

WELCOME TO THE BRAIN ADVENTURE GROUP

Session 1: Introduction to Executive Functioning

Video: YouTube “The Adventures of You” executive function guide Part 1 and 2

There are three key levels to master, and the best way to start is by answering these questions to practice essential executive skills.

Once you've completed them, take a moment to reflect—what worked well, and what might need adjusting?

What are you struggling with right now?

(Homework, friendships, feeling successful, or a challenge your family has encouraged you to work on)

LEVEL 1: IMPULSE INHIBITION- STOPPING

What can you do differently so that you can STOP doing something that has been making your life harder?



LEVEL 2: WORKING MEMORY- PLANNING WHILE HOLDING INFORMATION IN MIND

Think about your struggle... make a plan so your execution is different. What will you DO?

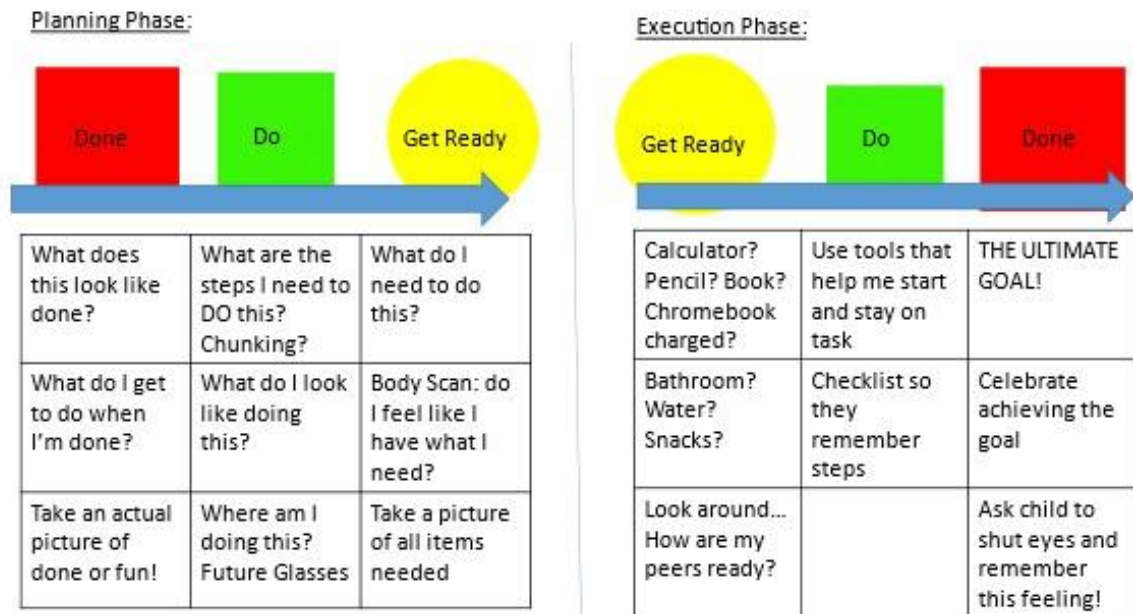


LEVEL 3: MENTAL FLEXIBILITY- ADJUSTING

Make a backup plan. What can you do if your first plan doesn't work out?

Planning Techniques:

1. Stop, breathe, look around, look inside... make a PLAN!
2. Put on “Future glasses”... can you see yourself doing something different?
3. Self-Talk- Say your plan/thoughts to improve your working memory.
4. Plan Backwards then Move Forward... (see: CognitiveConnections.com for more)



5. Learn to **STOP**

S-Space. Read the room. What is going on? What is expected?

T-Time. What is (or should be) the pace of this task? What is next?

O-Objects/Organized. What do I need to do this task? Am I Organized?

P-People. Read the people. Who can help? Who distracts?

6. Do your emotions take over? Does your brain hijack you? To “outsmart” your brain, you first need a clear understanding of what’s really going on.

What is the Size of the Problem: Rate frustration from 1-10. Help them see that while it feels really big, maybe it isn't as big as it feels and there is a way to make it better.

