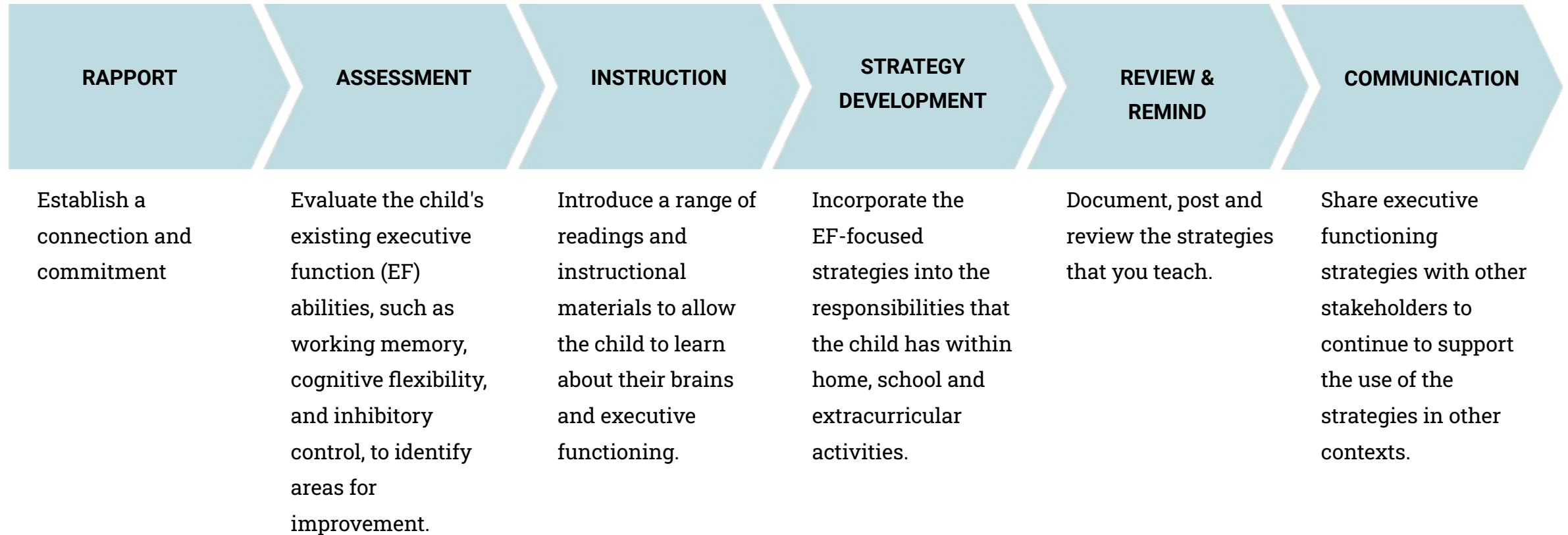


# Empowering Children's Flexible Thinking: An Integrated Executive Function Coaching Model

An Integrated Executive Function Coaching Model that focuses on developing children's cognitive flexibility, focus and working memory abilities.

# The Integrated EF Model Framework

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# Flexible Thinking at Home

- **Adapting to new schedules**

Students demonstrate flexible thinking by adjusting their daily routines and responsibilities to accommodate changes in their parents' work schedules or other family obligations.

- **Navigating extracurricular seasons**

Students use flexible thinking to manage their time and commitments as their extracurricular activities (e.g., sports, music, clubs) change throughout the year.

- **Responding to unexpected changes**

Students display flexible thinking by quickly adapting to unanticipated events, such as a parent's illness, a family trip, or a sudden change in plans.

# Building Flexible Thinking

## Scripts

Encourage children to explore different scenarios and think through the steps involved in completing a task. This helps them develop mental scripts that can be applied flexibly in various situations.

## Shifting

Teach children to shift their perspective and consider multiple viewpoints. This skill helps them adapt to changing circumstances and find alternative solutions to problems.

## Mapping

Guide children in creating visual representations or maps of concepts, ideas, or processes. This helps them organize information and identify connections, promoting flexible thinking.

## Communicating

Provide opportunities for children to explain their thought processes and ideas to others. This encourages them to articulate their reasoning, recognize different perspectives, and refine their thinking.

# Communicating with Your Child

## Active Listening

Engage in active listening by making eye contact, paraphrasing, and asking open-ended questions to ensure you fully understand your child's perspective.

## Positive Reinforcement

Provide positive reinforcement and encouragement when your child demonstrates flexible thinking, helping to build their confidence and motivation.

## Empathy and Understanding

Approach conversations with empathy and understanding, acknowledging your child's feelings and validating their experiences.

## Clear and Concise Language

Use clear and concise language, breaking down complex ideas into manageable steps to help your child better understand and apply flexible thinking skills.

## Collaborative Problem-Solving

Engage your child in collaborative problem-solving, encouraging them to explore different perspectives and come up with creative solutions.