

# Executive Function Resources

## Apps

[360 Thinking Time Tracker App](#) (Analog clock with Get Ready, Do, Done model)

Pic Collage - for manipulating pictures

Skitch - editing and printing pictures

DMD Panorama App - panorama pictures of whole room

Calm Counter - regulation/dysregulation

My Video Schedule - planning

Evernote - organization

Notability - organization/planning

## Internet Resources

[www.thinglink.com](http://www.thinglink.com) - annotating images and videos

[www.habitica.com](http://www.habitica.com) - game-based app for goal setting and teaching habits

[www.efpractice.com](http://www.efpractice.com) - Cognitive Connections - Multiple resources from Sarah Ward

[www.writelab.com](http://www.writelab.com) - website that edits for content as well as grammar

[www.grammarly.com](http://www.grammarly.com) - website that provides editing assistance

[www.inspiration.com](http://www.inspiration.com) - graphic organizer website for writing

<http://efpractice.com/images/tracknets.pdf> - Understanding passage of time and using clocks

[www.edutopia.org/blog/brain-based-teaching-strategies-judy-willis-](http://www.edutopia.org/blog/brain-based-teaching-strategies-judy-willis-)

[www.understood.org/en/school-learning/learning-at-home/homework-study-skills/7-tips-for-building-flexible-thinking#slide-3](http://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/7-tips-for-building-flexible-thinking#slide-3)-Tips for building flexible thinking

[developingchild.harvard.edu/resources/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence/](http://developingchild.harvard.edu/resources/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence/)-PDF guides for specific age levels

<https://childmind.org/article/helping-kids-who-struggle-with-executive-functions/>-Ideas for parents at home

<http://www.psychologytoday.com/blog/dont-delay/201302/strategies-strengthen-executive-function> - Strategies to strengthen EF Skills

[http://developingchild.harvard.edu/resources/multimedia/videos/inbrief\\_series/inbrief\\_executive\\_function/](http://developingchild.harvard.edu/resources/multimedia/videos/inbrief_series/inbrief_executive_function/) - EF Skills for life and learning

<http://learningworksforkids.com/2013/10/strategies-to-improve-writing-skills-executive-functioning/> - Strategies to improve writing and EF

<http://learningworksforkids.com/2013/10/strategies-to-improve-math-skills-executive-functions/> - Strategies to improve math and EF

<http://learningworksforkids.com/2013/10/strategies-to-improve-reading-skills-executive-functions/> - Strategies to improve reading and EF

<http://nspt4kids.com/health-care/adhd-and-executive-functioning-resource-guide/> - ADHD & EF

## **Books**

Braaten, E., and Willoughby, B. (2014). *Bright Kids Who Can't Keep Up; Help Your Child Overcome Slow Processing Speed and Succeed in a Fast-Paced World*. New York: The Guilford Press.

Branstetter, R. (2013). *The Everything Parent's Guide to Children with Executive Functioning Disorder: Strategies to help your child achieve the time-management skills, focus, etc. to succeed in school and Life*. Adams Media.

Guare, R., Dawson, P., & Guare, C. (2013). *Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach their Potential*. New York: Guilford Press.

Silver, D. (2012). *Fall down 7 Times, Get up 8: Teaching Kids to Succeed*. Thousand Oaks, CA: Corwin Press.