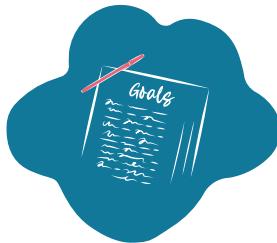




BUILDING EXECUTIVE FUNCTIONING SKILLS DURING ADOLESCENCE

Goal setting, task management, self regulation and effective communication are essential executive functioning skills.

Let's practice these skills with our youth!



Study skills:
Create note cards, study guides, or work with a study partner to review information

Practice goal setting: Create a to-do list and set short, mini goals to accomplish tasks

Practice self-monitoring: What is in your control vs what is not?



Build resilience through activity: Sports, music, theater, cooperative games or puzzles increase resilience and practice self regulation

Practice mindfulness: Mindful breathing or journaling are two activities that promote healthy coping strategies

For more great tips scan the QR code

