LEARNING EXTENSIONS:
HOW TO USE THE TUTORIAL & QUESTIONS FOR TEAM TRAINING

To support programs in meeting professional development needs, we've designed a tutorial and group discussion questions so that you can easily facilitate your own **What is Executive Function?** team training. Team training based on the tutorial and Questions for Personal Reflection and Group Discussion will create an opportunity for your team to:

- collaborate and learn together
- discuss issues that are specific to your site
- share ideas, expertise and challenges
- build supportive team relationships
- solve-problems

To develop effective training for your team, we suggest that you (the facilitator):

- preview the tutorial and list the questions
- select questions that are most helpful to your team
- decide how long the training will be and determine the format
- determine how you will introduce the questions and how long you will spend on each question
- think about how you will encourage participants to follow through with ideas and suggestions at the end of the training.

It might be helpful to schedule a follow-up meeting to discuss how the ideas and strategies are working in the program. Enjoy your training and let us know how it goes!

GROUP DISCUSSION QUESTIONS

1. What does the term executive function mean to you? Discuss/reflect on two or three things this tutorial taught you.

2. As a group, talk about each of these key aspects of executive function, and how they relate to your program.

    Impulse control   **Emotional control**   **Flexible thinking**

    Working memory   **Self-monitoring**   **Planning and prioritizing**

    Task initiation   **Organization**

    a. What are you already doing to support these skills in your program?
    b. How are children doing in these areas? Are the children struggling with some areas more than others?
    c. Brainstorm three or four ideas for how your team can better support each of the executive function skills listed above in your program.

3. Reflection: When we support children's executive functioning and skill development, how can it help our program to run more smoothly?

4. List two ways that your team can better support parents in understanding and supporting their children's executive functioning and skill development?

5. List three key points from this tutorial that will impact your program in the future.

6. Identify at least 3 activities that you'd like to try with the children in your program from the [Activities Guide for Enhancing and Practicing Executive Function Skills with Children of all ages](). It was developed by the Centre on the Developing Child at Harvard University, and it's full of great information and activity ideas for you to use in your program!