



Mind, Body, Backpack: Executive Function Coaching

Our popular program, **Mind, Body & Backpack**, teaches children strategies to help them be successful in school is a wonderful complement to any curriculum. This group provides a fun, structured and engaging way to teach your child meaningful strategies for managing Executive Functioning skills. Children are supported and encouraged as they apply these skills to their unique situations. Topics include:

MIND	BODY	BACKPACK
Sustaining Attention	Task Initiation	Organization
Self Advocacy	Goal Directed Persistence	Planning and Prioritizing
Flexibility	Self Regulation	Time Management

Objectives

The work is designed to be an enjoyable, interactive way for children to build executive skills, specific to their age and grade level expectations. Via research-based practices, participants will have the opportunity to strengthen executive functioning skills, reflect on their personal learning styles, and apply these strategies in a meaningful way.

The leader provides immediate feedback to the students, in order to create awareness of learning and foster opportunities to practice new skills. Along the way, she will help to develop age-specific executive function skills that will support life-long learning. The leader provides resource ideas, home and school carryover suggestions and program review to parents.

Scheduling/ Cost

Appointments are available, according to your family’s schedule. Cost may vary based on the number and length of sessions. Individual and small group sessions are available.

Contact

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