

The Harvard University Center on the Developing Child has a 5 minute video explaining executive functioning.

Click below to watch the video.

<https://developingchild.harvard.edu/science/key-concepts/executive-function/>



The Harvard University Center on the Developing Child has an executive functioning activity guide for children of all ages.

Click below for the free download!

<https://developingchild.harvard.edu/resources/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence/>

Understanding Executive Functioning

Executive functioning is a broad term that refers to a variety of mental processes that guide goal-directed behavior. The three main components of executive functioning are working memory, flexible thinking, and impulse control. Specific skills related to **executive functioning** include: planning ahead, organization, time management, focus, attention, starting tasks, task completion, and emotional regulation.

Executive functioning deficits may be present (and impactful) regardless of an official diagnosis. Attention-Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), and traumatic brain injury (TBI) are a few examples of diagnoses related to deficits in executive functioning. **Executive functioning** skills develop over time beginning in early childhood and continuing through early adulthood.

Examples of Executive Functioning Deficits

- difficulty starting tasks or starts and doesn't finish
- difficulty adjusting to change
- disorganized
- easily frustrated
- difficulty following directions
- trouble finishing tests on time
- struggles with familiar tasks
- loses track of time
- forget what they have to do while doing it
- continues to do things in a specific manner even if it is not working
- attends to minor details rather than main objective of the task
- hard time accepting/applying feedback
- difficulty understanding and explaining why they cannot complete a task
- requires significantly more time per task

Strategies to Address Executive Functioning Deficits

- Help child to get started on the task or assignment
- Use an agenda or assignment book to keep track of responsibilities
- Create structure and routine
- Minimize external distractions
- Break down large tasks into smaller steps
- Give one-step or two-step directions
- Use fidgets to help with focus and concentration
- Play games that improve working memory and flexible thinking

Upcoming Events

Date/Time	Topic	Link
Thursday, 10/8 @ 2pm	FSS Virtual Conference: Elopement	https://zoom.us/j/91907688226?pwd=NDJXYUNIURzRHB0clZJRERUNkxGUT09
Saturday 10/10 @ 10am	Speak Up! Skills for Effective Advocacy & How to Prepare for Meetings	https://attendee.gotowebinar.com/register/4654136372361809676
Wednesday, 10/14 @ 6pm	Overview of OPWDD	https://tinyurl.com/y6zy2w2j



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