

Executive Functioning Skills

Executive functions are complex brain functions, mostly located in the pre-frontal cortex, needed to execute tasks which serve in accomplishing a goal. Both children and adults need these functions to handle feelings and behavior.

Hot Skills: Conscious & Used for Feeling

Cool Skills: Unconscious & Used for Thinking

INHIBITION

Self-regulation and restraint

EMOTION

Dealing with frustration and big feelings

ACTION

Getting started, organizing stuff, estimating time, planning and prioritizing things.



The ADHD Brain

Kids who exhibit ADHD symptoms have a more difficult time regulating in 3 or more of these areas. Girls and boys are affected, but often present differently - girls being more inattentive, and boys being more hyperactive. Help them to center their mind and body with deep breathing and walk them through tasks to help build small successes.

ENERGY

Staying alert, perseverance, speed of processing information.

RECALL

Being able to hold information in your head and doing something with it; relating current information with something from the past and applying it to the present or future.

FOCUS

Staying on task; smoothly shifting to new things, setting and accomplishing goals.

SELF-EVALUATION

Self-awareness and self-monitoring.

Research based on the work of Dr. Sharon Saline, *What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life*, 2018. For more help with your ADHD child, visit <https://www.additudemag.com/>.