



Topic: Understanding Executive Function in Children-Tweens and Teens (June 2022)

Brief explanation: Executive function refers to skills that help us focus, plan, prioritize, work toward goals, self-regulate behaviors and emotions, adapt to new and unexpected situations, and ultimately engage in abstract thinking and planning. Learn how you can help your child develop strong Executive Function skills below.

<p>Parent information on this Topic</p>	<p><u>What Is Executive Function? And How Does It Relate to Child Development?</u></p> <p><u>Understanding Executive Function: what is it? Identifying if there is an Executive Function problem and how to help improve Executive Function.</u></p> <p><u>Helping Kids and Teens Who Struggle with Executive Functioning Skills.</u></p>		
	<p>Elementary Age</p>	<p>Middle School</p>	<p>High School</p>
<p>Video material</p>	<p><u>Video about Executive Function: Skills for Life and Learning in Children</u></p>		<p><u>Links to Executive Functions Books and videos for Tweens, Teens, and College Students</u></p>
<p>Discussion and hands on activities</p>	<p><u>10 Fun Activities That Teach Executive Functioning to Kids and Teens</u></p>	<p><u>Executive functioning and adolescents: goal setting, tools for self monitoring, study skills and support activities</u></p> <p><u>8 Ways to Bolster Executive Function in Teens and Tweens</u></p>	

Click on the link within the chart and it will open for you to read or view!