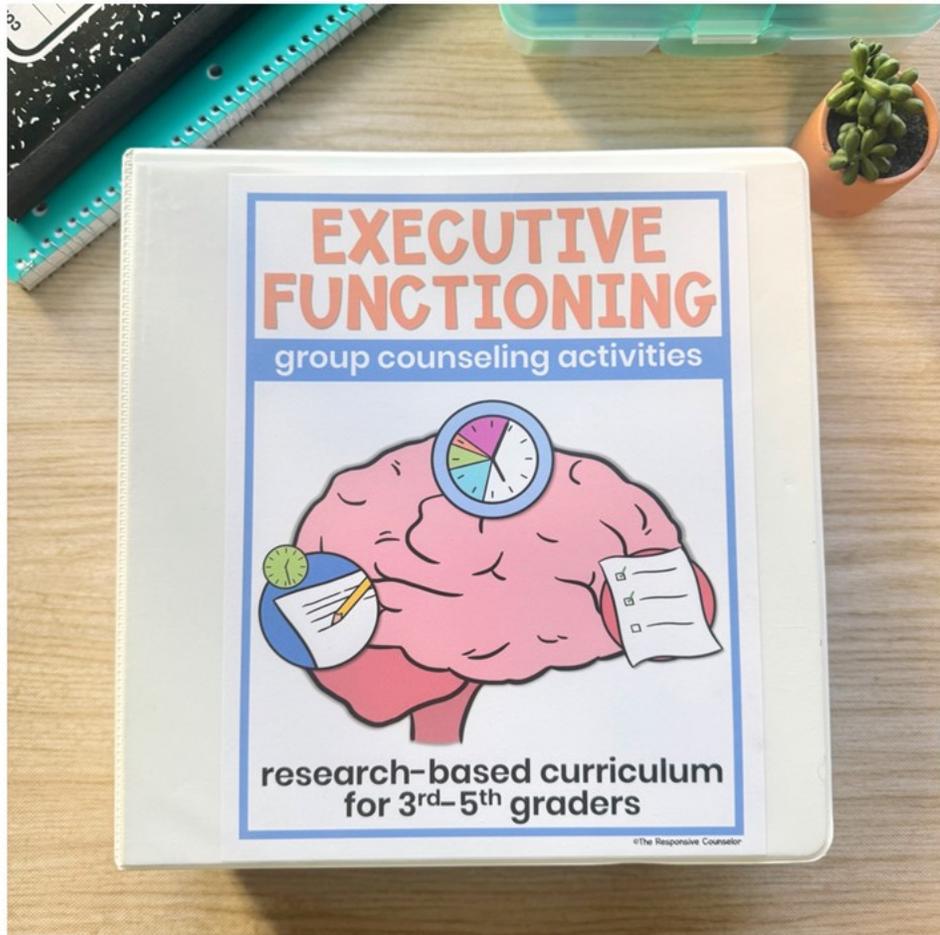


# EXECUTIVE FUNCTIONING

upper elementary group curriculum for 3<sup>rd</sup>–5<sup>th</sup>



- ▶ Research-based
- ▶ Skill-building sessions with engaging, hands-on activities
- ▶ Comprehensive, ready-to-go group with lots of flexibility

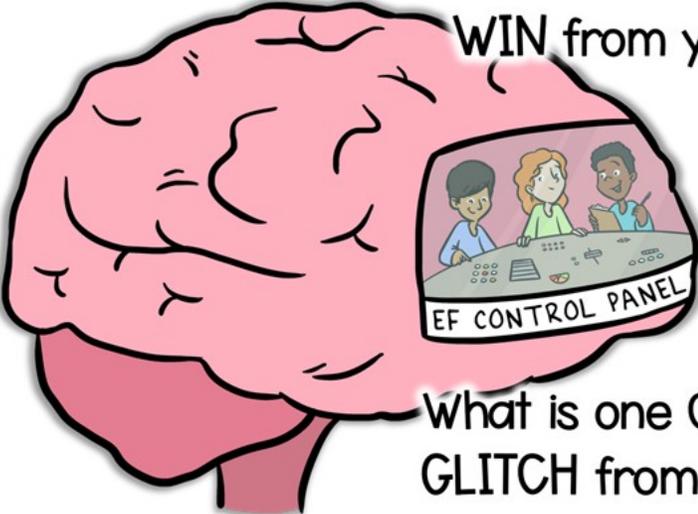
You know those students who struggle with staying focused, getting organized, managing time, or making decisions?

The ones who **want** to do well but get stuck or lose track of what to do next?

Or maybe they **rush** through things and miss important steps?

**EXECUTIVE FUNCTIONING CHECK-IN**

What is one Control Panel WIN from your week?



What is one Control Panel GLITCH from your week?

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The graphic features a pink brain with a window showing three people at a desk. The window is labeled 'EF CONTROL PANEL'. To the right of the brain is a vertical double-headed arrow. Above the arrow is a yellow smiley face with a wide grin, and below it is a yellow smiley face with a frown. The text 'What is one Control Panel WIN from your week?' is positioned above the arrow, and 'What is one Control Panel GLITCH from your week?' is positioned below it. The title 'EXECUTIVE FUNCTIONING CHECK-IN' is at the top left, and the copyright notice '©The Responsive Counselor' is at the bottom right.

This is the support for them!

# big picture overview

- ▶ Session 1: Introduction
- ▶ Session 2: Executive Functioning Overview
- ▶ Session 3: Self-Monitoring & Self-Talk
- ▶ Session 4: Goal Setting
- ▶ Session 5: Planning
- ▶ Session 6: Time Awareness
- ▶ Session 7: Task Initiation
- ▶ Session 8: Organization
- ▶ Session 9: Flexible Thinking

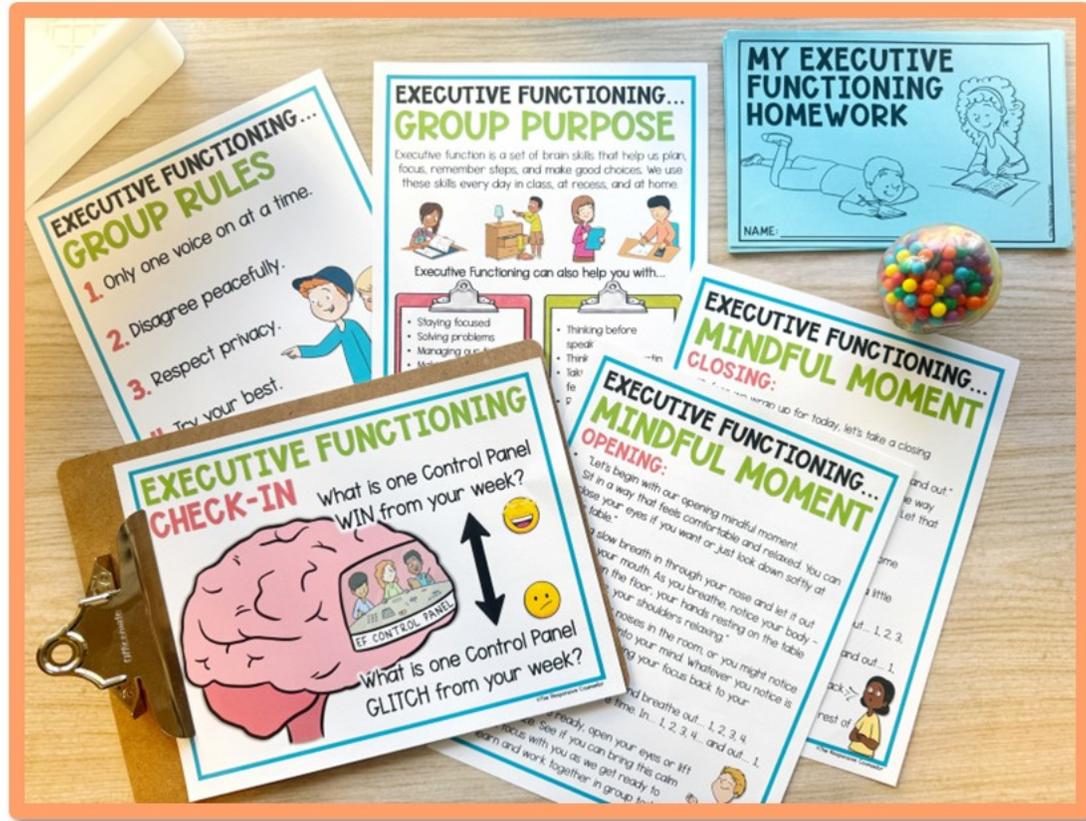


# big picture overview

- ▶ Session 10: Self-Control
- ▶ Session 11: Decision Making
- ▶ Session 12: Focusing
- ▶ Session 13: Conflict Resolution
- ▶ Session 14: Coping Skills
- ▶ Session 15: Closing
- ▶ Weekly Check-In
- ▶ Data Collection Tools
- ▶ Teacher/Caregiver Notes



# closer look



## session 1: introduction

Building rapport, establishing expectations, learning opener and closer activities



## session 2: executive function overview

EF word search, day in the life story and sorting strips to understand EF skills in action

# closer look



## session 3: self-monitoring and self-talk

Learning about our brain's control panel, check-in and coach practice activity



## session 4: goal setting

Goal memory match game, my goals worksheet to identify personal and academic goals and action steps

# closer look



## session 5: planning

Class party catastrophe story, group planning activity and make a plan worksheet to practice being planning pros



## session 6: time awareness

Time estimation challenge, beat the clock board game to practice using good time management strategies

# closer look



## session 7: task initiation

Task initiation barrier and booster card matching to practice getting started even when it's hard



## session 8: organization

Classroom cleanup challenge and organization scenario sort to learn what organized spaces look like and practice strategies to stay organized

# closer look



## session 9: flexible thinking

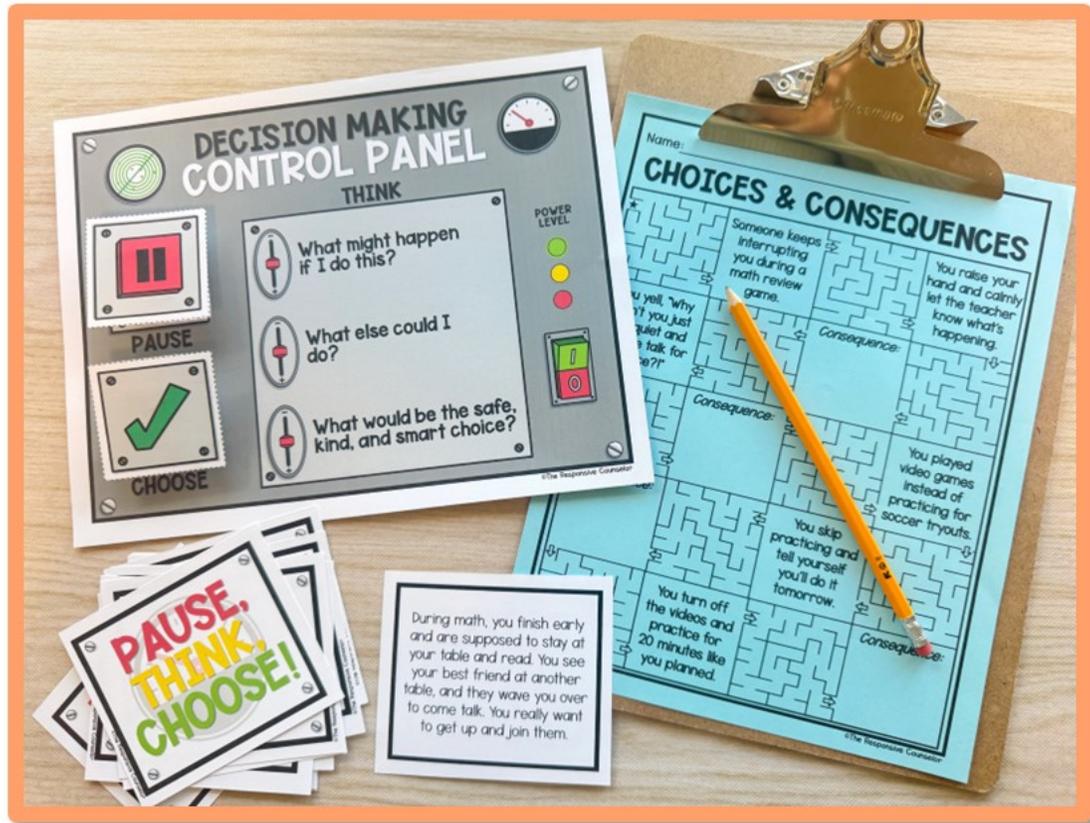
Flexible thinking yoga, perspective-taking and problem-solving puzzles activity to practice thinking flexibly



## session 10: self-control

Self-control ball toss activity to practice using helpful self-control strategies in various situations

# closer look



## session 11: decision making

Decision making scenarios practice activity using Pause-Think-Choose, choices and consequences maze



## session 12: focusing

Focus symbol swap challenge and focus strategy matching activity to practice managing distractions and staying on task

# closer look



## session 13: conflict resolution

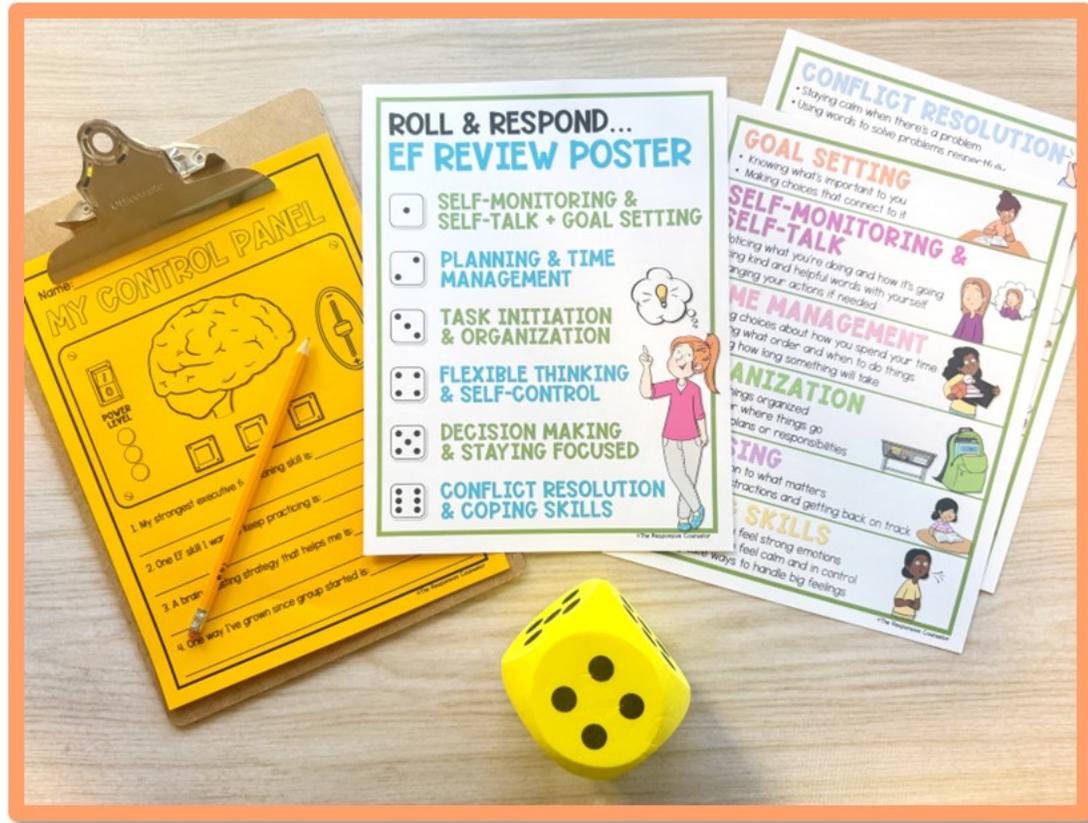
Conflict resolution zap and reset activity to practice solving problems peacefully using conflict resolution strategies



## session 14: coping skills

Coping skills skits to practice coping strategies in session, coping skills spinner as a take home reminder

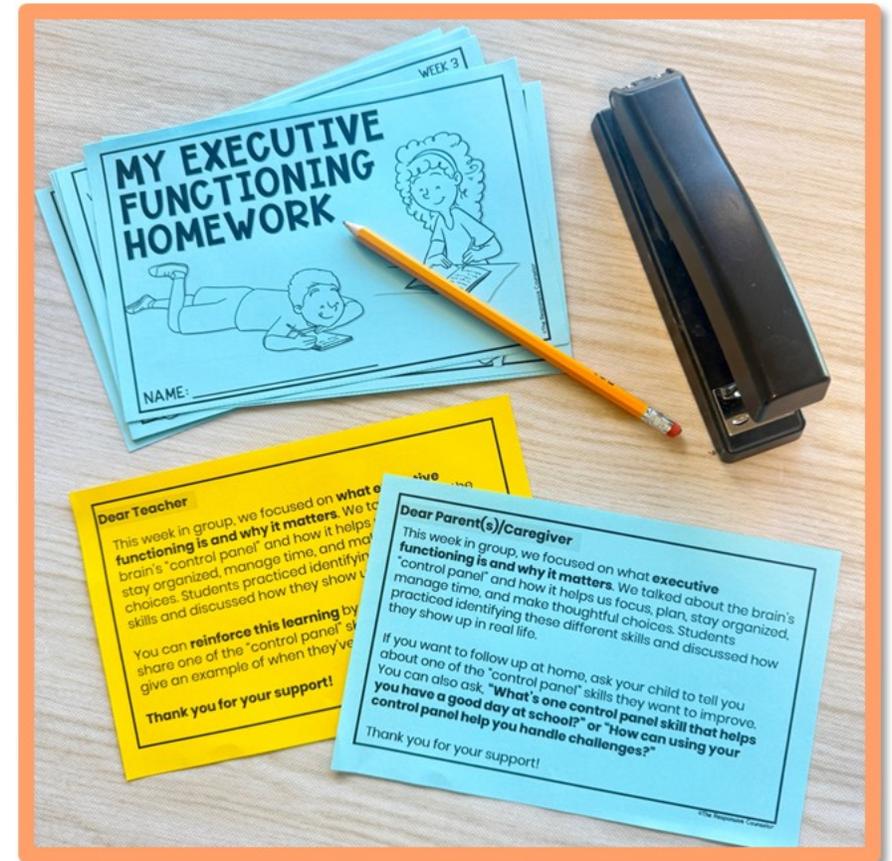
# closer look



## session 15: closing

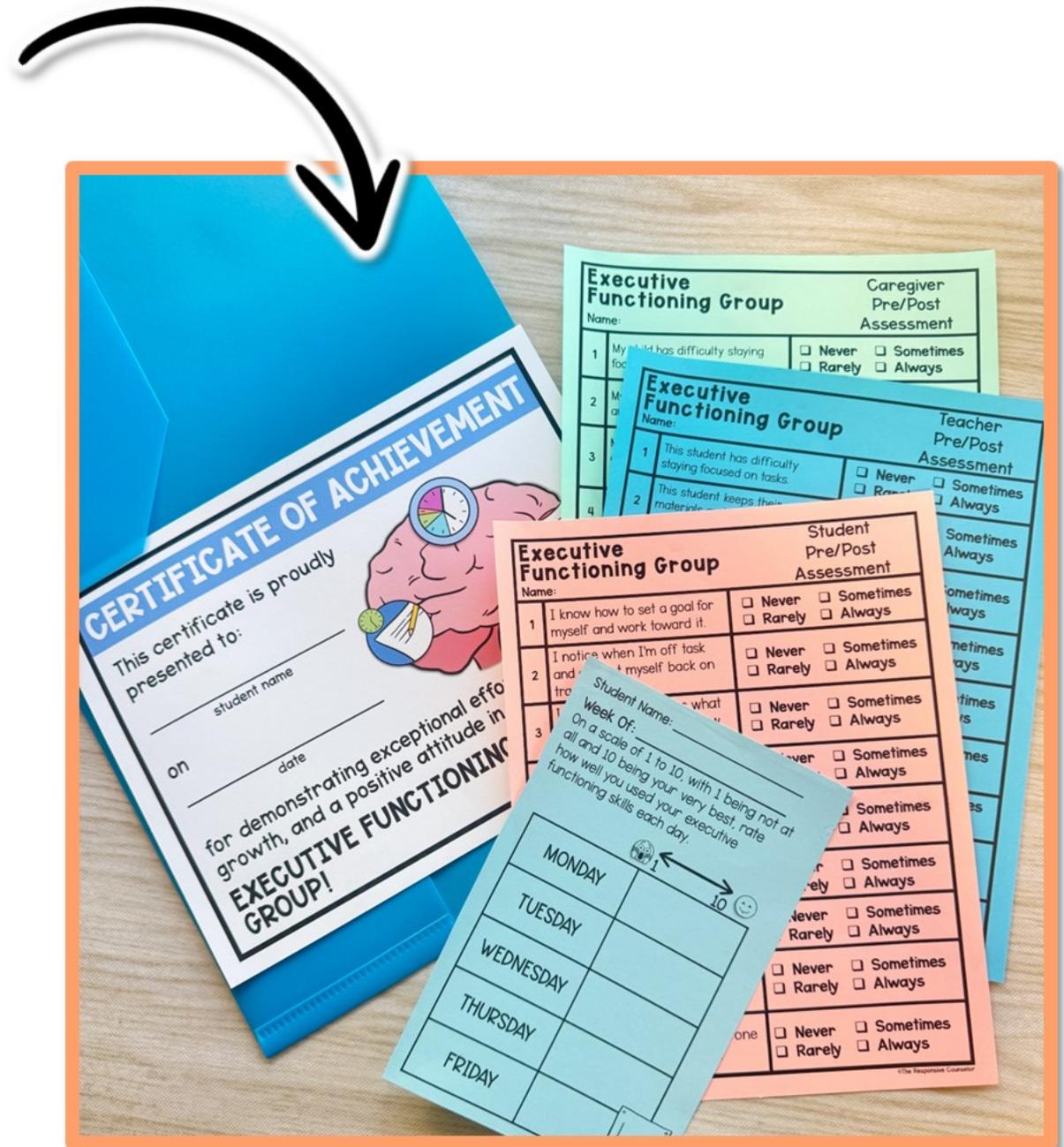
Roll and respond review, my control panel worksheet to summarize learning, group termination

Teacher and caregiver notes and journal pages are included for each session to help the learning and growth “stick” and carryover outside of the counseling room!



## Additional tools included:

- ▶ Student pre/post assessment
- ▶ Teacher pre/post assessment
- ▶ Caregiver pre/post assessment
- ▶ Progress monitoring
- ▶ Completion certificate
- ▶ Suggested book companions



## Before You Begin extra materials needed

- Soft ball or stuffed object 

- Writing utensils 

- Paperclips 

- Tape 

- Index cards 

- Game playing pieces 

- Dice 

- Sheet protectors 

- Dry-erase markers 

Sessions require minimal prep and minimal extra materials...while still being incredibly engaging!



**Black and white pages included!**

## USING HELPFUL... SELF-TALK



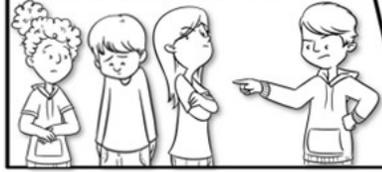
I can handle this!

I can focus on what matters right now.

It's upset to I can

I can use my

## CLASS PARTY CATASTROPHE!



It all started when I told the class reward party marble jar. hard, show followed c said with earned and y

The students were so excited that they started shouting out ideas at once. "I'll bring cupcakes!" Zoe yelled. "I'll make a playlist!" said Miles. "I'll decorate!" added Aaliyah. "Let's bring our board games!" shouted...



## FLEXIBLE THINKING STRATEGIES

**PERSPECTIVE TAKING** 

**THINKING OF SOLUTIONS** 

**FLEXIBLE SELF-TALK** 

Looking at the situation from someone else's point of view. Like, "I felt mad when my partner wasn't talking, but then I realized they might be nervous about sharing in front of the group." That is... **PERSPECTIVE TAKING.**

Thinking of more than one way to solve a problem. Like, "I forgot my soccer gear for practice. I could call home to see if someone can bring it, ask the coach if I can still stay and watch, or borrow what I need from the lost and found or a teammate." That is... **BRAINSTORMING MODE.**

## EXECUTIVE FUNCTIONING... GROUP RULES

1. Only one voice on at a time
2. Disagree peacefully.
3. Respect privacy.
4. Try your best.
5. Stay in the group.
6. Have fun!



## EXECUTIVE FUNCTIONING CHECK-IN



What is one Control Panel WIN from your week?

What is one Control Panel GLITCH from your week?



## A DAY IN THE LIFE: MAYA

<p><b>BEFORE SCHOOL</b></p> <p>Maya wakes up in a rush, tossing things in her backpack, unable to find her favorite shirt, and forgetting her library book as she heads to the bus.</p> 	<p><b>READING</b></p> <p>Maya starts reading but quickly looks around, taps her pencil, and talks to a friend. She forgets what the story is about.</p> 	<p><b>RECESS</b></p> <p>Maya is upset when she can't play basketball. She says recess is ruined and sits alone the whole time.</p> 
<p><b>GROUP PROJECT</b></p> <p>Maya laughs with the others and ignores the teacher's reminders. The group ends up losing points for being off-task.</p> 	<p><b>AFTER SCHOOL</b></p> <p>Maya rushes out the door at the end of the school day. At home, she realizes she left her folder and water bottle at school again.</p> 	<p><b>BEDTIME</b></p> <p>Maya is staying up too late watching videos on the tablet, so tomorrow she will be tired at school and gymnastics.</p> 

# questions & answers

## Is this ASCA or CASEL aligned?

### **ASCA Standards**

- ▶ Belief in using abilities to their fullest to achieve high-quality results and outcomes
- ▶ Self-confidence in ability to succeed

### **CASEL Competencies**

- ▶ Self-Awareness
- ▶ Self-Management
- ▶ Responsible Decision-Making

## What does research-based mean?

It means it was created using what peer-reviewed published research tells us matters and works in growing children's executive functioning skills!

## Is this in the group counseling curriculums bundle?

It is not in that bundle and will not be added to it. That bundle is complete.

Hi, I'm Sara! At The Responsive Counselor, we create resources for school counselors, child therapists, and teachers that improve social emotional learning and help students be their best selves. Our focus is creating resources that are effective (using research-based best practices) and engaging (through collaborative learning and relevant scenarios) for students.

**B.A. from Michigan State University**

Psychology and Anthropology

**M.S. from Vanderbilt University**

Community, Research, and Action

**M.Ed. From Vanderbilt University**

Human Development Counseling:  
School Counseling & Mental Health

**experience**

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



let's connect:

