

Know your spectrum of executive functioning

Aims

- To understand key aspects of executive functioning
- Identify personal strengths and areas that are a challenge
- Develop strategies to enhance or improve executive functioning.

Activities A - H

- Read Finn's worksheet and creative writing to further understand each topic and generate ideas.
- Teenagers' to think of examples in their life for each activity. Course leaders can also provide personal examples to further support the process.
- Consider the key features of the topics and how they influence other areas of our lives.
- Teenagers' to identify cause and effect between their executive functioning style and emotions or behaviours.
- Refer to the additional support material provided on the website for each activity section and to recap the topic.
- Additional poetry and narrative examples can be found on the creative writing wall for more inspiration.

Timings Page Website button	Activities
10–15 minutes PAGE 22-24	<p style="text-align: center;">Know your spectrum of executive functioning</p> <p>Introduction</p> <p>Read through the introduction and further explain or discuss the main topics.</p>
20-30 minutes PAGE 27 Button 2 PAGE 28	<p style="text-align: center;">My spectrum of organisation and prioritisation</p> <p>ACTIVITY A. YOUR WRITING PROMPTS</p> <p style="text-align: center;">Additional Writing Prompts</p> <p>ACTIVITY B. MY WORKSHEET</p>

<p>20-30 minutes</p> <p>PAGE 32</p> <p>Button 3</p> <p>PAGE 33</p>	<p style="text-align: center;">My spectrum of memory</p> <p>ACTIVITY C. YOUR WRITING PROMPTS</p> <p style="text-align: center;">Additional Writing Prompts</p> <p>ACTIVITY D. MY WORKSHEET</p>
<p>20-30 minutes</p> <p>PAGE 37-38</p> <p>Button 4</p> <p>PAGE 39</p>	<p style="text-align: center;">My spectrum of rigid/focused thinking and setting goals</p> <p>ACTIVITY E. YOUR WRITING PROMPTS</p> <p style="text-align: center;">Additional Writing Prompts</p> <p>ACTIVITY F. MY WORKSHEET</p>
<p>20-30 minutes</p> <p>PAGE 42-43</p> <p>Button 5</p> <p>PAGE 44</p>	<p style="text-align: center;">My spectrum of impulsivity</p> <p>ACTIVITY G. YOUR WRITING PROMPTS</p> <p style="text-align: center;">Additional Writing Prompts</p> <p>ACTIVITY H. MY WORKSHEET</p>
<p>20 minutes</p> <p>PAGE 47</p> <p>PAGE 49</p> <p>PAGE 50</p>	<p style="text-align: center;">What's my spectrum of executive functioning?</p> <p>ACTIVITY I. MY WORKSHEET</p> <ul style="list-style-type: none"> • Teenagers' recap and summarise main points learnt throughout the chapter. <p>ACTIVITY J. MY WORKSHEET</p> <ul style="list-style-type: none"> • Teenagers' complete creative writing section using poetry, mini-stories or a narrative. <p>ACTIVITY K. MY PROFILE CHART</p> <ul style="list-style-type: none"> • Teenagers' create a personal profile relating to the chapter.