

Executive Functioning



Acknowledgement of Country



ages and voices of
with us.



Learning intentions



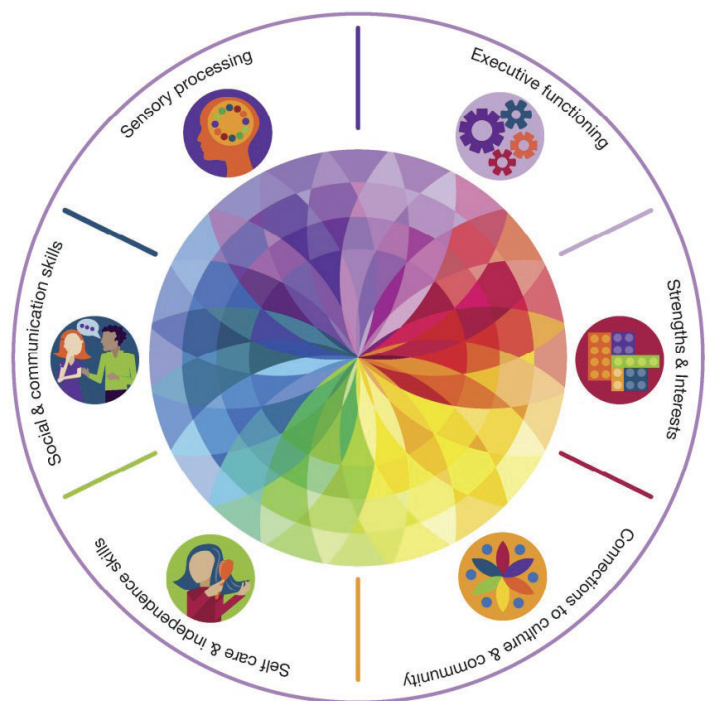
To explore executive functioning skills and the implications for home and school



Consider practical strategies to support the development of executive functioning skills

The Diversity Wheel

The Diversity Wheel is comprised of six areas that contribute to the life of a young person.



Everyday executive functioning skills



Executive functioning and you



What is executive functioning?



Executive functioning



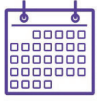
Executive functioning

Autism and executive functioning

- relationships
- expectations
- considerations



Executive Functions



1. Planning



2. Organisation



3. Time management



4. Working memory



5. Meta-cognition
Thinking about our own thinking



6. Emotional regulation



7. Flexibility



8. Attention & ability to shift focus



9. Task initiation



10. Persistence

1. Planning

- planning how to complete a task
- understanding what finished looks like



2. Organisation

- organising thoughts
- equipment
- time
- work space



3. Time management

Understanding and knowing how to complete an activity in a given timeframe





Strategies

[Executive functioning resources](#) - [Amaze](#)

4. Working memory

Remembering information whilst working on other tasks.



5. Meta-cognition

Being aware of what you are doing

Strategies

- 'Chunking' when taking information in
- 'Brain dump' of what is remembered
- Share tasks at home
- Give specific steps of task to your child
- Teach Self-monitoring
- Visual reminders
- Teach how to ask for help



6.Emotional regulation

Managing emotions



7.Cognitive flexibility

Being able to change plans and adapt to a new situation

“The way I start every lesson.. is I do a well-being check-in at the start of every lesson. So I get the kids to rank how they're traveling in my lesson at the very minute they're sitting there. For one, everything is awesome, like the Lego movie, to five, my world is ending, and I should be crying in foetal position under the table right now. The kids tell me where they are on the scale, and it helps me adjust my lesson plan to match the needs of all my students...”

The Yellow Ladybugs Podcast: Neuro-Affirming Ways to Support Executive Functioning at School, 13 Apr 2023

Strategies

Visuals – timers or countdowns

Transition activity

Offering breaks

Coaching and Social Stories

Environmental adjustments



Scenario

‘Leo is an autistic student, in year 8 who is usually a little quiet in the class, especially when it becomes loud. He has been working well within a group project, the team have welcomed his suggestions and allocated roles. The other students have made a last minute decision before the presentation is due, and have changed the plan of delivery. Suddenly everything suddenly feels chaotic for Leo and he has become quiet and is sitting down with his eyes closed, unable to process the changes.’

8.Attention

Paying attention to a task, even if we are bored, tired, or it is not our interest area



9.Task initiation

- The ability to start a task
- Waiting until the last minute to start

10.Persistence

The ability to keep going to finish a task and re-visiting the task if necessary



Strategies

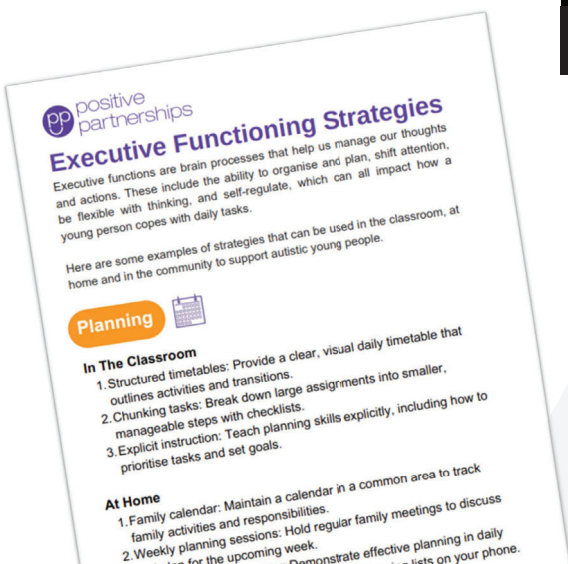
- Review what is/isn't working
- Get curious
- Movement breaks
- Technology
- Limit speaking time (teacher)
- Realistic expectations
- Practice together
- Positive reinforcement
- How can you use strengths and interests?



Benefits of student voice



Some other resources



[I AM](#)
[WHY WE MATTER](#)
[SCHOOLS](#)
[ONLINE](#)
[PROFESSIONAL DEVELOPMENT](#)
[GET INVOLVED](#)
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AUTISTIC-LED SERVICES FOR YOUNG PEOPLE & ORGANISATIONS

I CAN Network is Australia's largest provider of Autistic-led group mentoring programs, training and consultancy. We have a 50% difference: half of our staff are Autistic. Our school and online mentoring programs empower 8-22 year-old young people with an 'I CAN' attitude.

"I CAN CELEBRATES DIVERSE THINKING AND PROVIDES THE SKILLS FOR AUTISTIC STUDENTS TO HAVE A VOICE"

Kyla - Deputy Principal, Coburg North Primary School

EXECUTIVE FUNCTIONING & ANXIETY: INSIGHTS & TIPS FOR ADULTS WHO SUPPORT AUTISTIC YOUNG PEOPLE

Here are some important insights, tips & resources from Autistic/Neurodivergent members of our team who know what it's like to manage executive functioning challenges.

EXECUTIVE FUNCTIONING ISN'T JUST PLANNING, ORGANISING AND TIME MANAGEMENT. It also includes prioritisation, problem solving & flexible thinking, working memory, self awareness & self regulation, task initiation to task completion, attention and self advocacy. Many of us Autistic/Neurodivergent people find these things quite difficult.



Resources



positivepartnerships.com.au



LinkedIn positive partnerships



Instagram @positivepartnerships



Threads @PositivePartnerships



pinterest.com.au/PositivePartnershipsAustralia/



facebook.com/PositivePartnershipsAU

Feedback & Questions



<http://tiny.cc/PP-onlinefeedback>