



# **Executive Functioning and Child Development**

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# Agenda

01

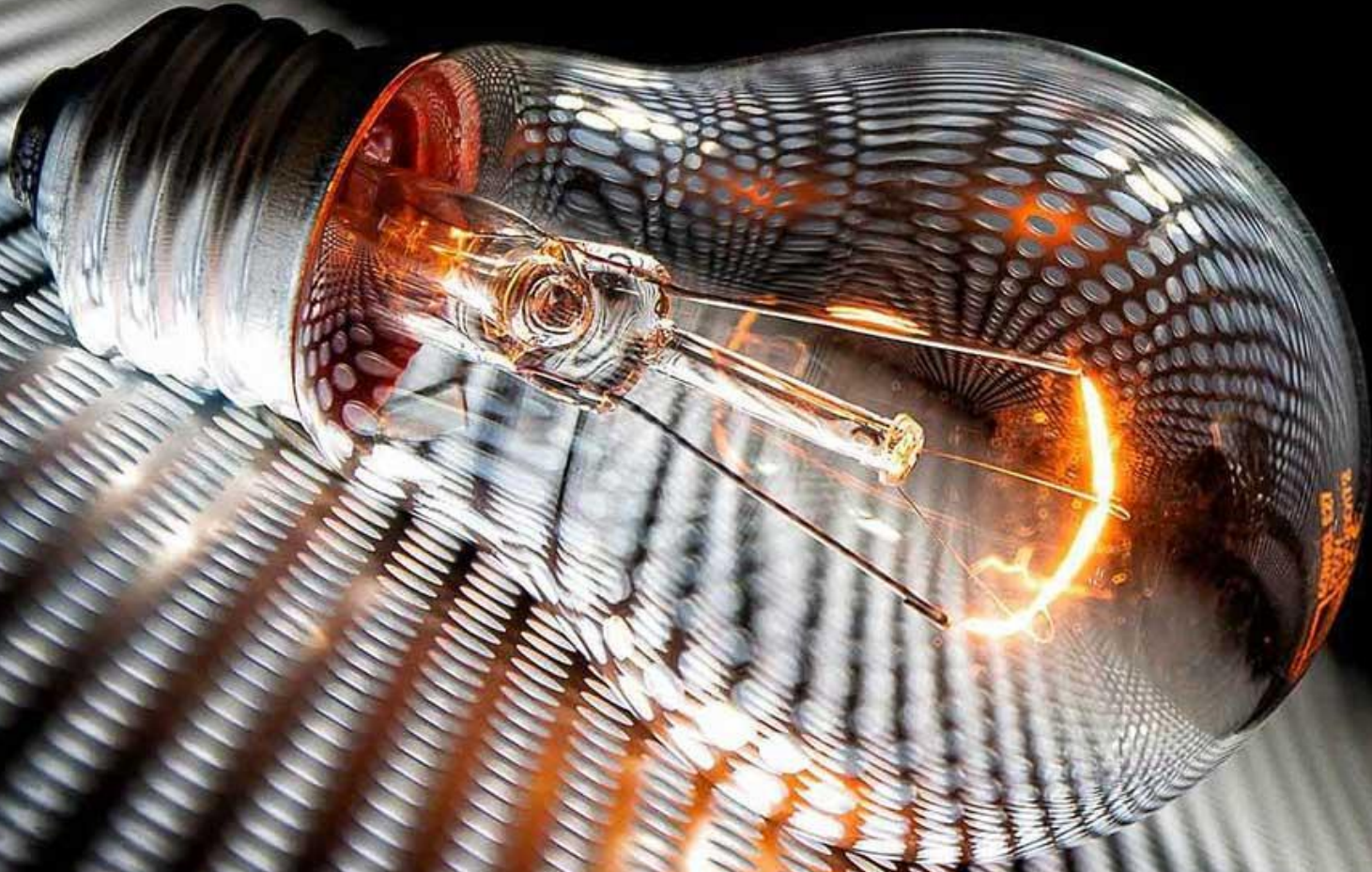
Welcome

02

Presentation

03

Q & A





- What is Executive Function?
- How does it help with our daily lives?
- How is it relevant to Children's development?

# What is Executive Function?



- To help learn new skills, gain new ideas
- To help manage our daily life, stay on track with our priorities
- To help with our tasks and fulfill our responsibilities
- To help manage our emotions

# Prefrontal Cortex: The Nerve Centre

“Thinking about Thinking”

Higher Reasoning  
Executive Function

## Prefrontal Cortex

9 Functions of the Prefrontal Cortex

1. Empathy
2. Insight
3. Response Flexibility
4. Emotion Regulation
5. Body Regulation
6. Morality
7. Intuition
8. Attuned Communication
9. Fear Modulation



## Limbic Brain

1. Fight, flight, freeze stress response
2. Thinks, "Am I safe? Do people want me?"
3. Emotions live here

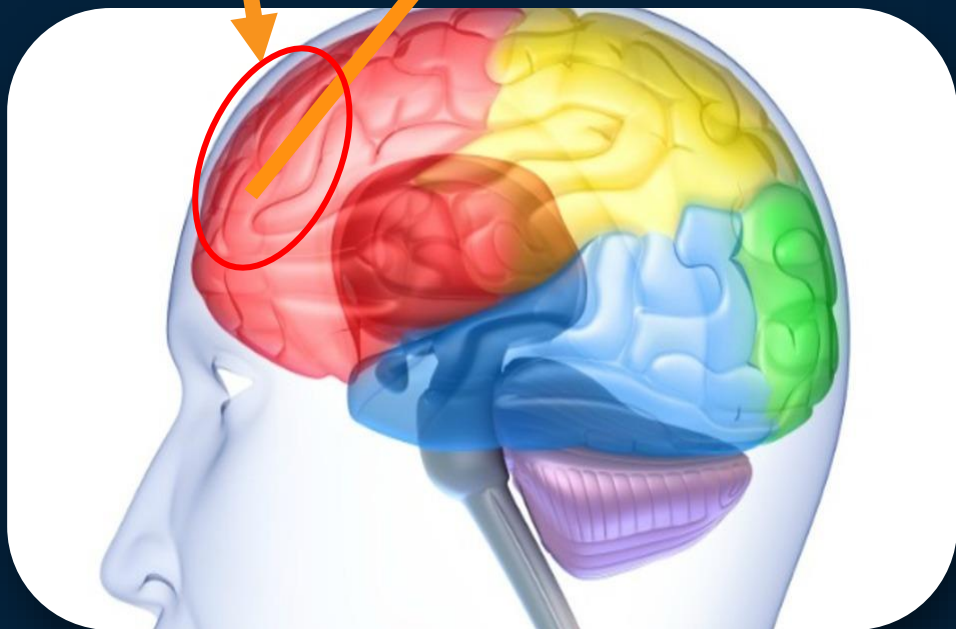


What's  
executive  
function?

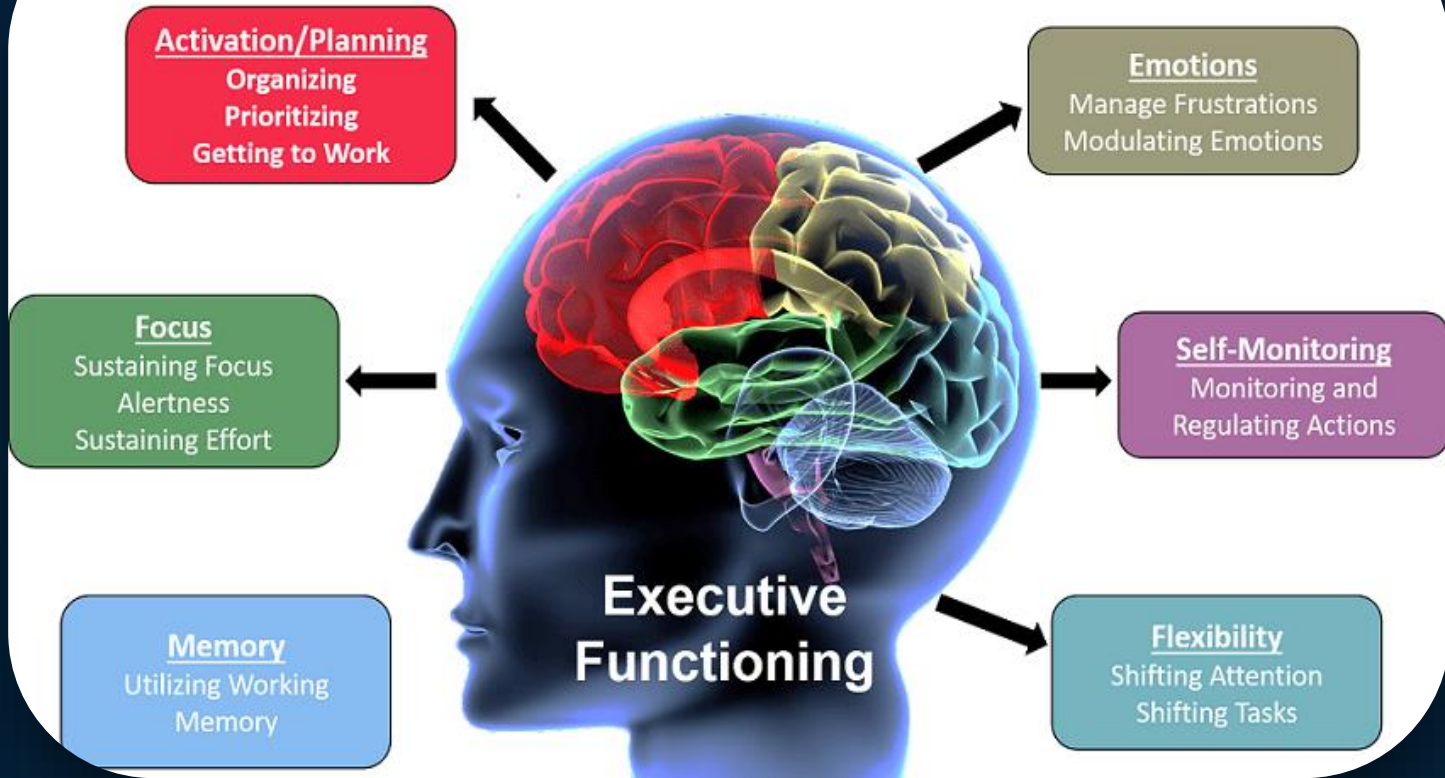


Frontal Lobe

Prefrontal Cortex



### Executive Functioning



**Activation/Planning**  
Organizing  
Prioritizing  
Getting to Work

**Emotions**  
Manage Frustrations  
Modulating Emotions

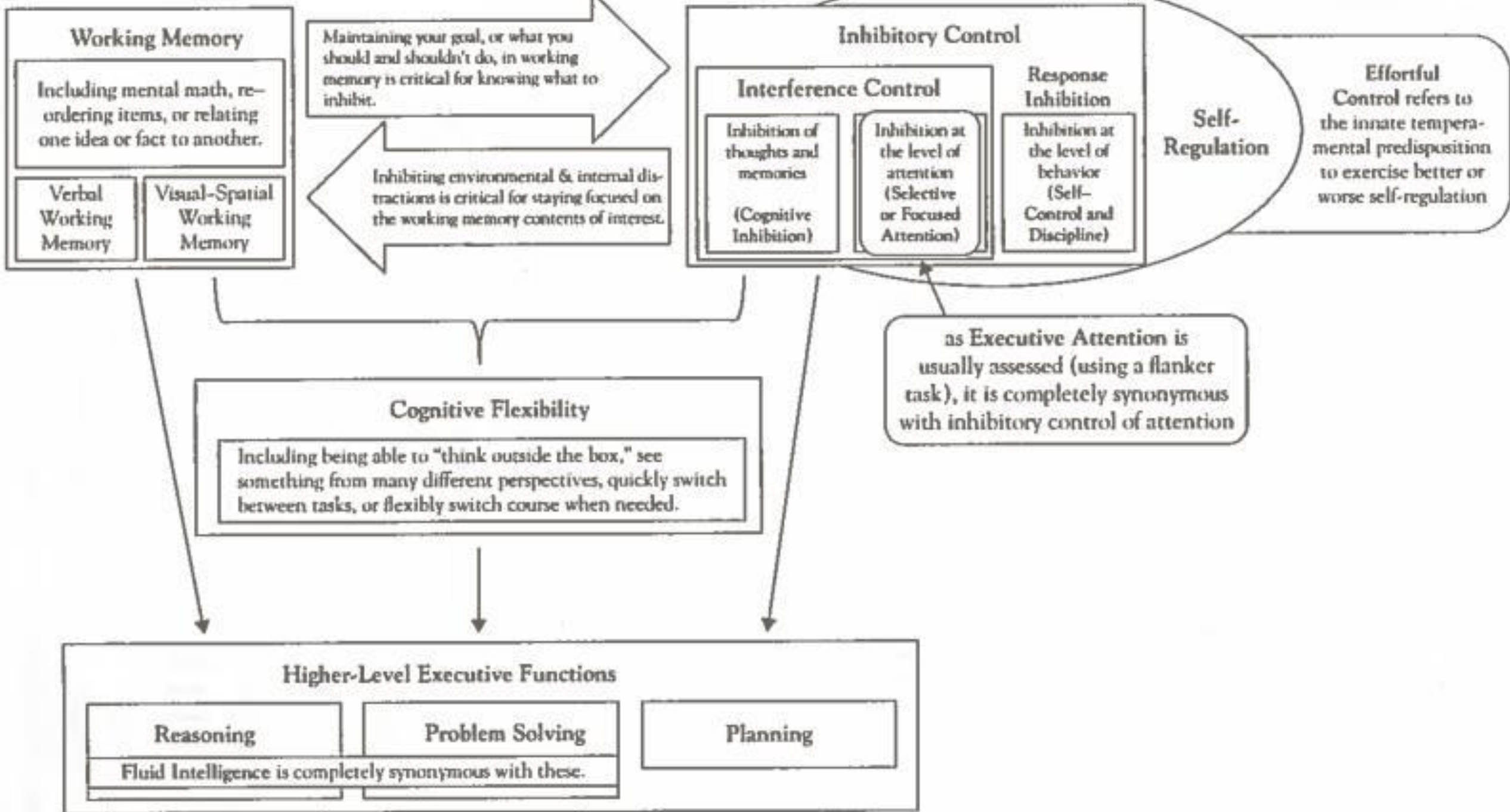
**Focus**  
Sustaining Focus  
Alertness  
Sustaining Effort

**Self-Monitoring**  
Monitoring and  
Regulating Actions

**Memory**  
Utilizing Working  
Memory

**Flexibility**  
Shifting Attention  
Shifting Tasks

Executive  
Functioning



# Activation & Planning

- Prioritizing task
- Planning
- Organising
- Time management
- Initiating task





# Focus

- Sustain attention
- Able to concentrate
- Not hindered by external stimuli or distractions
- Able to redirect oneself to stay on task and follow through with the plan or instructions



# Memory



- Working memory- Underpins cognitive development
- Accessing recall of short term information for daily use
- Organises information for storage and retrieves it for later use
- Recall information in order of events (sequencing), following instructions

# Emotional Regulation

Identifying Emotions



Interpreting emotions



Managing frustrations & anger

Modulating intensity

# Self Monitoring & Discipline

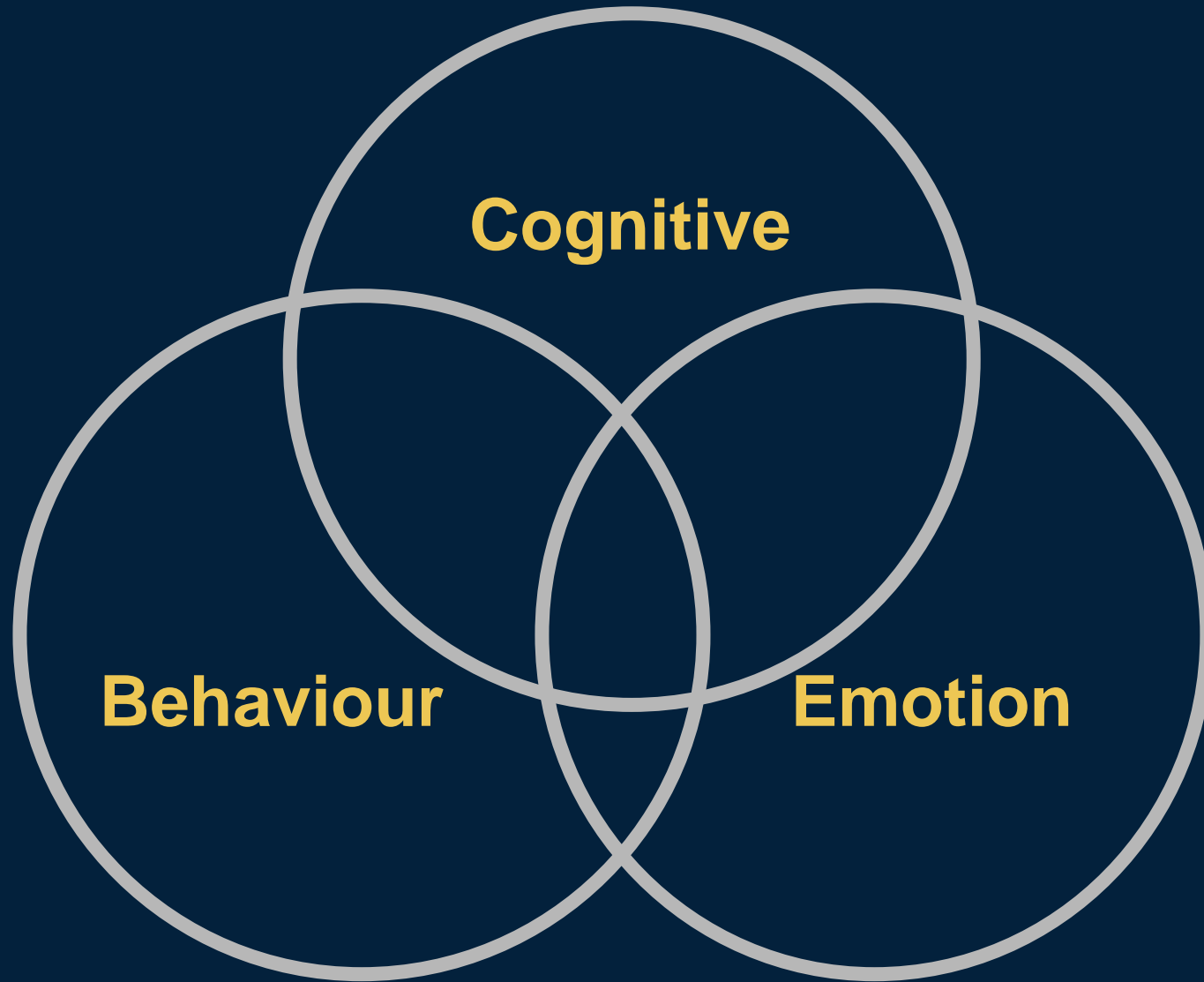


- Checking one's progress
- Making adjustments or modifications based on appraisal of performance
- Taking initiative to carry on with the task

You can simply impress your audience and add a unique twist and appeal to your presentations.

# Cognitive Flexibility





**Cognitive**

**Behaviour**

**Emotion**

# Preview: Approach to Learning and Life

## Fixed Mindset vs Growth Mindset

