

Executive function resources

<https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/executive-functioning-issues/>

impulse control, emotional control, flexibility, working memory, self-monitoring, planning and prioritizing, task initiation, organization

Articles and information about EF skills.

Patricia W. Newhall's book in the Language-Based Teaching Series, *Executive Function: Foundations for Learning and Teaching*

initiate, sustain, monitor, and adapt the behaviors and attitudes

Practical teaching strategies to promote EF skills in the classroom.

Rebecca Branstetter, book, *The Everything Parent's Guide to Children with Executive Functioning Disorder*

task initiation, response inhibition, focus, time management, working memory, flexibility, self-regulation, emotional self-control, task completion, and organization.

Overview of EF skills. Checklists of strategies to support the various EF skills.

Ari Tuckman wrote *Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook for adults with ADHD*

response inhibition, working memory, sense of time, prospective memory, emotional self-control, self-activation, and forethought and hind thought

Workbook for adults or high school students who are individually motivated to change their behavior based on evidence that current behaviors are not leading them to success.

Margaret Searle's book, *Causes & Cures in the Classroom: Getting to the Root of Academic and Behavior Problems*

Planning and problem solving, memory skills, organization, focusing attention, impulse control and self-monitoring

Great book for teachers that starts with a symptom like memory problems and then delves down to underlying skill deficits like inability to visualize or cannot keep track of steps.

FLIPP the Switch: Strengthen Executive Function Skills by Sheri Wilkins and Carol Burmeister

flexibility, leveled emotionality, impulse control, planning and problem solving

Great book for younger kids and lower functioning individuals. Autism based issues are highlighted. Full of visuals to support EF skills.

Sharon A. Hansen penned a wonderful book for teenagers with executive function weaknesses, *The Executive Functioning Workbook for Teens*

Self-understanding, organization, time management, emotional control, behavior control, flexibility, initiative, attention, working memory, persistence

Workbook for the individually motivated teenager. Lots of short exercises to develop skills.

Lynne Kenney and Rebecca Comizio wrote *70 Play Activities for Better Thinking, Self-Regulation, Learning & Behavior* <https://www.lynnkenney.com/70-play-activities-video-intro-to-musical-thinking/>

Get moving with song to help organize thinking and behavior. Sensory regulation is an important component of this text. OTs would be all over many ideas. Many ideas would be best with preschool through elementary aged students.

Peg Dawson and Richard Guare *Smart but Scattered* and *Executive Skills in Children and Adolescents*

response inhibition, working memory, emotional control, sustained attention, task initiation, planning/prioritization, organization, time management, goal driven persistence, flexibility, and metacognition

Two books. *Smart But Scattered* is targeting parents whose children exhibit EF deficits. Great book but not for those who need lots of scaffolding. *Executive Skills* targets professionals. These books are very content dense

<http://hollygraves.com/ef-by-age.html>

Developmental executive function skills by age group.

Sarah Ward http://efpractice.com/images/resources/chadd_article.pdf

Self regulation, time management, organization

Initially focused on TBI. Many resources about EF available, but mostly at a cost. Very good resources and fantastic presenter.

daily planner http://efpractice.com/images/resources/young_child_parent_planner.pdf

Lynn Meltzer's book, *Promoting Executive Function in the Classroom*

goal setting, planning and prioritizing, organizing, using working memory- remembering, shifting and flexible problem solving, self-monitoring, self-checking and self-regulating

Helps teachers incorporate strategies that promote EF skills in the classroom. Emphasizes that EF skills are not merely the domain of Special Education.