

**STRATEGIES TO SUPPORT
EXECUTIVE FUNCTIONS
IN THE HOME**

**and strengthen
school performance**

Executive Function understanding across home and school with games and strategies to enhance growth and learning.





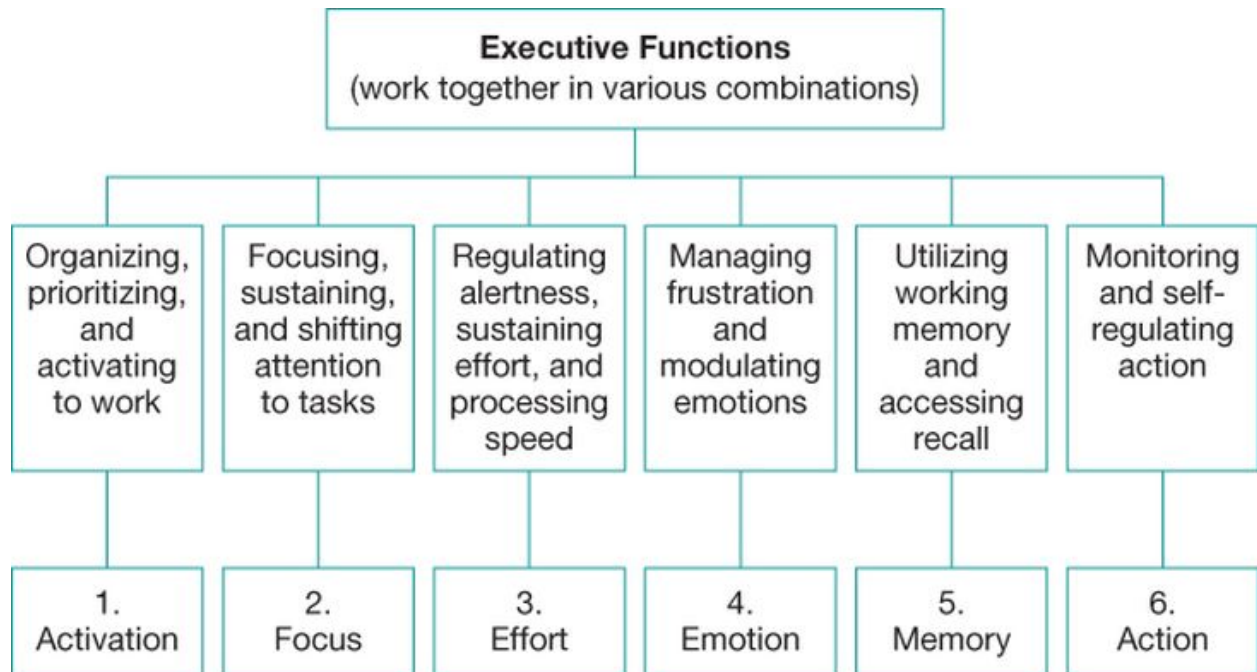
What are Executive Functions?

Executive functions are what drives us forward in planning and reaching goals, staying on track and staying focused. They our ability to prioritize, stay organized and manage time. It is our ability to regulate our emotions such as frustration and disappointment, and stay motivated, even when bored. They drive our ability to assess our work and work habits, change course when needed, and shift gears. It is our self-management system, keeping our attention on a task at hand and allows us to inhibit distractions within ourselves or our environment. Our executive functions are what enable us to initiate and work towards completion of a goal.

Executive functions are tied to all aspects of learning, in reading, writing, mathematics, communication, and socialization. Working memory, recall, and processing speed are all ruled by this area of the brain in our frontal lobes. It is the last area of the brain to develop and the first to let go. As humans, we have differences in the way we look at life, view the world, and in the way we learn. Many individuals have challenges in some area of their executive functions. These challenges can be seen in school, on a job, or in the home.

Individuals with specific learning differences, sensory processing challenges, Autism Spectrum Disorder, or ADHD may find executive function differences make the demands of academics draining and exhausting. Empowering an individual with self-awareness and the skills and tools to advocate and support one's learning can foster a strong, healthy self-image and equal success in one's personal life.

Brown's Model of Executive Functions
(Thomas Brown, PhD., Yale University)



For more information from Dr. Brown and his work with executive functions and ADHD, please go to:
Learningcenter.unc.edu
or to:
Brownadhdclinic.com

**Here is a list of famous people with learning differences as inspiration to reach for the stars
and realize dreams!**

Albert Einstein: ADHD and Dysgraphia
Steven Spielberg: Dyslexia
Walt Disney: ADHD
Bill Gates: Dyscalculia
Benjamin Franklin: Dyscalculia
Thomas Edison: Dysgraphia
Agatha Christie: Dysgraphia
David Neeleman: ADHD
Whoopi Goldberg: ADHD and Dyslexia
Bill Gates: ADHD
Michael Phelps: ADHD
Octavia Spencer: Dyslexia
Paul Orfalea: Dyslexia and ADHD
Daniel Radcliffe: Dyslexia
Bob Weir: Dyslexia
Anthony Hopkins: ASD
Dan Aykroyd: ASD
Alonzo Clemons: ASD
Andy Warhol: ASD
David Byrne: ASD
Tim Burton: ASD
Will.i.am: ADHD
Luis Armond Garcia: Dyscalculia

Additional Website Resources:

JourneyNorth.org
sites.ed.gov
bookshare.org
pocket phonics
green mountain consortium

More Apps:

MyTalkTools Mobile Autism Express
Dyslexia Toolbox Momento
If-the emotional IQ game
sound literacy

