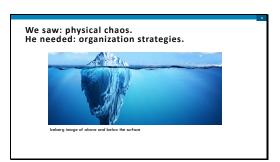


Creating a Brain Toolbox:

 $\label{prop:bulk-bulk-bulk} \mbox{Building $\mbox{\bf Executive Function}$ Skills to Help your students thrive!}$ with Sarah Kesty

Slide 2







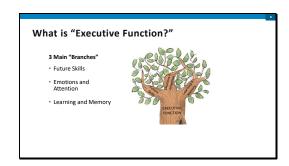
Slide 5

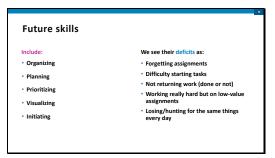






Slide 8





Emotions and attention

Include

- Emotional Regulation
- Attention and Focus
- Energy Regulation
- Inhibit ImpulsesAnticipating and meeting own needs
- Self-monitoring
- Vo soo thair deficits as
- Losing one's cool
 Difficulty focusing
- Attending to "wrong" things
- Feeling "odd" or left out
- Getting stuck with an emotion

Slide 11

Learning and Memory

Include:

- Working memory
- Steps and routines
- Steps and routines
 Processing Speed
- · Flexible thinking

We see their deficits as:

- Forgetting steps to tasksFoggy thinking
- Difficulty with recall
- Struggles with synthesizing information
- Challenges with writing

Slide 12

Impaired EF Skills are associated with...

- Learning Disabilities
- Autism
- ADHD and ADD
- Behavior Disorder
- Traumatic Brain Injuries and Stroke Victims
- Associated with poverty
- Associated with Mental Health Disorders such as depression and anxiety



Slide 14



Slide 15

"Should" "Just" You know that when you come into class, you should set up your device... You're in 6th grade, you should... "Just study more. Just sit down and focus. Just ask for help.



Slide 17



