



**EMBRACING
TRANSFORMATION**

CESBA Conference 2023
December 6-7

**ACCUEILLIR LE
CHANGEMENT**

Conférence de CESBA 2023
6-7 décembre

Let's Create!

Integration of Executive Functioning Skills Using Arts & Technology

with

Megan Deresti

she/her

menti.com

Code: 1195 5979

Add as many or as few as you like



Join at menti.com | use code 1195 5979

Mentimeter

In which ways do you practice creativity?

Waiting for responses ...



Qualitative LBS Centre Descriptors



Disagree

My programming constraints are fairly firmly established.

There is a constant flow of new students into my classroom.

It is challenging to meet the breadth of learning styles and diverse needs.

My students are missing social supports for their basic needs.

Strongly agree



Content



Your question ⓘ

Qualitative LBS Centre Descriptors

[Add longer description](#)

Statements ⓘ

My programming constraints are fairh X

There is a constant flow of new stude X

It is challenging to meet the breadth X

My students are missing social suppa X

[+ Add statement](#)

Dimensions

Bottom of the scale

Value

Strongly disagree

1

See mid-values ▾

Top of the scale

Value

Strongly agree

5

Extras

Show the total average of all statements Let participants skip single statements ⓘ
[Select another question](#)


Account



Content



Design



Settings



Help & Feedback

Context from my Location



- Population of Sault Ste. Marie is about 75 000
- Territory of the Anishinabek People
- Homeland to the Métis
- Neighbor the communities of
 - Batchewana First Nation
 - Garden River First Nation
 - Historic Sault Ste. Marie Métis Community
- Signatories of the Robertson Huron Treaty of 1850

A note about my perspective



If these problems were linear,
they would have been solved already.
Think multidimensionally helps.





REEL SHARED ON SEP 28, 2023
BY TINE_SHORTFILMS

Trying Again

by Tine Rosales



Example Program for a Local Substance Abuse Rehabilitation Centre



Specific Additional Program Goals

- Positive educational experience, introduction to broader educational options
- Connection, inclusion and belonging within a broader community
- Reflection on and development of executive functioning skills

Format

- Approximately 2 hours per week, over 6-8 weeks.
- Group size is 6-8 people, already engaged and committed to a residential program

Idea Starters



Milestone Options



Find and Use Information

- A1.3: Read a selection from a textbook or manual to extract and integrate information
- A3: Watch/listen to a film, broadcast or presentation to extract information

Communicate Ideas and Information

- B3.1b: Create and organize a to-do list
- B4 Express yourself creatively

Understand and Use Numbers

- C2.3: Create a multi-phase schedule to plan and sequence activities

Use Digital Technology

- D1: Log into a user account on the computer
- D2: Conduct an internet search

Manage Learning

- E1-3: Identify the ways you demonstrate setting realistic short and long-term goals, use a variety of learning strategies, and monitor and evaluate your learning

Engage with Others

- F: Engage with others to achieve a shared outcome

The Spectrum of Executive Function Tool

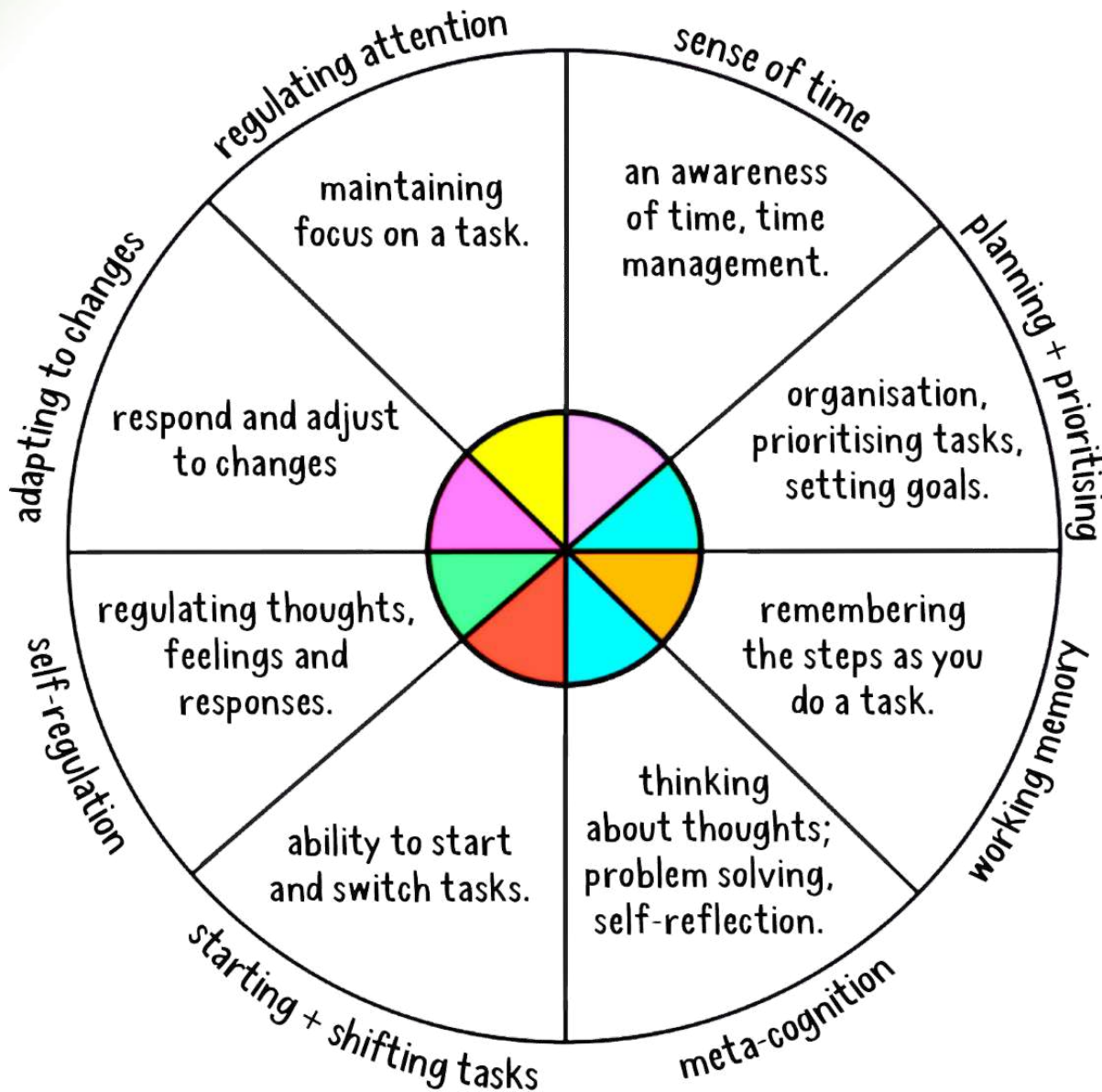


EF TOOL

BY LIVEDEXPERIENCEEDUCATOR

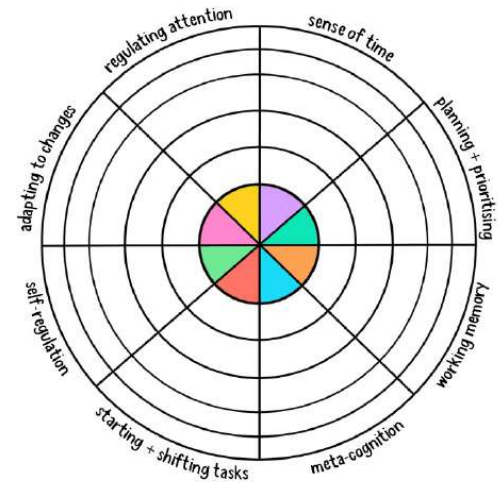
Executive Function is a set of mental skills we use every single day to manage our daily lives.

You can experience different struggles with different parts of executive function that can also change day to day which is why it's shown as a spectrum.



colour in according to:

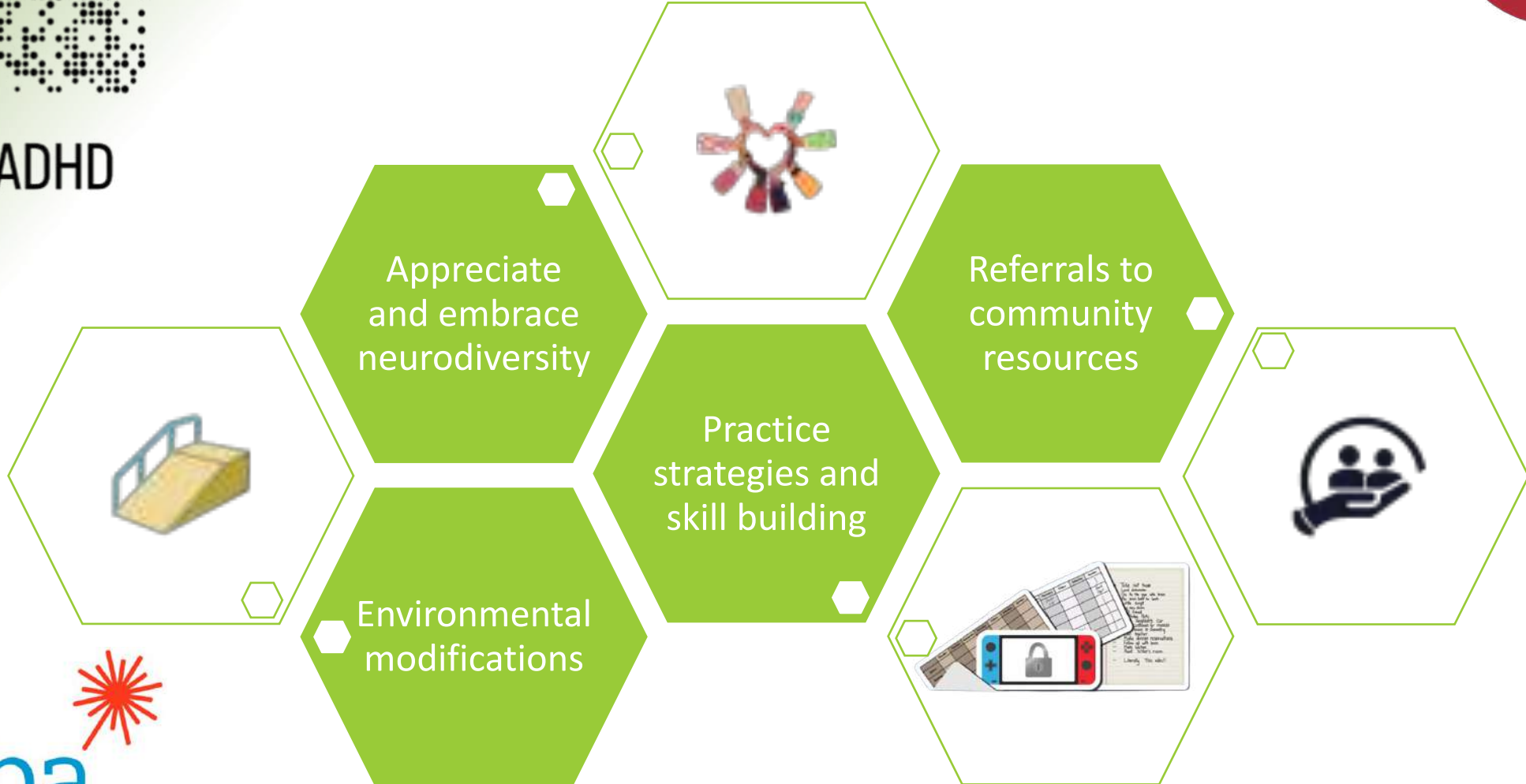
- this is where I need more support.
- this is where I'm doing well.
- this is what my ___ observes.





HOWTOADHD

Approaches to executive function challenges

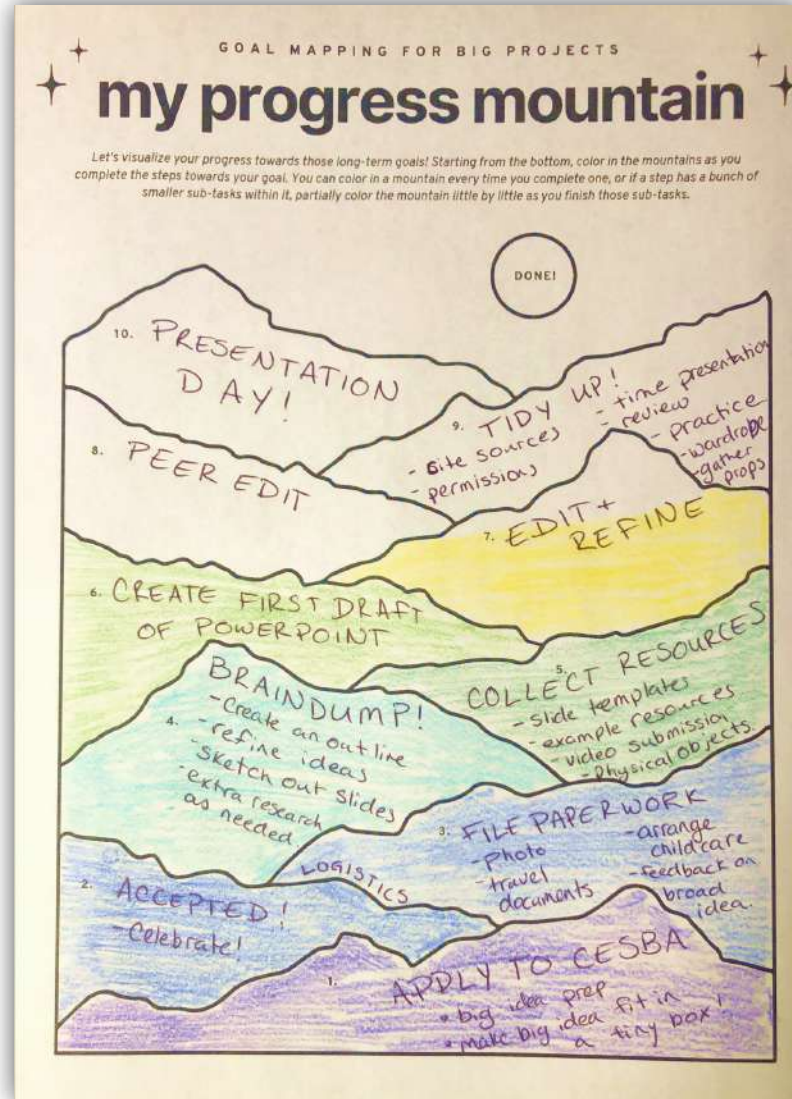




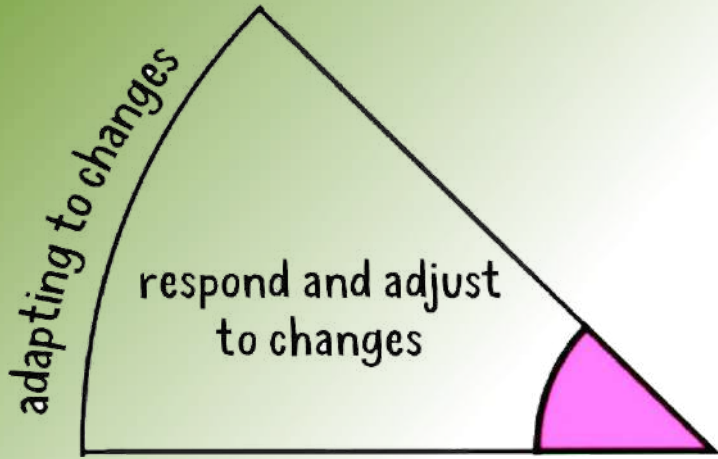
REEL SHARED ON OCT 20, 2023
BY THECENTEREDLIFECO



planning + prioritising



Mental Flexibility



Dr. Peg Dawson on
Executive Functions

Embrace
neurodiversity

-
-

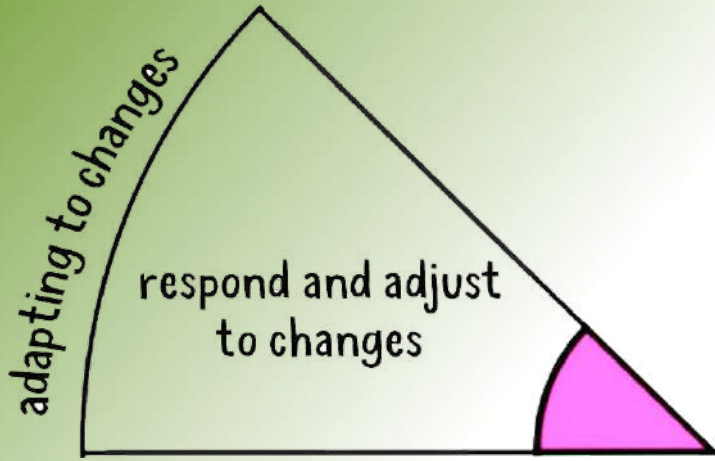
Skill building
and practice

-
-

Environment
modification

-
-

Mental Flexibility



Embrace neurodiversity

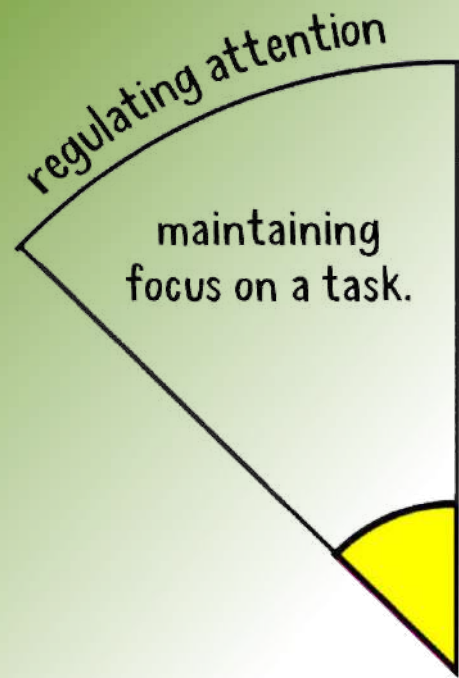
- Learn about what it looks like
- Have conversations with students

Skill building and practice

- Predict and rehearse scripts
- Prepare a mantra/coping strategy for challenges

Environment modification

- Plan time for transitions
- Create predictable routines
- Build in redundancy in case something goes wrong



Sustained Attention



Embrace neurodiversity

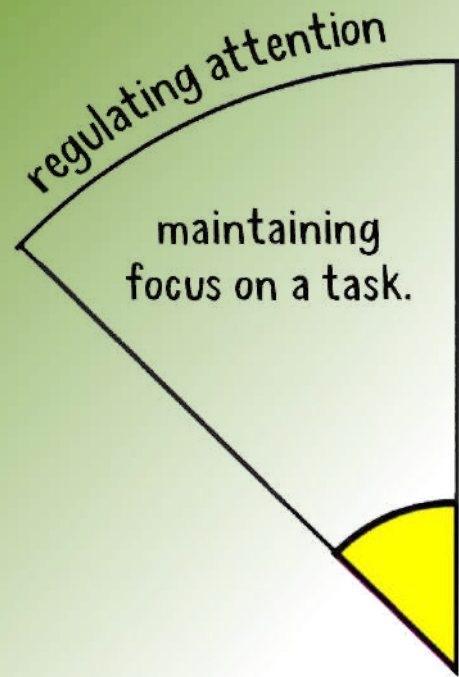
-
-

Skill building and practice

-
-

Environment modification

-
-



Sustained Attention



Embrace neurodiversity

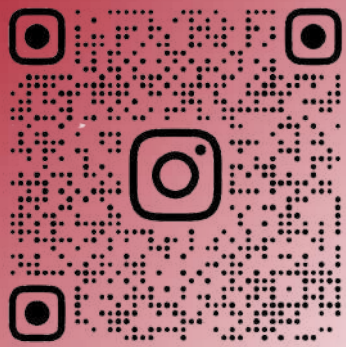
- Ensure the student buys into the task

Skill building and practice

- Ask the student how long they can work before they need a break, make it a goal
- Incrementally work to increase the attention span

Environment modification

- Chunk assignments and make completion checklists
- Remove distractions like devices & sound



REEL SHARED ON MAY 21, 2023
BY ANDREA.NELSON.ART

Let's Create!



As we do, reflect on your experience of mental flexibility or sustained attention.



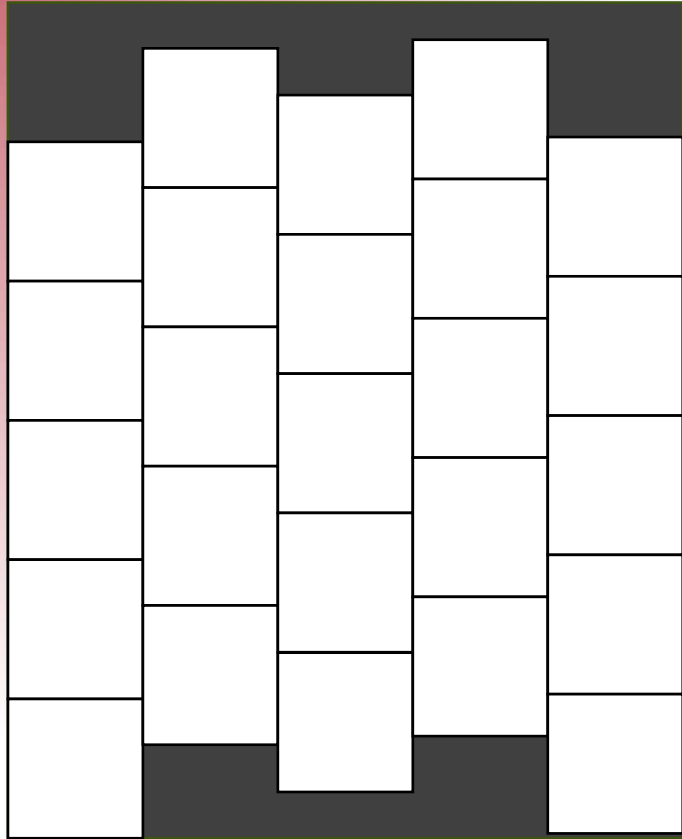
What do you notice?



What do you wonder?



Let's Create!



- Our goal is to create a collaborative art piece
- Individual panels will connect smoothly if we follow the guidelines

Let's Create!



The black paper is there to protect the table.
The white water colour paper will become our artwork.

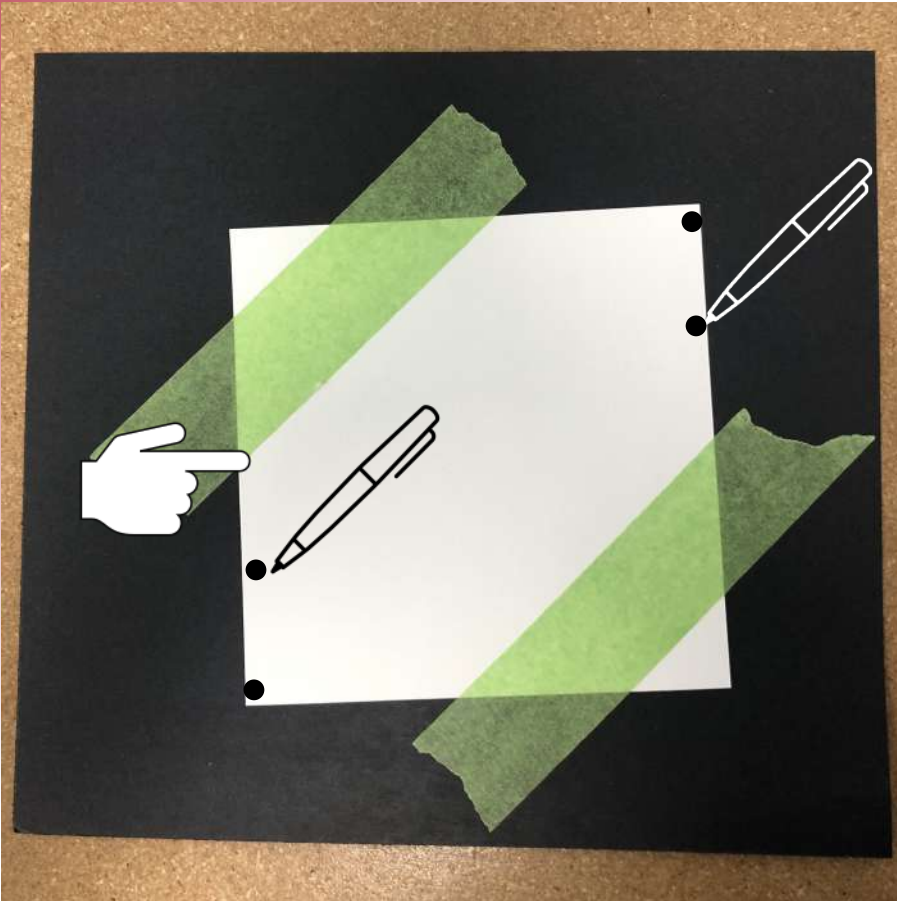
Begin with a Sharpie

On the left edge of the water colour paper

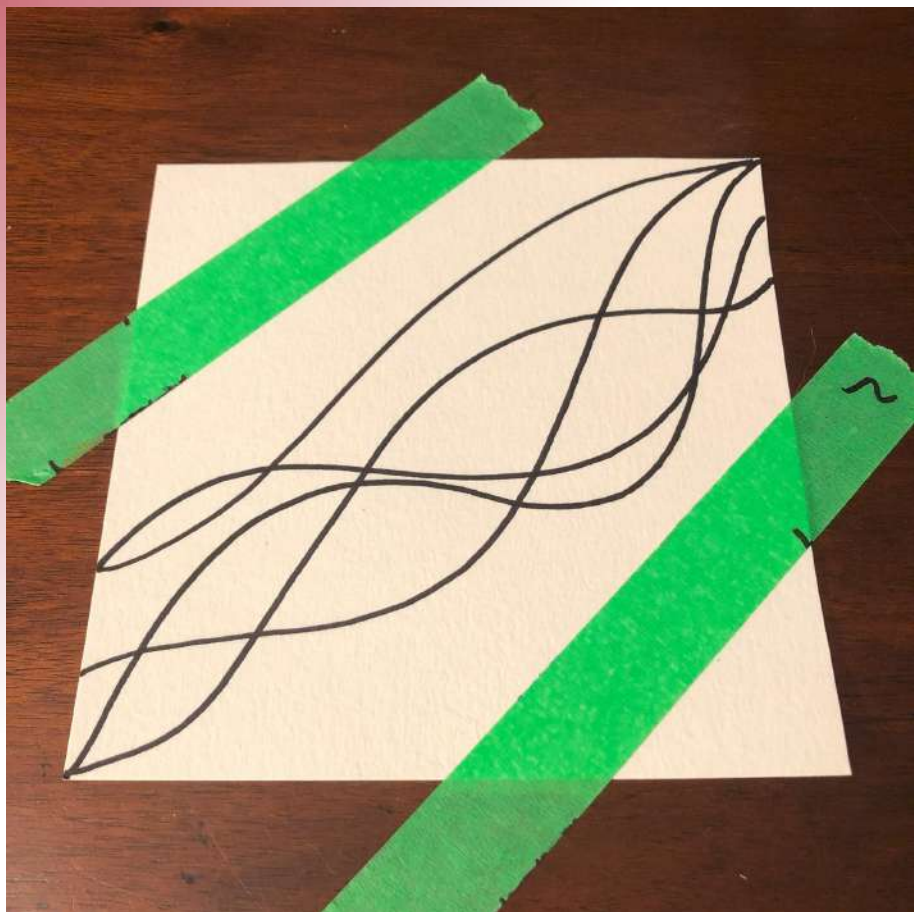
- Find the centre with your finger
- Find half of half at the bottom quarter of the page & place a first dot
- Place a second dot in the bottom left corner

On the right edge of the water colour paper

- Find the centre with your finger
- Find half of half at the top quarter of the page & place a third dot
- Place a fourth dot in the top right corner



Let's Create!



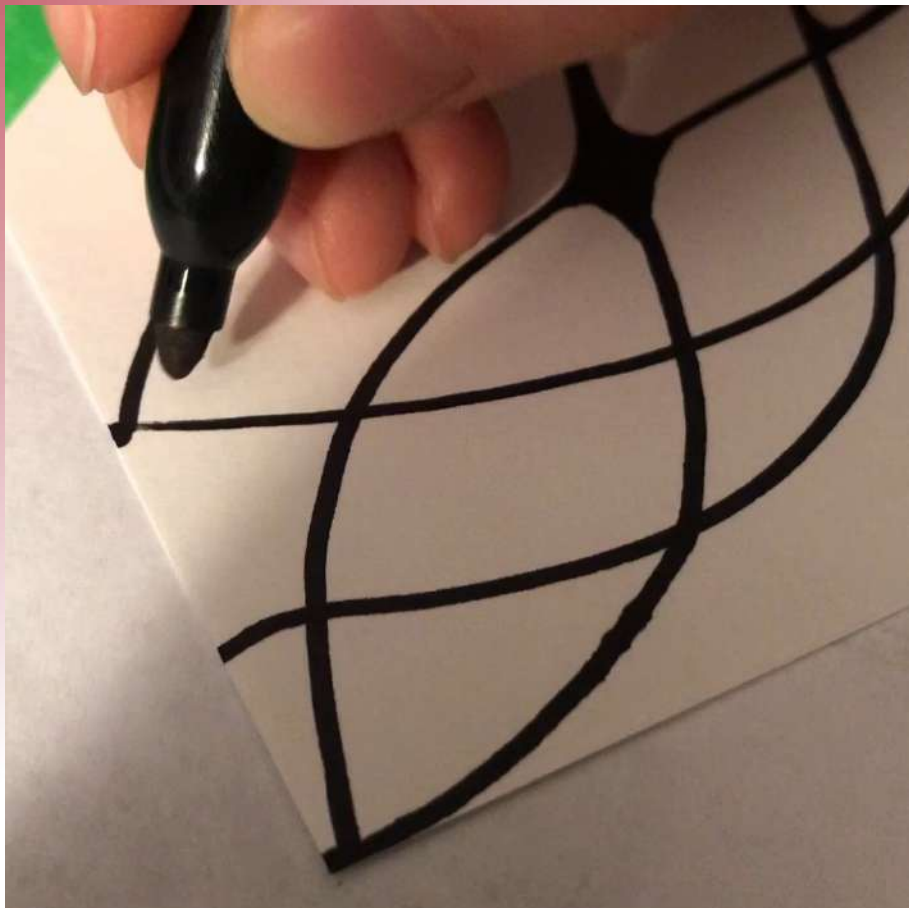
Draw 4 or 5 wavy lines across the diagonal
Practice with your finger first!

The Goals:

- Start and end at or between the boundary dots
- Try to use a lot of space
- The lines should intersect several times
- No lines should end on the top or the bottom of the page

Don't overthink it! You're doing great!

Let's Create!



Round off all the sharp corners
→ turn them into curves.

Think about smoothing out all the pointy parts that represent worries and stressors.

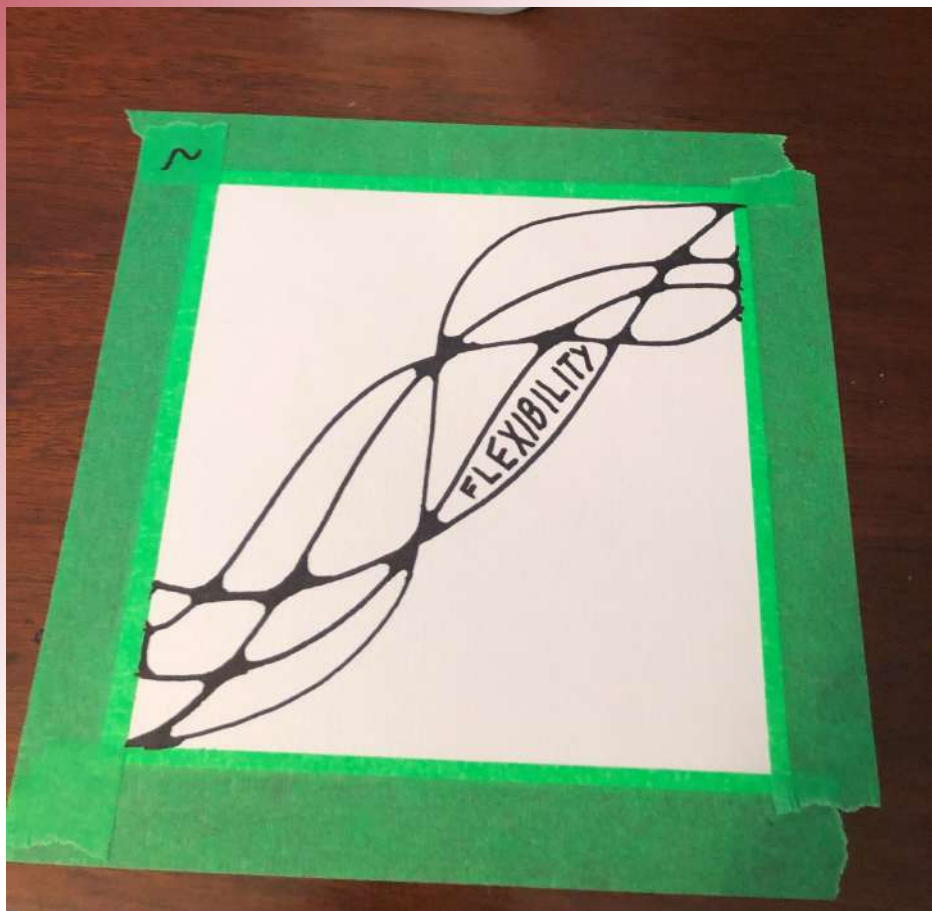
Change the V shapes to U shapes

Let's Create!



Add a word or simple thought that helps you as an educator or a learner.

If you like, add a simple pattern within a space or two.

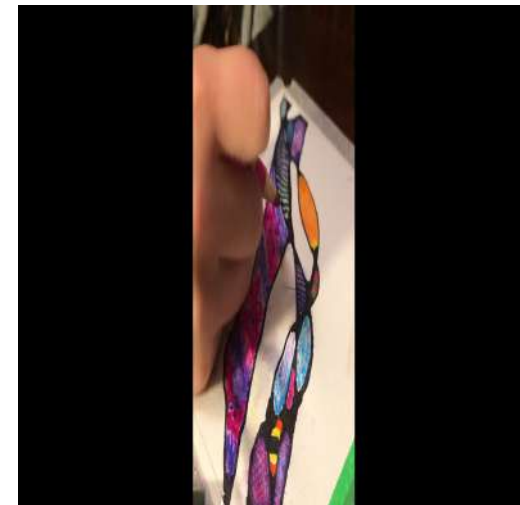
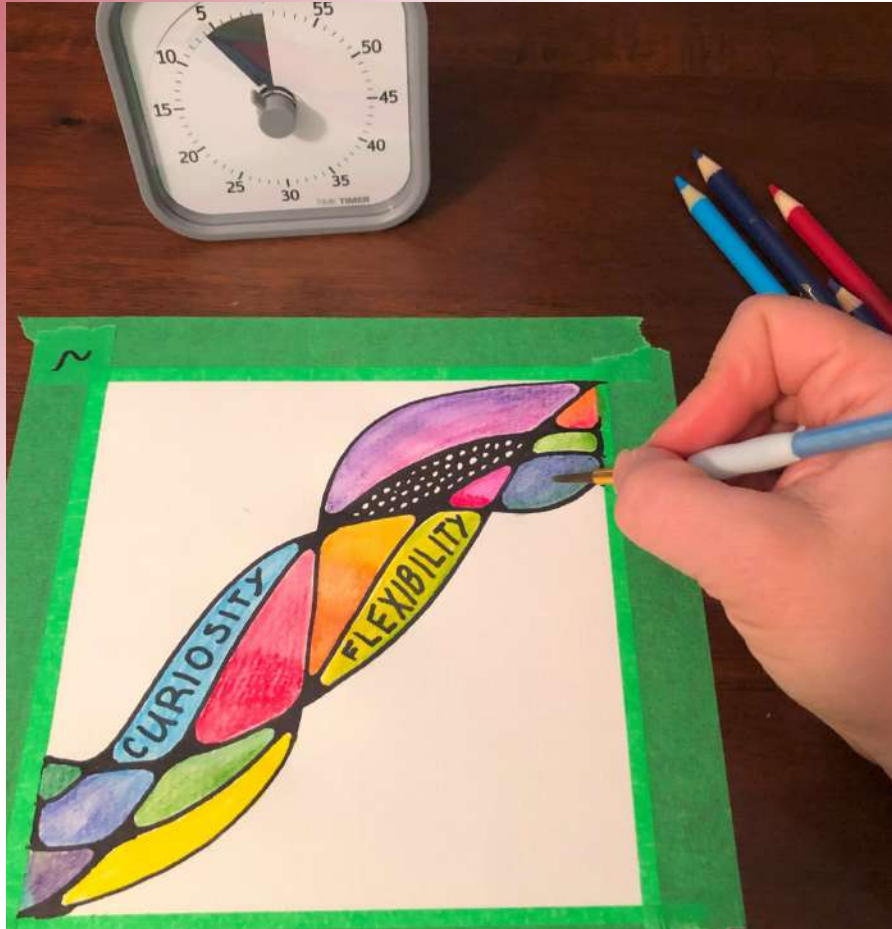


Let's Create!



Use the water colour pencils to fill in the sections. Mix colours if you like.

Dip your paintbrush into some water, and lightly blend the markings to make them vibrant.





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BY ANDREA.NELSON.ART

Any Questions?



I will collect the papers and assemble them into a collaborative art piece.



Please leave all the materials on the table.

I will continue to use them in my classroom.



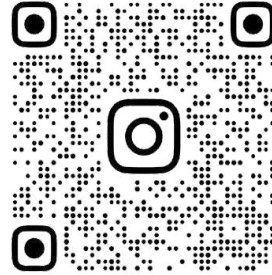
How did you feel about your ability to sustain attention and show mental flexibility?



Links to Resources



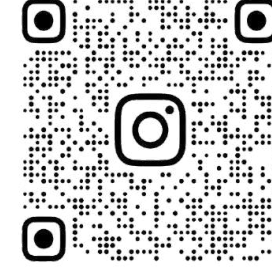
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BY THECENTEREDLIFECO



YouCubed:
Thought Leaders



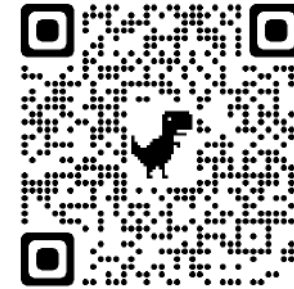
Dr. Peg Dawson



NORTHLANDADULTLEARNINGCENTRE



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BY ANDREA.NELSON.ART



Ologies: Abstract
Mathematology Dr.
Eugenia Cheng



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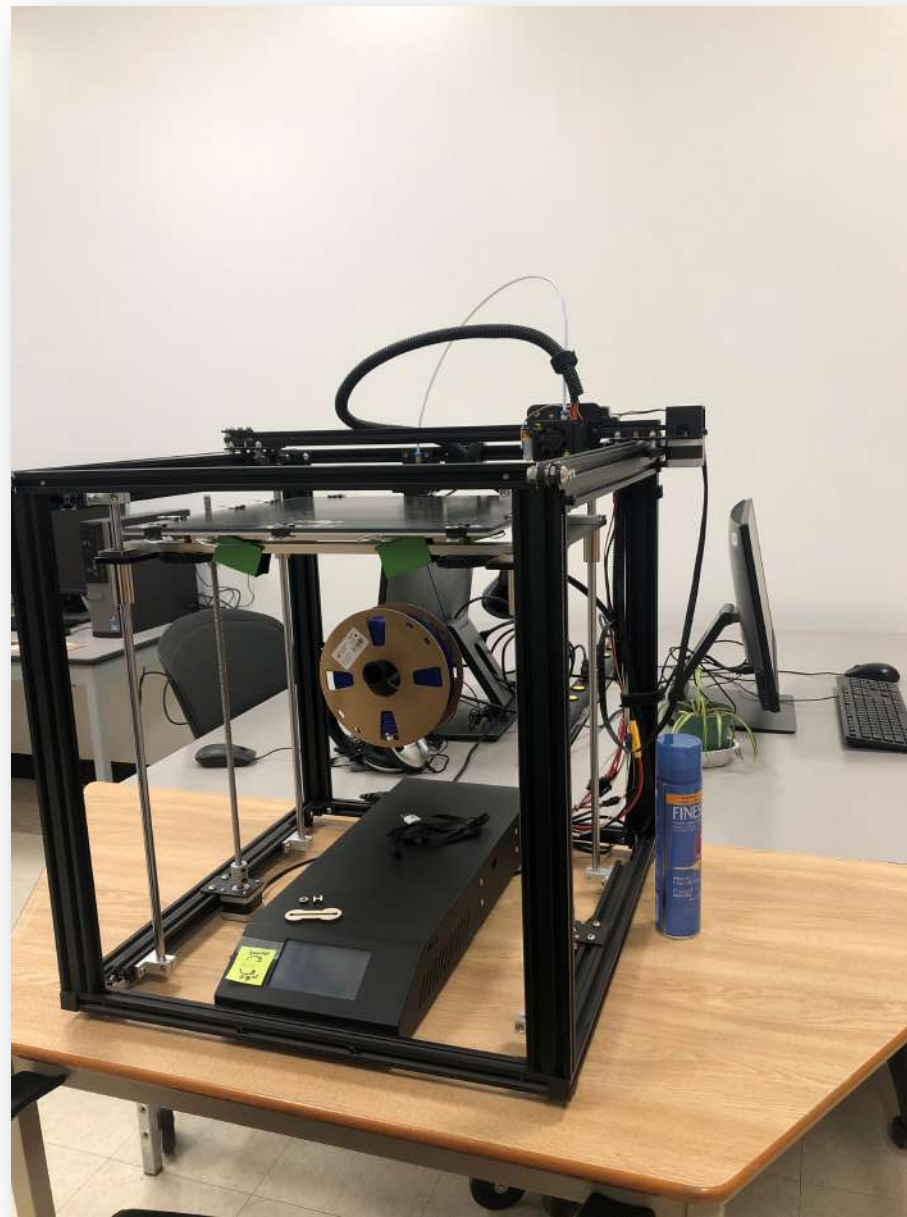
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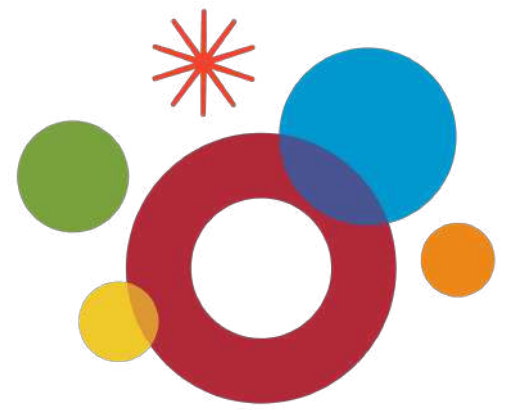










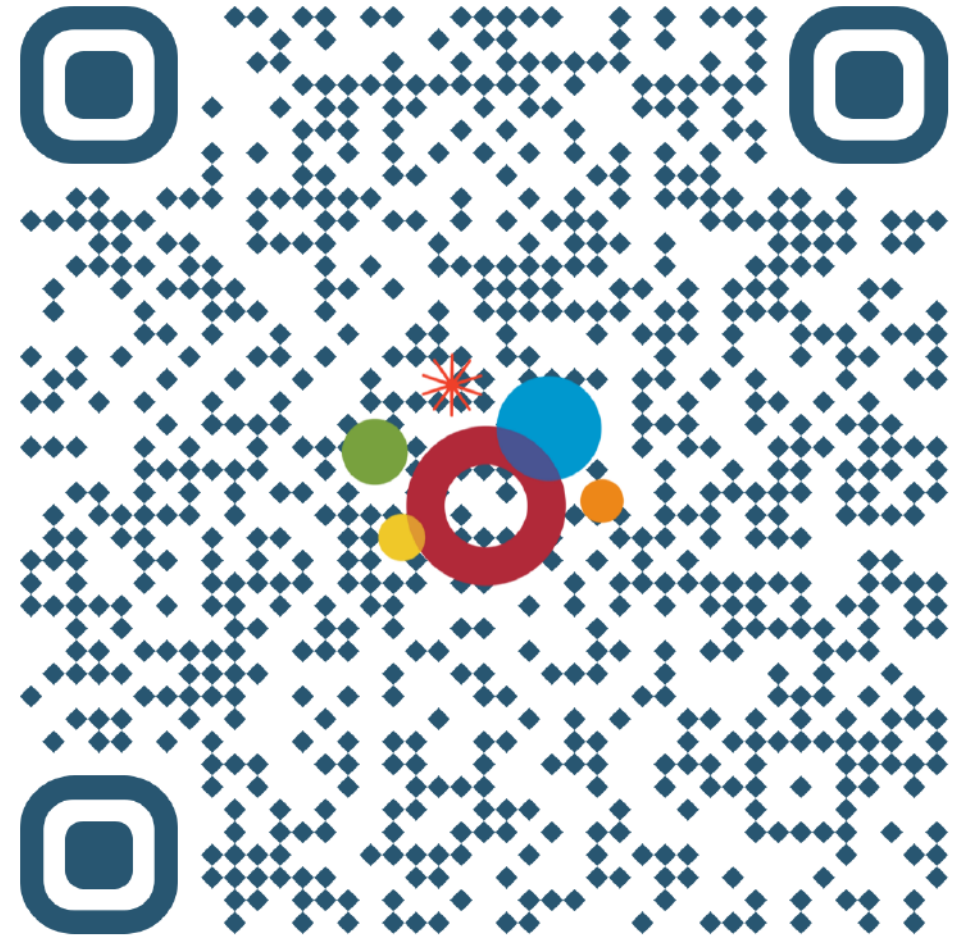


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