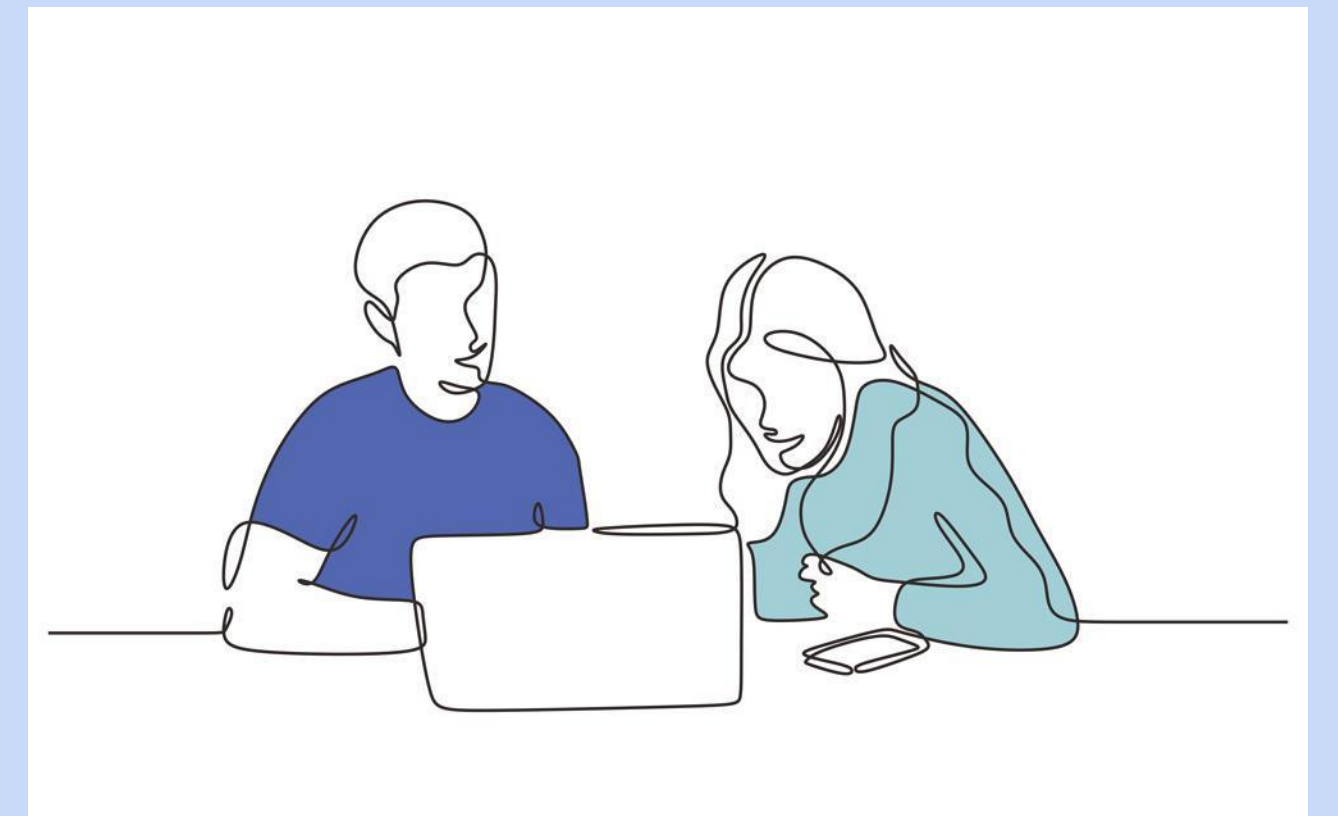
# Summer-Focused Executive Functioning Skill-Building

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*RAISING ORCHID KIDS*



# Overview

- ❑ Quick Review: What is Executive Functioning?
- ❑ What EF looks like in our kids' lives
- ❑ Strategies to Build Executive Functioning Skills in Summer
- ❑ Resources



# What is Executive Functioning?



- ❑ The ability *to see yourself* move from Point A to Point B to Point C
- ❑ The ability to stay regulated or return to regulation after stressor

# What EF Looks Like in Our Kids' Lives

## Child with strong EF skills



*I have my life jacket, and I know my canoe partner is Jack. We need to grab the oars at the back of the dock and carry the canoe to the shore. Jack will get in first, then I will push the canoe out a bit into the water and get in carefully, one foot at a time. We can paddle out to the buoy and not beyond it. Oh, I need to grab my water bottle too!*

# What EF Looks Like in Our Kids' Lives

## Child with weak EF skills

*This life jacket is scratching my neck. Why do we need one anyway? What did she just say? We're canoeing with a partner? I hope Jenny is my partner. She always makes me laugh. I wonder when lunch is. I really hope Mom packed a grilled cheese! Wait, where do I need to go now?*





# Kids with EF Challenges Struggle with:

- Planning/Prioritizing
- Impulsivity
- Persistence/Grit
- Self-regulation/
- Emotional regulation
- Nonverbal working memory
- Sensing passage of time

# The Brain and Development

Prefrontal cortex development is often **30% behind** in kids with EF challenges.



Prefrontal Cortex

## COMMON MISCONCEPTIONS

- ❑ Intelligence has nothing to do with Executive Functioning
- ❑ Executive Function challenges are not simply behavior issues.

# Supportive Structures to Build EF Skills

- Sleep, food, and exercise
- Routines, schedules, and predictability
- Personalized systems





# Strategy: Model Planning

1. Make a T-chart and brainstorm summer **needs** and **wants**
2. Prioritize the *Want-to-Do items*
3. Schedule the *Need-to-Do items* first (in calendar)
4. Schedule the *Want-to-Do items* by priority (in calendar)



# Sample Goals Chart

<b>What I <i>NEED</i> to do this summer (obligations)</b>	<b>What I <i>WANT</i> to do this summer (aspirations)</b>
Read 3 books for school: Required book + 2 choice books	Hang with friends
Go to camp (3 weeks sleepaway, 4 weeks day camp)	Go on some fun bike rides
Visit grandparents	Play video games
Practice basketball so I can make the team next year	Redo/rearrange my bedroom
Guitar lessons	Work on some art projects

# Sample Calendars and To-Do Lists

*June*

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 <i>Flag Day</i>	15	16	17	18
19 <i>Father's Day Juneteenth</i>	20	21	22	23	24	25
26	27	28	29	30		

*Goals & Notes*

printables

## July 2022

To-do:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12				
17	18	19				
24	25	26				
31						

Notes: \_\_\_\_\_

### Summer Projects

*Project:* \_\_\_\_\_

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*Project:* \_\_\_\_\_

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*Project:* \_\_\_\_\_

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*Project:* \_\_\_\_\_

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# Sample Visual Schedules

## Our Summer Schedule

7:00 am		Morning Routine
7:30 am		Breakfast
8:30 am		Chore Chart <small>clean table empty dishwasher make bed straighten bathroom</small>
9:00 am		Snack
9:30 am		Room time
10:00 am		Activity
11:30 am		Lunch
12:00 pm		Swimming Lessons
1:30 pm		Snack
2:00 pm		Read Aloud & Rest
3:00 pm		Free play
4:00 pm		Chore Chart <small>laundry clean up toys set table</small>
4:30 pm		TV time
5:00 pm		Dinner
6:00 pm		Family time
7:15 pm		Evening Routine
7:45 pm		Bedtime

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 Grandparents Day.	 Fireworks.	 BBQ.
 Picnic.	 Shaved Ice.	 Popsicle.

# Strategy: Plan Summer Experiences Together

- ❑ Involve kids in summer experience planning
- ❑ Brainstorm together
- ❑ Use visuals
- ❑ Preview what will happen
- ❑ **Plan for Plan B**
- ❑ Use tools such as social narratives or envisioning (explanation coming)



# Sample Social Narrative

Max's Vacation to Florida!



Hi, my name is Max.  
I am going on vacation with my family to visit  
my Nana and Papa in Florida!

We will pack up all our luggage and go in a  
taxi to the airport.

The airport we are going to is called Reagan  
National Airport.



In the taxi, we use quiet voices  
to talk or sing a song.

When we get on the airplane we all sit in our  
seats. I use my quiet voice to talk to mommy,  
Daddy and Zack, or to the flight attendants  
who help us.



Some things I can do on the airplane are read  
books, color, write, watch a show or play  
games on my iPad. ¡Excelente!

# Strategy: Practice EF Skills Together

- ❑ Brainstorm tasks that kids can practice
  - ❑ hang up towels
  - ❑ learn to do/fold laundry
  - ❑ plan & cook a simple meal
- ❑ Get curious when things don't work (and when they do!)
- ❑ Help your child notice how they feel when they accomplish something



# Strategy: Visualization

**Use less language:** stop the nagging – it's not working! 😊

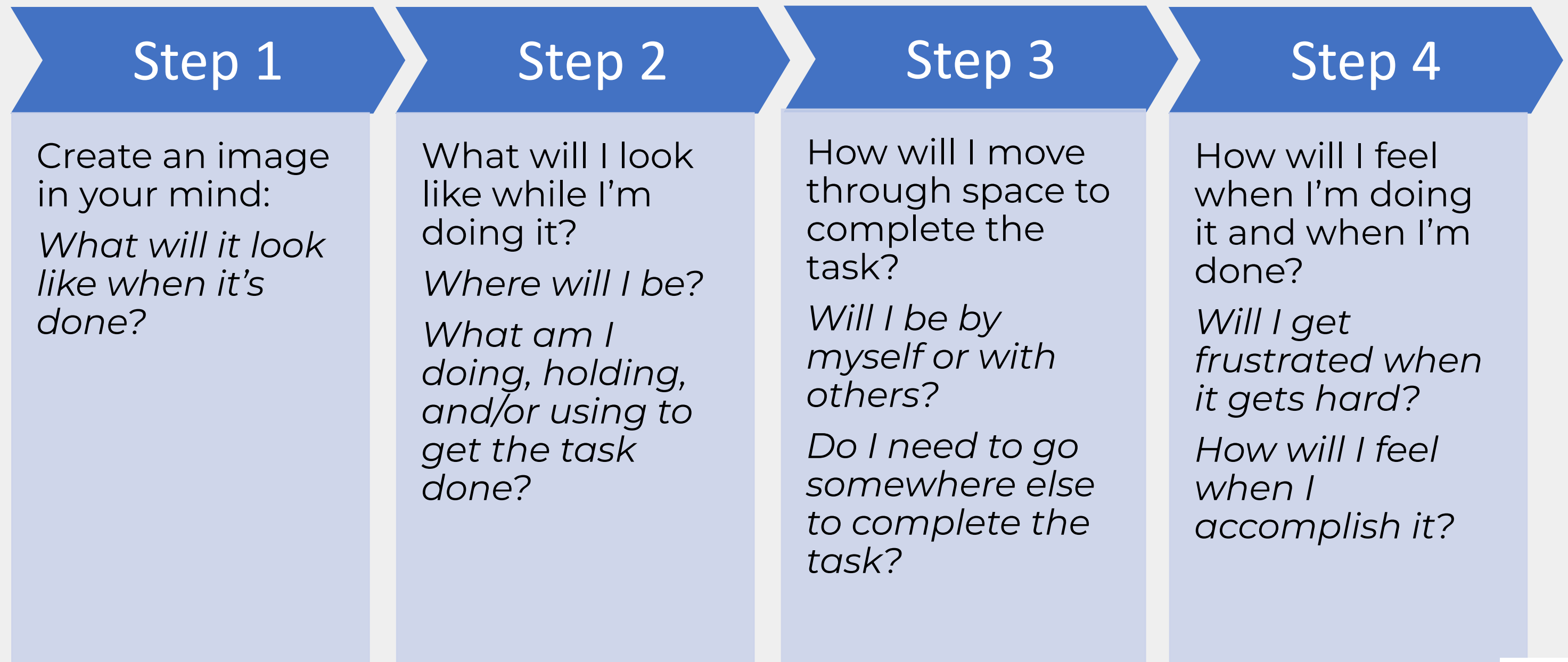
**Use gestures and visual images:** help your kids see what they need to and will do.





# Building Visualization Strategies with Your Child

Summer is a great time to practice visualization skills: Help your child **visually mimic in their mind** what needs to happen, like seeing a movie in their mind.



# Remember:

**Our Summer Schedule**

7:00 am	☀️	Morning Routine
7:30 am	🍞	Breakfast
8:30 am	🍴	Chore Chart <small>clean table empty dishwasher make bed straighten bathroom</small>
9:00 am	🍪	Snack
9:30 am	🧺	Room time
10:00 am	🏃	Activity
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6:00 pm	👨👩👧	Family time
7:15 pm	🌙	Evening Routine
7:45 pm	🌙	Bedtime

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Model & Support with planning

Practice EF skills

Teach visualization strategies

# Resources

[Website of Dr. Sharon Saline](#) expert in ADHD and neurodiversity: support for executive functioning, anxiety, ADHD, learning differences and mental health issues

[Executive Function Free Online Summit \(TEFOS\)](#): August 11-13, 2023

## Articles

[What Parents Misunderstand About Executive Function](#) by Ryan Wexelblatt

[Treatment and Strategies for Weak Executive Functions](#) by Janice Rodden

[What is Executive Functioning?](#) by Understood.org team

[15 Ways to Teach Executive Functioning Skills](#) by Pathways 2 Success

[I Need a Summer Plan That Maps Out Back-to-School Steps](#) by Leslie Josel

[Tips for Vacationing with Neurodivergent Kids](#) (Parenting ADHD & Autism podcast)

If you have any additional questions or would like a social narrative example/template, feel free to email us at: [raisingorchidkids@gmail.com](mailto:raisingorchidkids@gmail.com)

Thank you!

