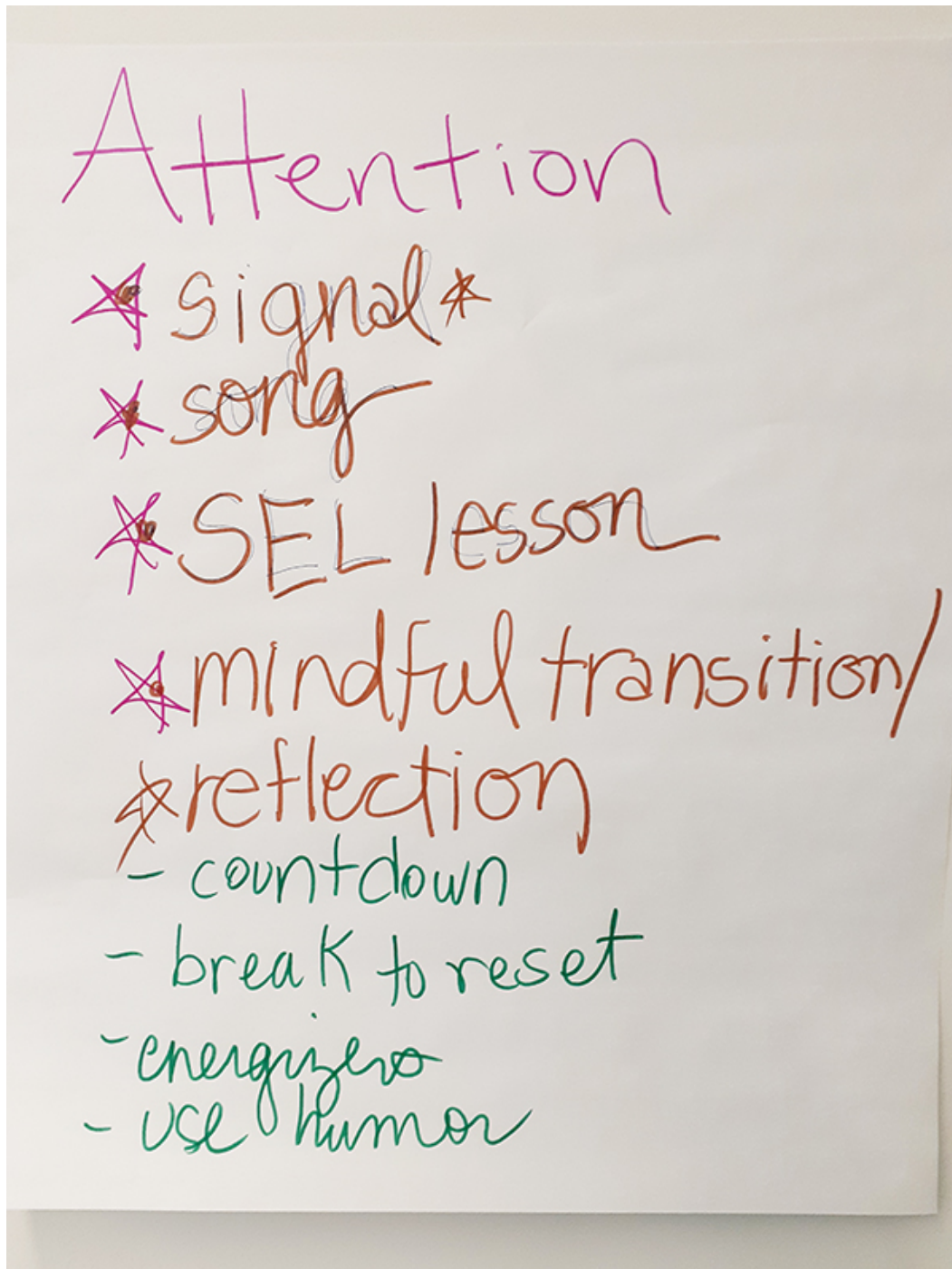


Supporting Children's Executive Functioning and Self-Regulation (Kindergarten – Grade 3)

Amy Mart, Ph.D.

Participants in this session shared strategies for fostering children's attention control, working memory, inhibition, and emotion regulation. The photos below show their work.



Attention

Changing activity and then
come back to it

Movement break

engaging activities

minimize distractions

- individualized expectations
- chunking tasks
- timer

Attention

- "1, 2, 3 eyes on me"

- Counting down

- "Class, class" "yes, yes"

- Positive Specific praise

- Hands on "Put listening ears on"
- Rhythm call + response

- focus scopes (2nd step)

- Whole body listening

- Voice cues

- ~~✗~~

explain, teach, & reteach

- ~~model m~~
repeat my beat
(hand clapping)

- Social detective

- "If you can hear me clap your hands"

- 3-2-1. We are done

Attention

- Visual cue - large body
- flash lights in room
- brain breaks
- warning for transitions

attention getters

whispering, inflection

kinesthetic movements

dividing day - demanding, less demanding
puppets

Physical proximity to what
needs attention

Working Memory

* picture cards as directions

• I statements

* Energizers (Brain break - breathing, Go Noodle)

• child as teacher

* Physical actions

• Taking notes / drawing picture

* Repeat directions

* concentration game

* routines

* songs

Working Memory

★ visuals / checklists

Chunk tasks / directions

Self-check rubric

- make it fun, a game
- going for a walk, change in environment
- motivators (include relationships)
- directions as symbols
- Positive Reinforcement

Working Memory

Job charts

Memoria games
flash card

Concentration
visuals, cue cards, sentence strips

Working Memory

Singing reminders - rhythm, use
changing vocal tone (to make fun)
Using senses to appeal to memory
relating to real life experiences

Songs
of interest

Encourage to think out loud
talk through steps

Anchor charts

Visual gestures (routines practice)

Checklists

* Practice procedures/expectations

Books with picture reminders
(real life)

Inhibition

- alternatives choices
- positive peers
- modeling/ preteaching of how to handle inappropriate behavior
- How does your body feel when _____?
↳ awareness
- Learn to pause
- Simon says type games

Inhibition

☆☆ visual (stop sign)

☆ redirect

☆ verbal cues

☆ hand signal

☆ gross motor activity *

☆☆ Coupling statements

☆☆ Proximity

☆ - reality statements

☆ - giving ^{limited} choices

* Sentence starters / Access to
vocab

Inhibition

Timers

Signal for transition

first - then

Star chart - complete x# of tasks - choose last
visual schedule

gestures

Counting to 5 to think & reflect on next task

Small Reminders

Inhibition

Songs - line up, clean up,

Fingerplays

counting before reacting

Questioning / Prompting

NOT a weighted vest!

* Giving more Options

Identify Antecedents

Emotion Regulation

- Comfort zone (assisting in the moment)
- "Take Five"
- Feeling Chart - followed by "why"
- "Solution kit" • Access to nature
- Sensory item • yoga
- Safe seat
- listening to soft music
- getting up & moving when sitting a while
- label & teaching understanding emotions
- books • social stories

Emotion Regulation

★★ Taking Breaks - taking breaks

★ Talk about emotions, once managed

- Figure 8 breathing, count to age

- Strategies

- journal

★ Tools

★★ Modeling emotions

- mindfulness curriculum

★ Zones of regulation

Emotion Regulations

- * Calming corner + quiet + cove
- body / feelings connection + expression
- * I feel chart
- Teach words to match feeling cards

Buddy Room

Emotion Regulation

- 5 pt scale
 - big deal/little deal
 - contracts
 - * Calm down area w/ tools, fidgets
 - * teach emotions + identify ^{glitter}
 - emotion colors/zones of regulation
 - greetings
 - friend support helper
 - * love rituals (ct)
 - * emotion modeling
 - * teach breathing
 - * social stories
- validate + redirect
- dramatic play modeling
emotional regulation
- zones of regulation
- self-evaluate in the morning
↳ prepping @ beginning
- music