



## PRESENTED BY



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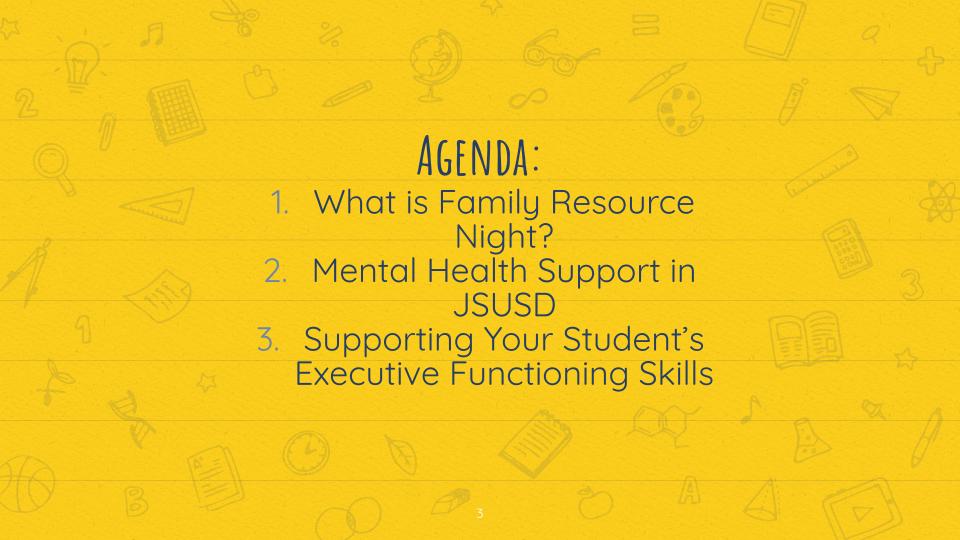
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THIS IS A SPACE FOR FAMILIES TO RECEIVE INFORMATION, RESOURCES, AND EDUCATION ON STUDENT MENTAL HEALTH, SOCIAL-EMOTIONAL LEARNING, AND OTHER RELEVANT TOPICS.

THIS SPACE IS FOR YOU, OUR FAMILIES. WE ARE OPEN TO RECEIVING FEEDBACK AND GUIDANCE ON WHAT YOU WOULD LIKE TO LEARN ABOUT!

### TENTATIVE TOPICS FOR 2022 - 2023 SCHOOL YEAR

October - Come visit our table at Trunk or Treat (RHES)!

**November** - Compassion and gratitude

**December** - Surviving the holidays

January - Family submitted topics

**February** - Special Education 101

March - Mindful March

**April** - Supporting LGBTQ+ youth

**May** - Mental Health Awareness Month

# WHAT WOULD YOU LIKE MORE INFORMATION, RESOURCES, OR EDUCATION ABOUT?





### MENTAL HEALTH SUPPORTS AND RESOURCES THROUGH JSUSD



\* CARE SOLACE REFERRAL PROGRAM

BASE - SEL EDUCATION AND CURRICULUM

WELLNESS IN SCHOOLS PROGRAM (WISP) THROUGH CCCOE

HEALTH VAN (1ST, 3RD, & 5TH FRIDAYS 8AM-12PM @JOHN SWETT HIGH SCHOOL)



### WHAT IS EXECUTIVE FUNCTIONING?

- ★ Can be described as "the management system of the brain."
- ★ Executive functioning skills are very helpful for being engaged and successful in school and in life
- ★ Executive functioning skills need to be taught and practiced!

### EXECUTIVE FUNCTIONING SKILLS

- ★ Paying attention
- ★ Organizing, planning, and prioritizing
- ★ Starting tasks and staying focused on them to completion
- ★ Understanding different points of view
- \* Regulating emotions
- ★ Controlling impulses
- ★ Self-monitoring (keeping track of what you're doing)
- \* Remembering important information

# WHAT DOES IT FEEL LIKE TO STRUGGLE WITH EXECUTIVE FUNCTIONING?



### HOW CAN YOU HELP?

# WORK ON EXECUTIVE FUNCTIONING AT HOME!

- ★ Use visual schedules and checklists to help your child follow routines like getting ready in the morning and cleaning their room
  - Morning RoutineExample
    - Cleaning Room
    - Example

- Use pictures and checklists to help your child keep their backpack organized
  - <u>Elementary Example</u>
  - MS/HS Example



- ★ Help your child set short-term goals for the week and long-term goals for the month
- Example Goal Calendar
  Once your child sets a goal,
  help them to break it into smaller, more achievable
  steps with time limits

- ★ Designate a "homework space" with the necessary materials (pencil, paper)
- ★ Take some time to explain to your child why you are teaching them a specific strategy - if they understand, they are more likely to implement it



- ★ Use cards and board games as fun ways to learn and practice executive functioning skills!
  - Memory games:
    Concentration, Go Fish,
    Bopit
  - Matching games: Crazy
    Eights, Uno
  - Speed games: SlapJack
  - Strategy games: Sorry!, checkers, mancala
  - Brain teasers/puzzles

- Other activities that use executive functioning skills:
  - Simon Says, Red Light/Green Light
  - Hand clapping games
    (Miss Mary Mack, etc.)
  - Jump rope, tag, dodgeball
  - Organized sports, music or dance lessons

- Help expand your child's "feeling word" vocabulary
  - Use different words to describe how a character is feeling in a story, and explain why
  - When talking with your child, ask how they are feeling and put a name to the emotion
  - Feelings WheelExample

Share with your child when you're experiencing big feelings, and tell them how you cope
 Help your child create a

- "coping skills toolbox"
- Coping Skills for Kids



# SHOULDN'T MY CHILD ALREADY KNOW HOW TO DO THESE THINGS? WON'T THEY JUST FIGURE IT OUT ON THEIR OWN?

Think of executive functioning skills like reading, writing, or math - they require teaching, modeling, and practice for us to learn and strengthen them! We wouldn't expect a child to just know how to do multiplication on their own, so we have to extend that same thought process to learning to clean their room or get started on their homework.

## IF MY CHILD STRUGGLES WITH EXECUTIVE FUNCTIONING, DO THEY HAVE A LEARNING DISABILITY?

While children with learning disabilities or ADHD can often experience executive functioning challenges, anyone can struggle in this area. Not every person who experiences difficulty with executive functioning has a learning disability.





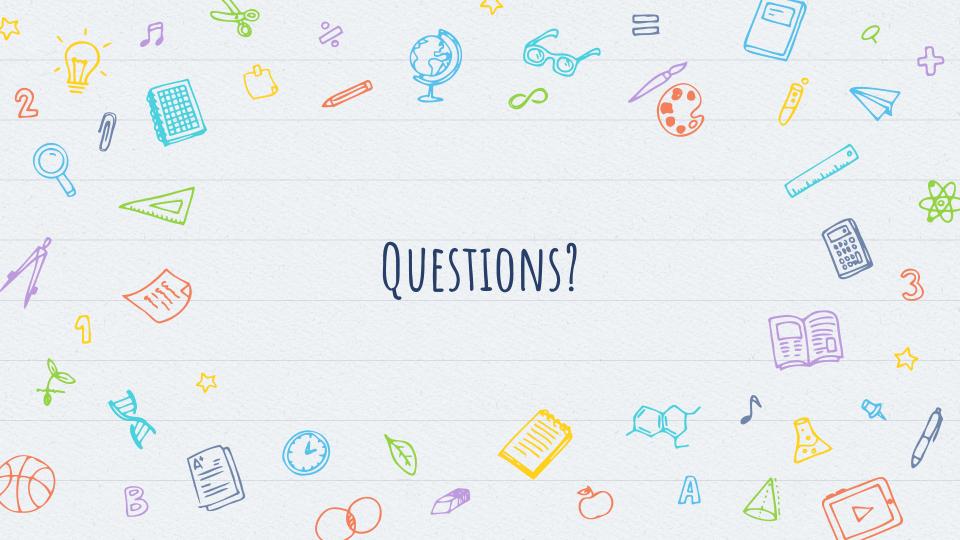
- ★ Your child is not making progress even with consistent modeling and practice of skills
- ★ Your child struggles with executive functioning skills to the point that it negatively impacts their functioning at school and home
- ★ Your child seems to have persistently low self-esteem, anxiety, or depression related to executive functioning challenges

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## HOW LONG WILL IT TAKE FOR MY CHILD TO INCREASE THEIR EXECUTIVE FUNCTIONING SKILLS?

Executive functioning skills are still developing into young adulthood! Everyone's growth looks different and takes different amounts of time. Even if it takes a while for your child to strengthen these skills, continue your support and encouragement!





### MORE RESOURCES

There are many great resources available to help you learn more about executive functioning skills and how to support your child's growth in this area.

Here are a few that we recommend!

Helping Kids Who Struggle with Executive Functioning - Child Mind Institute

- ★ Understood.org
- ★ Executive Functioning Activities Guide - Harvard Center for the Developing Child



# THANK YOU FOR COMING! Please complete our Feedback Form at: <a href="https://bit.lu/3RRa1xl">https://bit.lu/3RRa1xl</a>