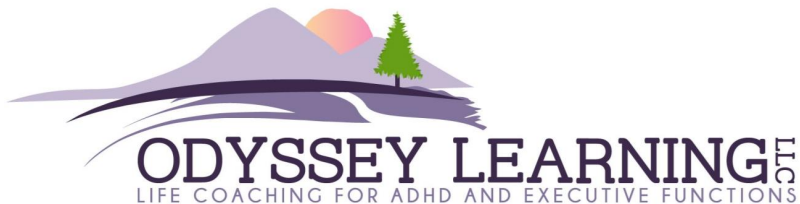


Canines, Cooking, and Other Creative Strategies for Kids:

Enhancing Executive Functions in an
Interest-Based Brain

2018 Annual International Conference on ADHD
St. Louis, Missouri

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Odyssey Learning LLC
*Certified Coach for
ADHD and Executive Functions*
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MOTIVATION

IF A PRETTY POSTER AND A CUTE SAYING ARE ALL IT TAKES TO MOTIVATE YOU,
YOU PROBABLY HAVE A VERY EASY JOB. THE KIND ROBOTS WILL BE DOING SOON.



PROCRASTINATION

HARD WORK OFTEN PAYS OFF AFTER TIME,
BUT LAZINESS ALWAYS PAYS OFF NOW.



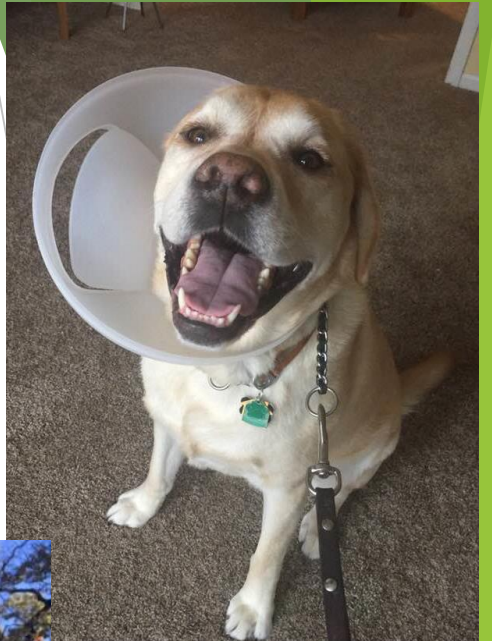
UNDERACHIEVEMENT

BECAUSE SOARING WITH THE EAGLES REQUIRES SO MUCH MORE EFFORT.

Introductions

- ▶ Who are you?
- ▶ Who am I?
- ▶ Who is this dog?





WHAT WE WILL LEARN



- ▶ Describe the relationship between interest-based brain wiring, executive functions, and learning.
- ▶ Identify major executive functioning skills in common high-interest childhood activities.
- ▶ Explore ways to interact with children to enrich executive functioning skills using cooking, games, magic, crafts, animals, and literature.
- ▶ Discover “teachable moments” for executive functions in a wide variety of unique childhood interests.
- ▶ Discuss ways to help children transfer new learning and skills from activities of high interest to less-preferred activities

The ADHD Brain

It's a matter of wiring

The problem

- ▶ Deficits in the reward and motivation centers of the ADHD brain
- ▶ Lower dopamine levels and fewer dopamine receptors
- ▶ Results in under-aroused, stimulation-seeking brain
- ▶ Most stuff isn't as rewarding, fun, or interesting to the same level as it is for the neurotypical brain

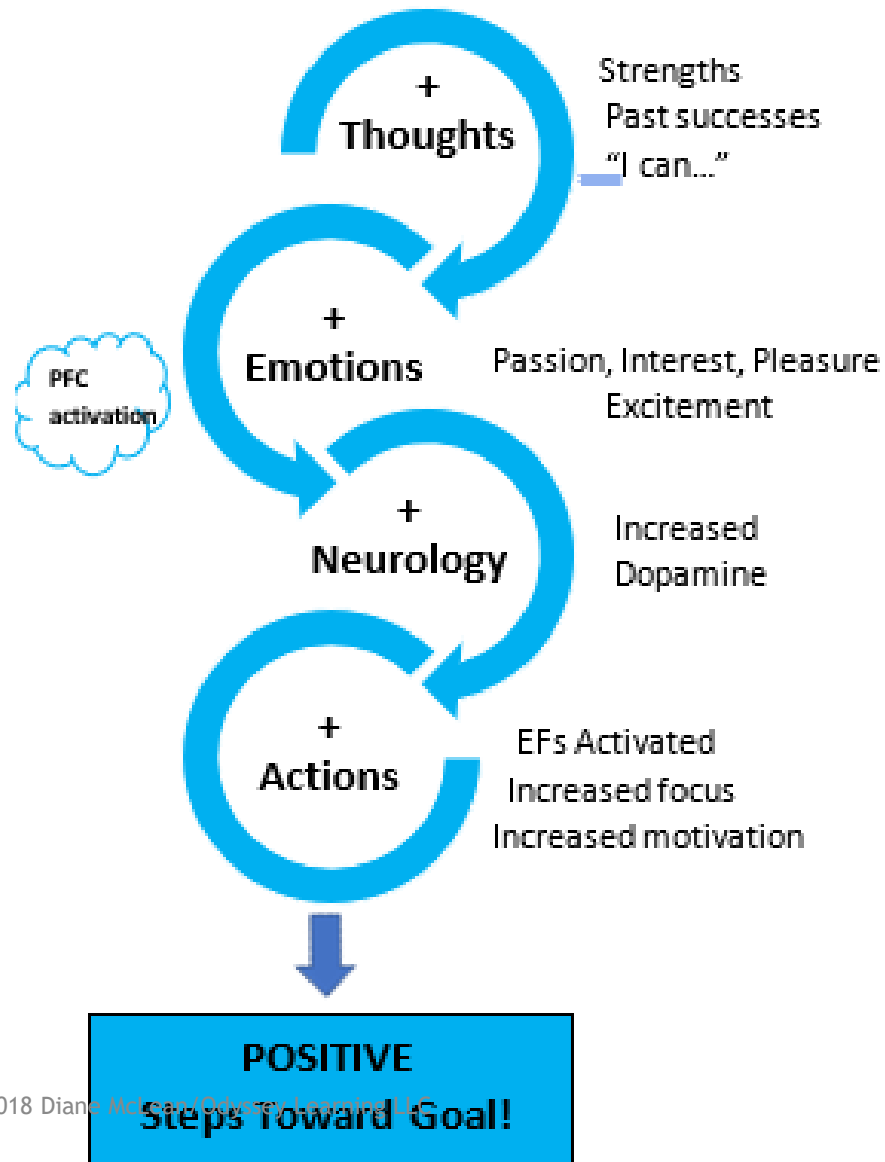


How to activate an under-aroused, dopamine-deficient brain

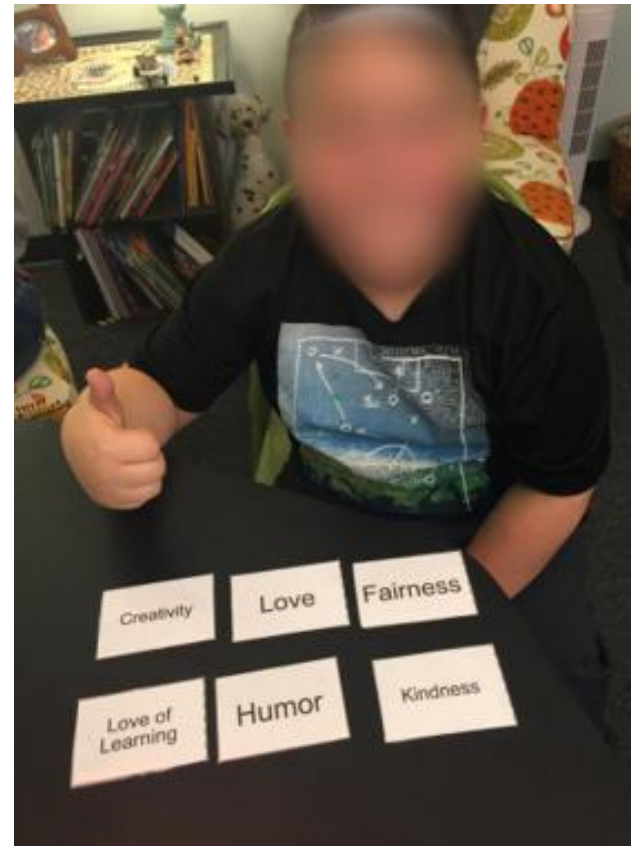
- ▶ Stimulant medications
- ▶ Novelty
- ▶ Fear
- ▶ Anxiety
- ▶ Interest
- ▶ Strengths



POSITIVE Neurological Cascade

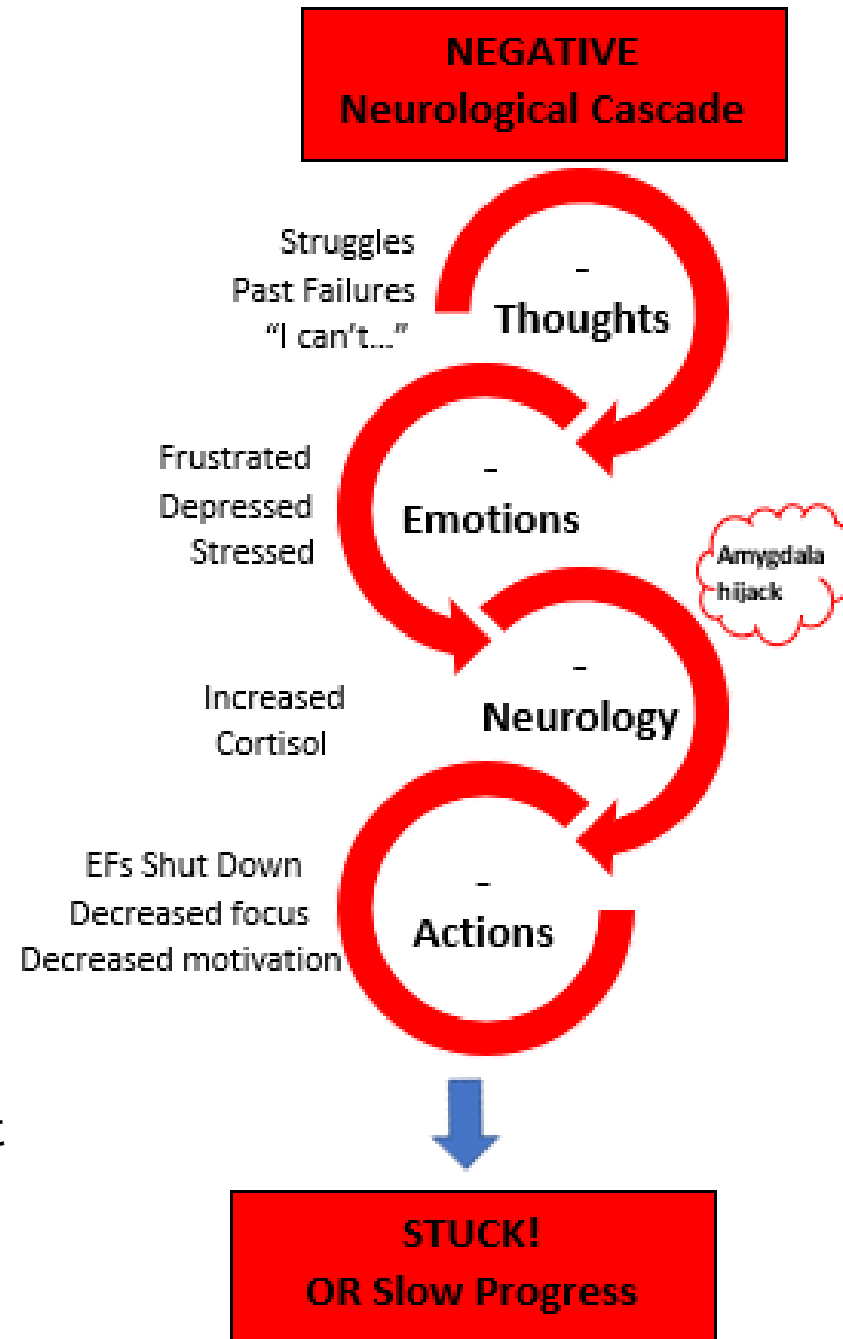


Stimulating the ADHD brain



Fear, stress, and anxiety are **ALMOST ALWAYS** counterproductive

- Anxiety
- Depression
- Digestive problems
- Headaches
- Heart disease
- Sleep problems
- Weight gain
- Memory and concentration impairment



Personal Strengths: The KEY to *ACTIVATION*



CHARACTER STRENGTHS...Who I am

Appreciation of Beauty and Excellence
Creativity
Humor
Hope
Judgement
Curiosity
Zest

(www.viacharacter.org)

PERFORMANCE STRENGTHS...What I do well

Listening
Problem solving
Adapting recipes for food restrictions
Big picture planning

INTERESTS...What I **LOVE** to do

Photography
Tap dancing
Arts and crafts
Be in nature
Travel

Flexibility
Metacognition
Planning
Prioritizing

(*Smart but Scattered Guide to Success* by
Peg Dawson and Richard Guare)

EXECUTIVE FUNCTION STRENGTHS...Brain power

Verbal
Conceptual
Kinesthetic
Intuitive
Emotional

(from *Processing Styles* by ADD Coach Academy)

PROCESSING STRENGTHS...How I think

What does this mean?

- ▶ ADHD leaves us with an interest-based brain, not importance-based brain.
- ▶ My Test: Income Taxes

Diane	vs.	Neal
ADHD		Neurotypical
Emotions: stress, fear, overwhelm		Emotions: relief, productive, sense of accomplishment
Interests: follow the rules, don't get in trouble		Interests: taking care of his family and his responsibilities
Strengths: organization		Strengths: organization, self-regulation, prioritization
Result: Pull all-nighter on April 13 and Call Maureen on April 14		Result: Mail taxes on April 1

An IMPORTANT note about BOREDOM

- ▶ Boredom can be toxic
- ▶ “AGITATED BOREDOM”
- ▶ A *neurological* problem,
not a behavior problem

Executive Functions

Getting things done with an activated brain

What are Executive Functions?



- ▶ *“The executive functions are a set of processes that all have to do with managing oneself and one's resources in order to achieve a goal.”*
(Cooper-Kahn & Dietzel, 2008.)

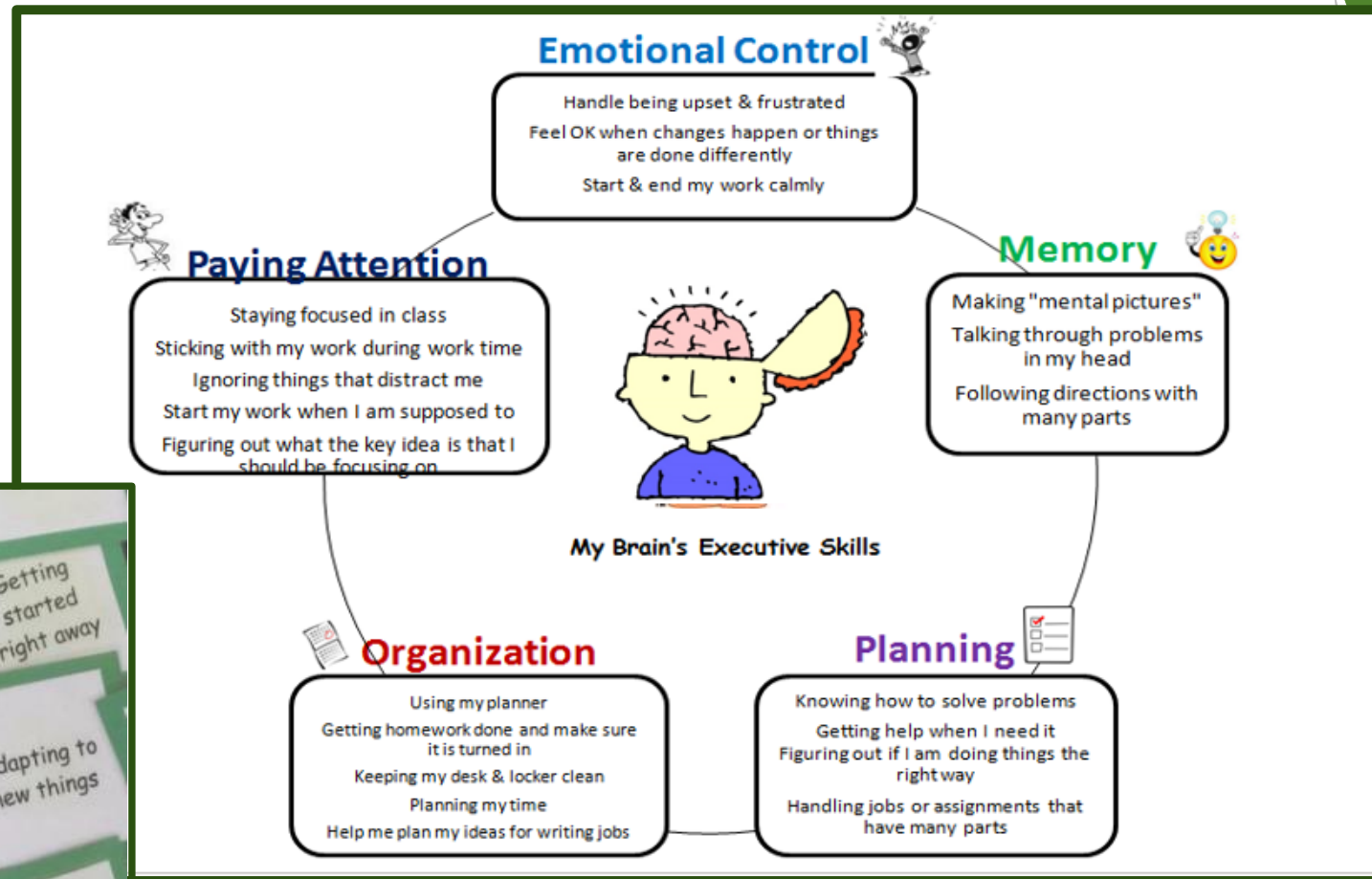
What are Executive Functions?

Manage Yourself **Self-Regulation**

- ▶ Impulse control
- ▶ Use of social filter
- ▶ Self-monitoring behaviors
- ▶ Tolerance
- ▶ Delay of immediate gratification
- ▶ Establishing attention & filtering attention

Manage Your Resources **Mental Control**

- ▶ Organizing time, materials, projects
- ▶ Prioritizing
- ▶ Attention shifting
- ▶ Informed decision making
- ▶ Use of Verbal & Non-Verbal Working Memory



Teach the Language of Executive Functions

Meeting kids in their world

Activating the brain with interests, strengths, and positive emotions

The ADVANTAGES of using play and activities to enhance executive functions



- ▶ Learn by doing
- ▶ Emotionally safe
- ▶ Help normalize challenges
- ▶ Universal language of children
- ▶ Provide context and enhance episodic memory

Unstructured Play



During unstructured, child-directed play, children are able to explore their actual world through the toys and their imagination. Unstructured play provides opportunities for children to:

- Plan and experiment with problem solving
- Develop self-awareness
- Use executive functioning skills such as planning, organization, goal-directed behavior, self-regulation, and focus

To facilitate self-learning through unstructured play, adults can witness and reflect thoughts, body language, beliefs, and emotions.



Going to the Dogs

According to the children's book by Kathy Hooperman, All Dogs Have ADHD, making them the perfect subject for teaching executive functions such as:

Self-regulation

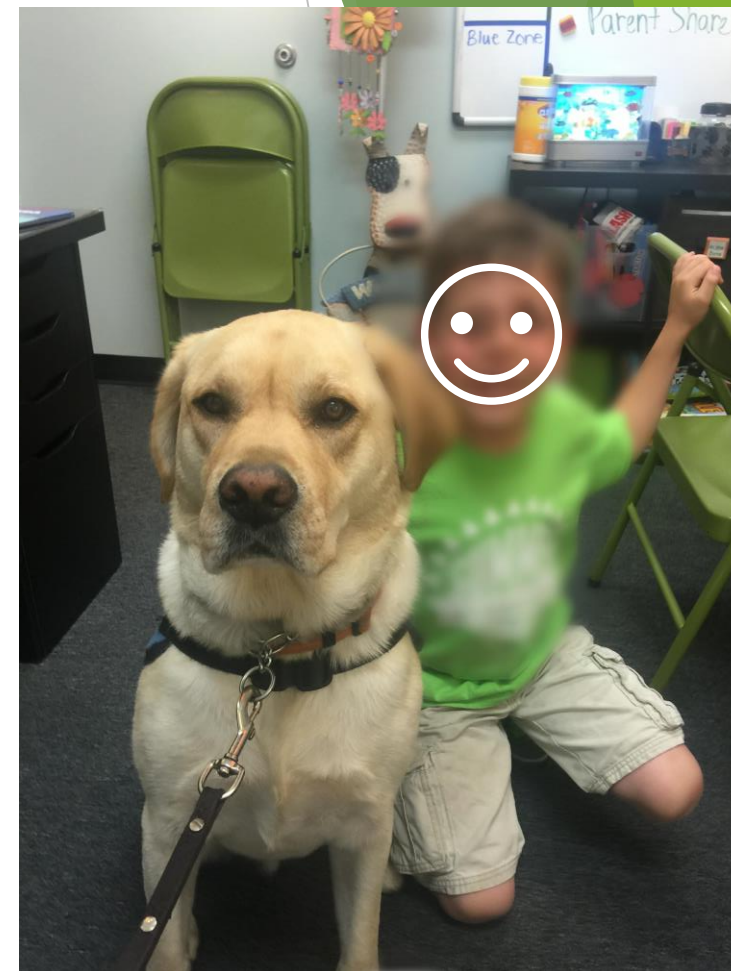
Sustained attention

Filtering out distractions

Task initiation

Reading body language

Social awareness



Self-regulation





What's Cooking?

Requires the use of many executive functions

Foresight, planning, prioritizing, and time management

Includes a built-in, powerful reward: you get to eat something!


Cooking requires having a vision, which is the basis of all good plans

- ▶ Backwards planning strengthens future-thinking
- ▶ Begin with the end



Photo credit: utahvalley360.com

Plan Backwards

3. GET READY What and who do I need to do the task? ✓ all ingredients ✓ measuring cup & spoons ✓ Knife ✓ rolling pin ✓ cookie sheet ✓ oven bag! Bowl ✓ DOG!	2. DO What steps do I need to take to be done? How long will each step take? Steps: get ingredients measure mix it up roll dough flat cut the treats Bake Put in ziplock Time:	1. DONE Do a "Future Sketch." What will it look like when I am DONE? 
4. Prepare your space. Gather needed materials and supplies. Consult with people who may help.	5. Set up "Working Clock." Start steps and adjust time if needed. Finish all the steps.	6. Know when to STOP. Close out the task: ALL DONE Review: What worked? Worked didn't work?

WORK FORWARDS

Adapted from material by Sarah Ward and Kristen Jacobsen



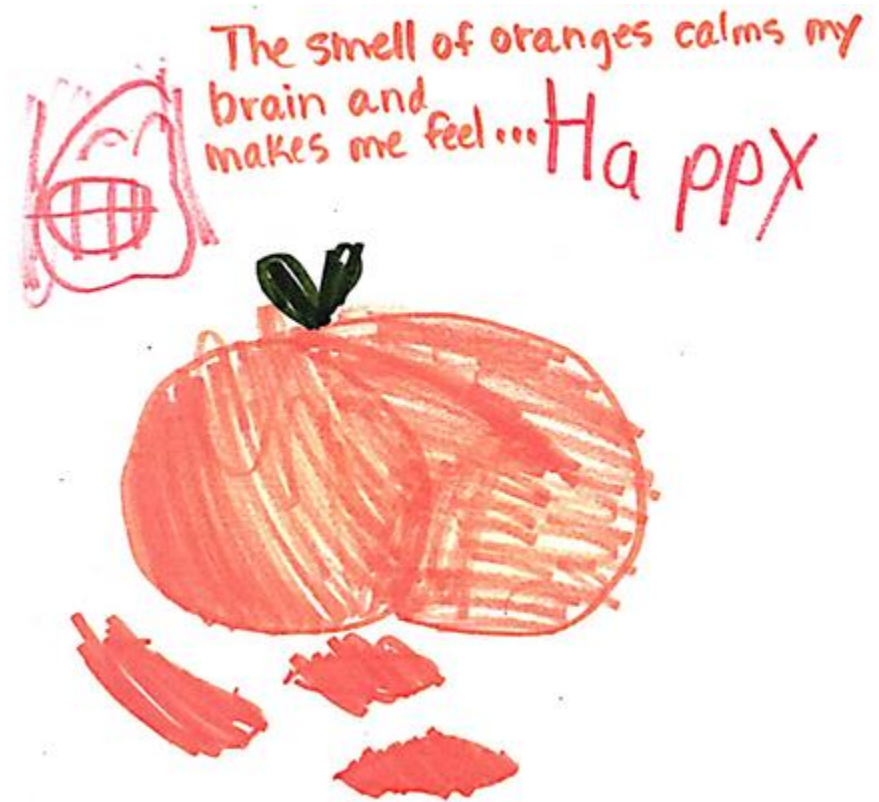
Credit: Adapted from material by
Sarah Ward and Kristen Jacobsen



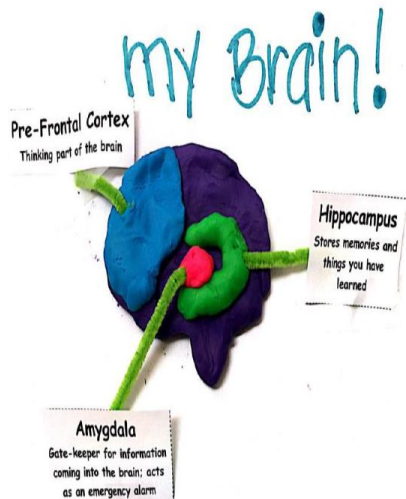
Arts and Crafts

- ▶ Opportunities to use foresight and planning
- ▶ Sensory experiences
- ▶ Connections with areas of interests
- ▶ Great for tactile, kinesthetic, and visual processing modalities
- ▶ Create anchors for new awareness

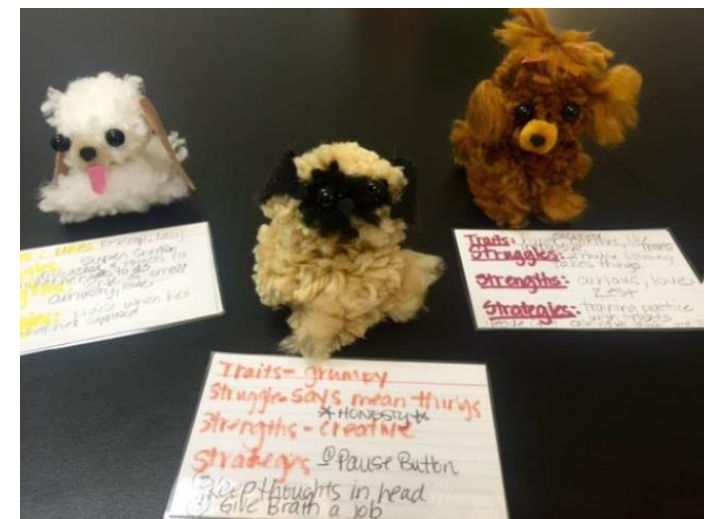
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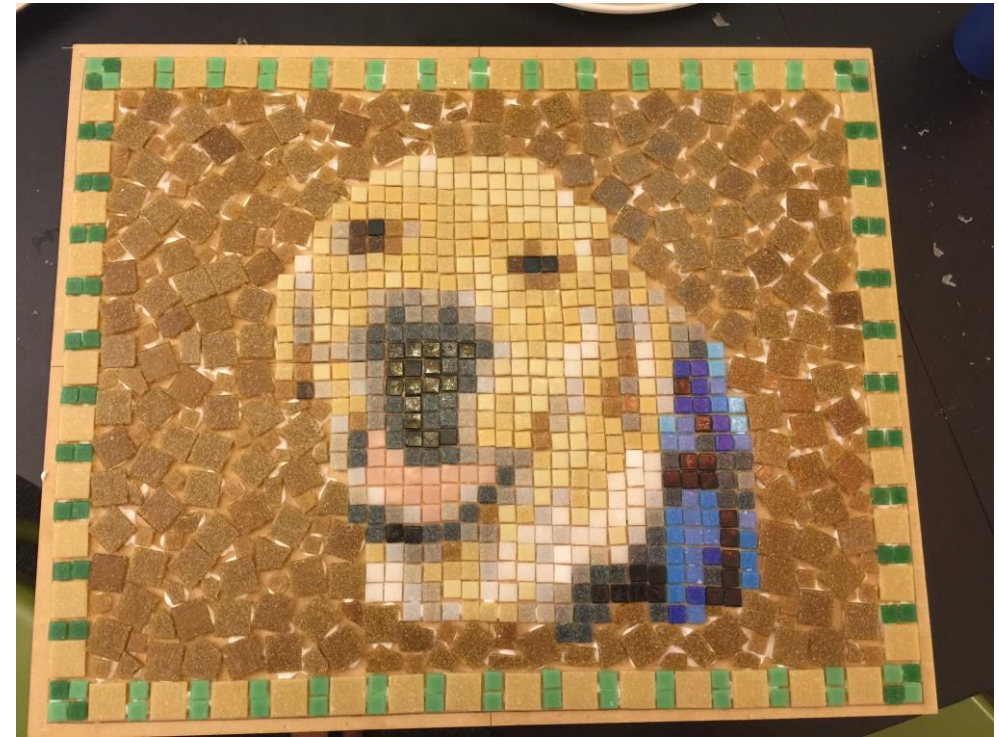


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IF I Knew for sure that opp (+)
how would I feel about goal ?

Goal I will make a mosaic of Digby

⊖ belief I think I will do it all wrong.
opp. ⊕ belief I know I can do it right

Answer to question:
→ I would enjoy
I would start
on it.
→ I would look forward
to doing it more



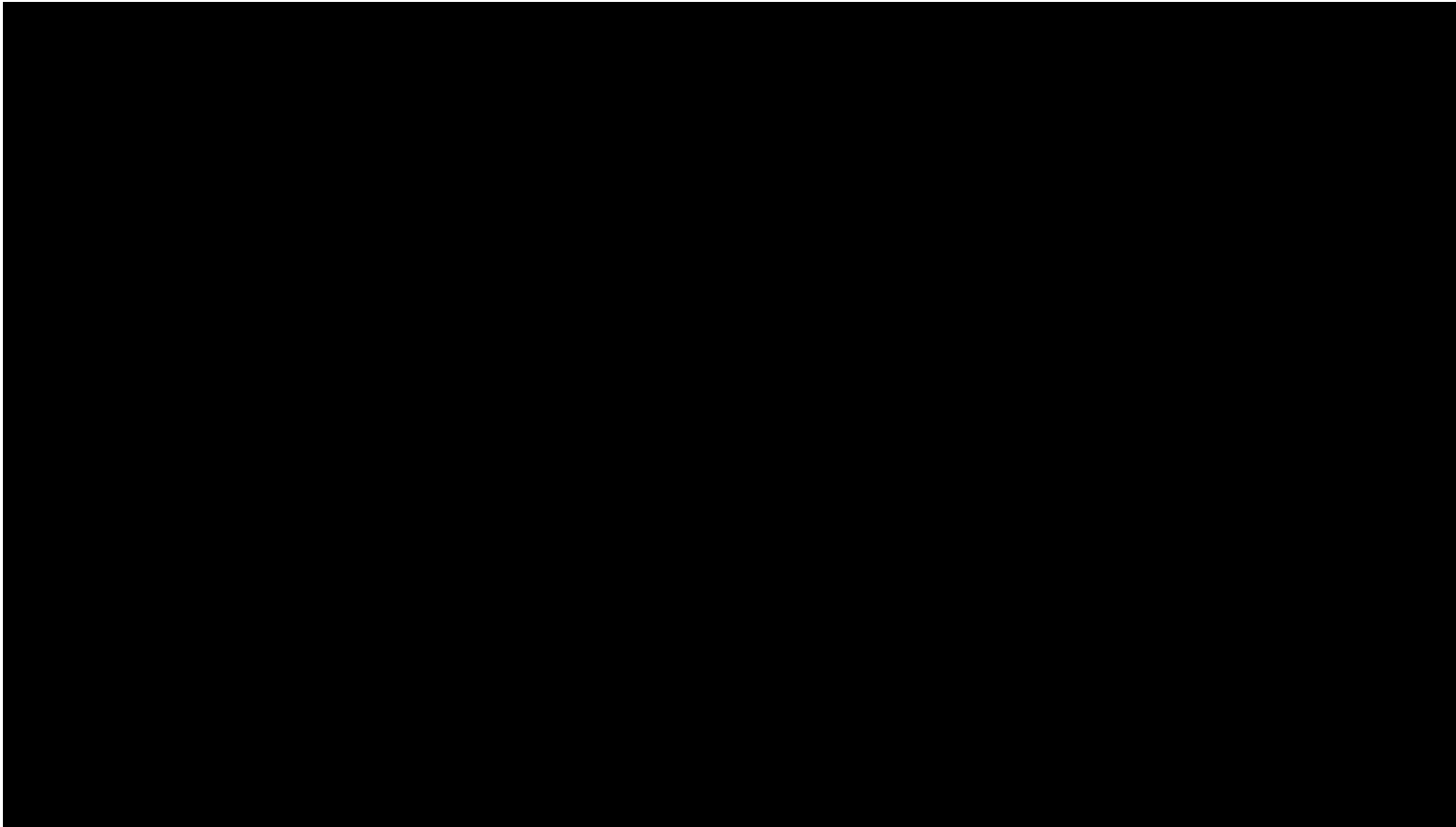
Magic Moments

Sense of control and accomplishment

Highly engaging

Lots of opportunities for practicing
focus, working memory, and self-
awareness, and self-regulation

Coin through the table





Game On!

Games to practice virtually every executive function

Use quick games

Adapt how games are played

Use games for calming and waking up brain





By the Book

Through stories, children can:

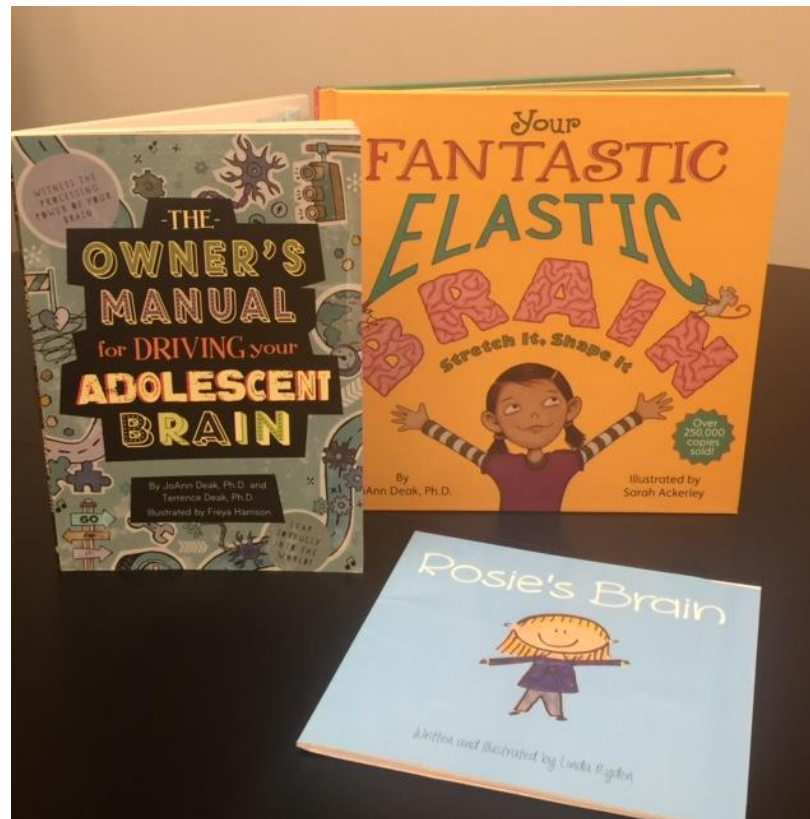
- Know they are not alone in their challenges

- Identify with the struggles of characters

- Develop self-awareness

- Feel safe to explore new strategies

Books about the Brain and ADHD



Books about Self-Regulation



Julia Cook Books



Books about Pausing



Other Books



Generalizing to Other Situations

“So, why did we make pizza?”

Activities provide opportunities to develop new contexts and schemas from which to draw upon in real-life situations.



- ▶ Always end an activity by reviewing the executive functions, strengths, and other skills the child used during the activity.
- ▶ Brainstorm other activities that might require similar strategies used in the activity.
- ▶ Choose a real-life activity to practice applying the new strategy.

Name _____

Date _____

My Goal

Made it!

Almost there!

Making progress!

Moving forward!

Getting started!

↑
Strategies I can use

Struggles I may encounter:

- 1.
- 2.
- 3.

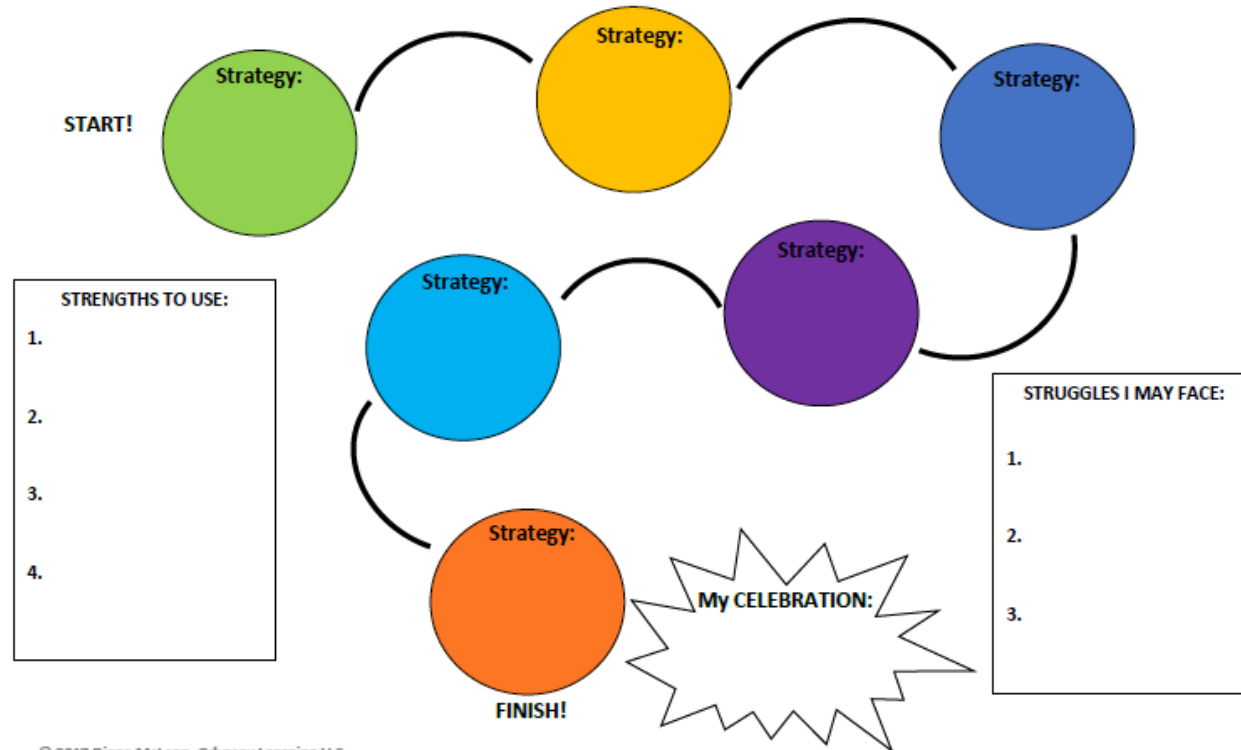
Strengths I'll use to keep moving:

- 1.
- 2.
- 3.

How I will celebrate when I reach my goal:

The Path to Progress


Sometimes it is hard to be patient on a trip. We want to be at our destination now! The same is true when we are taking steps to make changes or accomplish goals in our lives. We get an idea and we want the change to happen right away. Just like a trip, our journey to making a change is done one step at a time. Use The Path to Progress to help you map out how you will make changes happen or reach goals in your life. Just map out your STRATEGIES, identify potential STRUGGLES, and power yourself with your STRENGTHS. Then plan your CELEBRATION for when you reach your goal!



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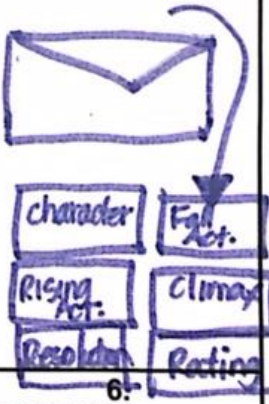
Plan

3. GET READY What and who do I need to do the task?	2. DO What steps do I need to take to be done? How long will each step take?	1.DONE Do a "Future Sketch." What will it look like when I am DONE?
Crust Sauce Cheese olives oven timer pan potholders spoon cutter paper towels	<p>Steps: Preheat oven 1 min</p> <p>1. get ingredients 1 min</p> <p>2. sauce 3 min</p> <p>3. add cheese 1 min</p> <p>4. put on black olives 2 min</p> <p>5. Bake it 7 min</p> <p>6. cut pizza 30 sec</p> <p>7. let cool 10-15 min</p> <p>41 sec</p> <p>50 sec</p> 	
4. Prepare your space. Gather needed materials and supplies. Consult with people who may help.	5. 27 min Set up "Working Clock." Start steps and adjust time if needed. Finish all the steps.	6. Know when to STOP. Close out the task: ALL DONE Review: What worked? Worked didn't work?

Adapted from material by Sarah Ward and Kristen Jacobsen

7 ALL DONE

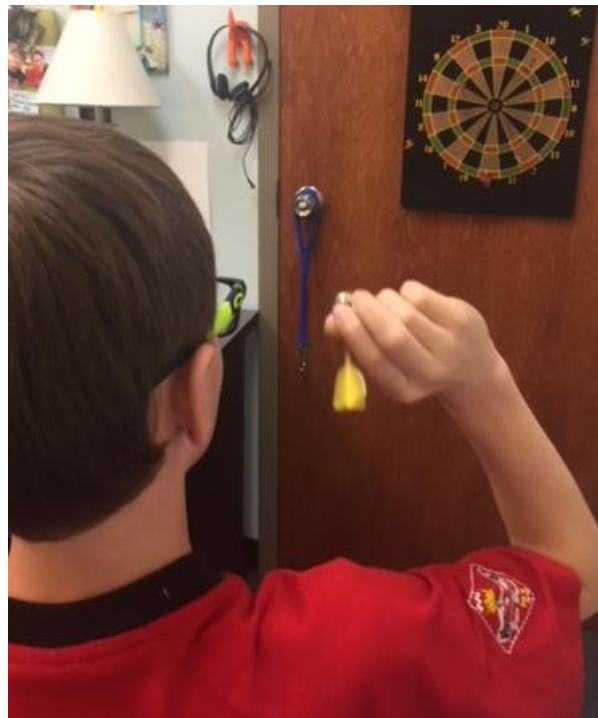
Book Report

3. GET READY What and who do I need to do the task?	2. DO What steps do I need to take to be done? How long will each step take?	1.DONE Do a "Future Sketch." What will it look like when I am DONE?
book ✓ envelope ✓ note cards ✓ pencil ✓	<p>Steps: 1. Get cards ✓</p> <p>2. Read book - 10 days</p> <p>3. Write out - Oct 21</p> <p>4. Proofread - Oct 25</p> <p>5. Turn it in - End Oct.</p>	
4. Prepare your space. Gather needed materials and supplies. Consult with people who may help.	5. Set up "Working Clock." Start steps and adjust time if needed. Finish all the steps.	6. Know when to STOP. Close out the task: ALL DONE Review: What worked? Worked didn't work?

Adapted from material by Sarah Ward and Kristen Jacobsen

Use backward
planning to
make a pizza

Use backward
planning to
do a book
report



Use pause
strategy to
play darts



Use pause
strategy to
walk
quietly



Use flow



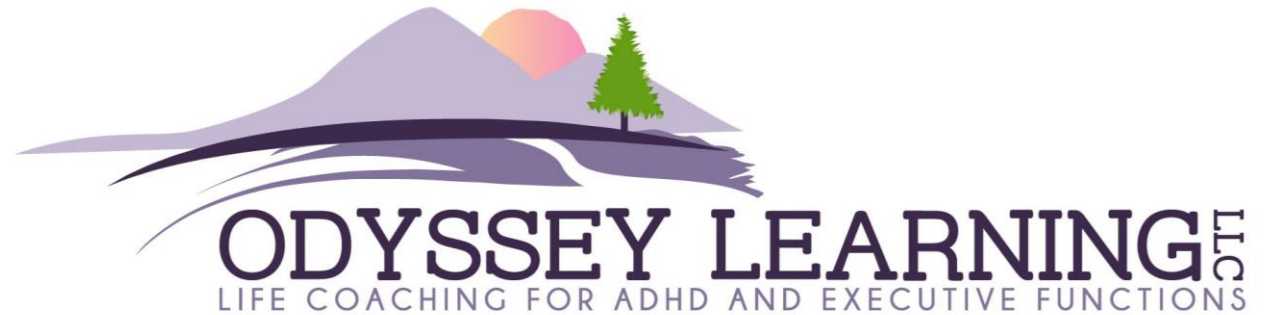
Know the WHY

Purpose provides motivation

THE BIG PICTURE

For full-size handouts,
executive function cards, or
complete presentation, visit
Diane's website and download:

► Diane's website for
Odyssey Learning LLC:
www.execskills.com



► Resources

Games for Executive Functions

- ▶ **The Adventures of Harley** - planning, flexibility, organization (cooperative game)
- ▶ **AnimaLogic** - Planning, prioritizing, flexible thinking, organization
- ▶ **Blurt**- self-regulation, metacognition
- ▶ **Blokus** - concentration, spatial thinking, self-regulation
- ▶ **Checkers** - Planning and prioritizing; organization; task initiation; impulse control; flexible thinking
- ▶ **Chess** - Planning and prioritizing; organization; task initiation; impulse control; flexible thinking
- ▶ **Diggity Dog** - planning, memory, “Zones”*
- ▶ **Distraction** - attention, working memory; flexible thinking, emotional regulation
- ▶ **Don’t Break the Ice** - self regulation, planning
- ▶ **Don’t Say It!** - self-regulation, focus, metacognition

*Items tagged a “Zones” games are easily adapted to concepts in The Zones of Regulation by Lea Kuypers due to their color themes.

Games for Executive Functions

- ▶ **Eyes of the Jungle** - planning, flexibility, organization (cooperative game)
- ▶ **Flash** - planning, time awareness, self-regulation
- ▶ **Forbidden Island** - planning, strategy, and flexibility
- ▶ **Gobblet** - encourages kids to employ strategic thinking and builds memory.
- ▶ **Guess Who** - memory
- ▶ **Jenga** - Self-monitoring; flexible thinking; impulse control
- ▶ **MindTrap** - Flexible thinking
- ▶ **Pengaloo** - memory and concentration game for younger kids
- ▶ **Pictionary** - time management, flexible thinking
- ▶ **Pixie Cubes** - memory, spatial reasoning, concentration
- ▶ **Quiddler** - Organization; flexible thinking; planning and prioritizing
- ▶ **Quoridor** - planning, problem-solving

Games for Executive Functions

- ▶ **Rat A Tat Cat** - reinforce visual-spatial skills and working memory
- ▶ **Rush Hour/Traffic Jam** - planning, future thinking, goal directed persistence
- ▶ **Scatergories: The Card Game** - time awareness, concentration, flexible thinking
- ▶ **Scrabble** - planning, organization
- ▶ **Set** - shifting attention, sustained attention, working memory
- ▶ **Snake Oil** - Task initiation; flexible thinking; organization
- ▶ **Spot It!** - focus, self-regulation
- ▶ **Swish** - spatial reasoning skills, concentration, impulse control!
- ▶ **Suspend** - spatial reasoning, concentration, self-regulation, planning, future-thinking
- ▶ **Taboo** - self-regulation, time awareness
- ▶ **Ticket To Ride** - spatial planning, long term strategy, and self-regulation
- ▶ **TriBond Junior** - flexible thinking and verbal organization
- ▶ **Trouble** - planning, emotional regulation, “Zones”
- ▶ **Twister** - self-regulation, planning, “Zones”
- ▶ **Uno** - attention, flexibility, memory, “Zones”

Children's Books for Executive Functions

Planning/Problem Solving/Decision Making

- ▶ Annie's Plan Jeanne Kraus
- ▶ The Book of Bad Ideas Laura Huliska-Beith
- ▶ Use Your head, Dear Aliko

Attention/Focus/Distractions

- ▶ Big Anthony Tomie dePaola
- ▶ Bunny Business Nancy Poydar
- ▶ Lilly'sPurple Plastic Purse Kevin Henkes
- ▶ Read to Tiger S.J. Fore
- ▶ Superflex Takes on Brain Eater Stephanie Madrigal/Michelle Garcia Winner
- ▶ This Morning Sam Went to Mars Nancy Carlson

Children's Books for Executive Functions

Working Memory

- ▶ Mr. Forgetful

Roger Hargreaves

Organization/Time

- ▶ Get Organized Without Losing It
- ▶ Henry! You're Late Again!
- ▶ The PROcrastinator
- ▶ It Was Just Right Here!

Janet S. Fox

Mary Evanson Bleckwehl

Julia Cook

Bryan Smith

Children's Books for Executive Functions

Self Regulation/Flexible Thinking

- ▶ A Handful of Quiet: Happiness in Four Pebbles
- ▶ The Busy Beaver
- ▶ Decibella and her 6-Inch Voice
- ▶ Hands Are Not for Hitting
- ▶ Hands Off, Harry!
- ▶ I Just Don't Like the Sound of No!
- ▶ Interrupting Chicken
- ▶ It's Hard to be A Verb
- ▶ It's Hard to be Five
- ▶ Mindful Monkey, Happy Panda
- ▶ Moody Cow Meditates
- ▶ Mrs. Gorski, I think I have the Wiggle Fidgets
- ▶ My Day Is Ruined!

Thich Nhat Hanh

Nicholas Oldland

Julia Cook

Martine Agassi

Rosemary Wells

Julia Cook

David Ezra Stein

Julia Cook

Jamie Lee Curtis/Laura Cornell

Laurne Alderfer

Kerry Lee MacLean

Barbara Esham

Bryan Smith

Children's Books for Executive Functions

Self-Regulation (continued)

- ▶ No Ordinary Apple: A Story about Eating Mindfully
- ▶ Of Course It's a Big Deal
- ▶ Peaceful Piggy Meditation
- ▶ Personal Space Camp
- ▶ Silence
- ▶ Squirmy Wormy: How I Learned to Help Myself
- ▶ Tails Are Not for Pulling
- ▶ Think Before You Act
- ▶ Tiger-Tiger, is it True?
- ▶ What Were You Thinking?:
Learning to Control Your Impulses
- ▶ Whole Body Listening Larry at School
- ▶ Wiggle
- ▶ Words Are Not for Hurting
- ▶ The Worst Day of My Life Ever!
- ▶ Your Fantastic Elastic Brain

Sara Marlowe

Bryan Smith

Kerry Lee MacLean

Julia Cook

Lemniscates

Lynda Farrington Wilson

Elizabeth Verdick

Regina G. Burch

Byron Katie and Hans Wilhelm

Bryan Smith

Elizabeth Sautter/Kristen Wilson

Doreen Cronin

Elizabeth Verdick

Julia Cook

JoAnn Deak

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