

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

RAPPORT	ASSESSMENT	INSTRUCTION	STRATEGY DEVELOPMENT	REVIEW & REMIND	COMMUNICATION
Establish a connection and commitment	Evaluate the child's existing executive function (EF) abilities, such as working memory, cognitive flexibility, and inhibitory control, to identify areas for improvement.	Introduce a range of readings and instructional materials to allow the child to learn about their brains and executive functioning.	Incorporate the EF-focused strategies into the responsibilities that the child has within home, school and extracurricular activities.	Document, post and review the strategies that you teach.	Share executive functioning strategies with other stakeholders to continue to support the use of the strategies in other contexts.

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	Shifting	Mapping	Communicating
Encourage children to	Teach children to shift	Guide children in creating	Provide opportunities for
explore different	their perspective and	visual representations or	children to explain their
scenarios and think	consider multiple	maps of concepts, ideas,	thought processes and
through the steps involved	viewpoints. This skill	or processes. This helps	ideas to others. This
in completing a task. This	helps them adapt to	them organize information	encourages them to
helps them develop mental	changing circumstances and	and identify connections,	articulate their
scripts that can be	find alternative solutions	promoting flexible	reasoning, recognize
applied flexibly in various	to problems.	thinking.	different perspectives,

situations.

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.