



BEACON BLAST

FUN TO BUILD FUNCTION!

Minimum day: Thursday, June 25

School closed: June 26—July 7

Minimum day: July 8

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Summer is coming up soon! What are some fun things family members can do together to build executive function skills? Items shown below are just some suggestions found on the Internet. Executive function is often used to refer to high-level cognitive functions that determine how our behavior is expressed in terms of

- ♥ Goal formation
- ♥ Planning
- ♥ Carrying out goal-directed plans
- ♥ Effective performance

Executive function skill capacity influences

- ♥ Adaptive behavior — ability to shift mind set and adapt in diverse situations while inhibiting inappropriate behavior
- ♥ Creating a plan
- ♥ Initiating execution of a plan
- ♥ Organizing thoughts in a goal-directed way
- ♥ Staying on task

EXERCISE HELPS EXECUTIVE FUNCTION! (Assess safety individually.)

Complex sequences of motor activities with multiple steps involve sustaining, attending, and impulse control.

Executive function can be helped by organized swimming, martial arts, choreographed dancing, and yoga; the activity must be organized and not freestyle.

