

LESSON PLANS

Here are 5 lesson plan ideas for you to try out with your students. There are countless ways to integrate EFs into other areas of the curriculum, but here are just a few to get you started. Feel free to create others and share with us on Twitter @EFs2theRescue

1. WHAT'S IN THE TOOL BELT?

This is a great activity to try once your students are familiar with a character. You could do this after discussing each character, or wait until all characters have been introduced before completing this task. Students will fill pockets of a tool belt with helpful strategies.

You will need:

- EF2R Resource Kit available at www.EFs2theRescue.com
- Large sheets of paper, or printed off images of a tool belt
- Markers and pencils
- A brainstormed list of EF strategies posted (optional)

Objective:

To fill up an EF characters' tool belt with useful strategies.

What to do:

- Print off images of a tool belt, or draw your own on large sheets of paper. Depending on the age of your students, you can decide how many pockets they will have to fill
- Fill each pocket of the tool belt with a **strategy** that a character would use. Examples:
 - **STOP-A-TRON**; a focus object, a checklist of calming techniques, a picture of someone taking a deep breath, a STOP sign on the desk

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- **Gracie the Goal-Getter**; checklists, visual reminders
 - **Flexi Lexi**; a list of calming statements, a scale of “big” and “small” problems, a “free pass” to take a break
 - **Susie Shifter**; a timer, a schedule for the day
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- Students can then work in partners, small groups, or individually, to fill up the pockets of the tool belt. They may wish to write down ideas or draw an image
 - When finished, tool belts can be posted and shared with everyone

Follow Up:

- Have a discussion about which strategies might work best for individual students and make a plan to try them out over the next week or so
- Some students may find it helpful to have a small, personal version of a tool belt that could be taped to their desk
- You could end up with lots of strategies for each character that you could either post around the room or make into a class book that can be used to help other students

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2. SCENARIO ROLE PLAY

This is a great **critical thinking** task which imbeds collaboration, problem solving, and connections to personal experiences.

You will need:

- EF2R Resource Kit available at www.EFs2theRescue.com
- Printed out scenarios that you have created ahead of time, OR that the class has generated together

Objective:

Students will choose the top 3 most effective EF characters to call on for help when given a scenario containing an issue to resolve.

What to do:

- Create some “real life” situations that would be relevant to the age group you are dealing with (you can create these, or you may wish to generate ideas with your class) Examples:
 - It is recess and you really want to play tag, but your friends want to play soccer. You really don’t like playing soccer and you are worried that you won’t have anything to do this recess. You are starting to feel frustrated and are saying mean things to your friends.
 - You have an assignment due in two days that you haven’t thought much about. You know that your parents and teacher will be upset if you don’t hand it in because you’ve been forgetting your homework a lot lately. You want to do a good job, but just can’t seem to find the motivation.
- At this point, you tell your students that while we know that quite often, we need all of the EF characters at all times, for these scenarios you may only choose the top 3 (or 2, depending on your kids) characters to help you

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- This will allow students to think critically about the characters and demonstrate an understanding of how they might use strategies to resolve issues in their day
- Students may work alone or in small groups to decide

Follow Up:

- Share ideas with the whole group, either by presentation or role play
- Post ideas around the room as reminders for students

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3. CREATE A NEMESIS OR OPPOSITE CHARACTER

This is a really fun activity that gets students thinking about what gets in the way of success when it comes to their own EFs.

You will need:

- EF2R Resource Kit available at www.EFs2theRescue.com
- Paper, pencils, markers

Objective:

There are two ways to go about this activity; first, create the character's nemesis or what they need to overcome in order to achieve success, or second, create the character's opposite.

What to do:

- Choose a character(s) to focus on
- Decide whether you wish to create their nemesis or their opposite (perhaps both!)
- Sketch your ideas (or, for students who are not comfortable drawing, they might look up images on the internet, or write a description instead) Examples:
 - **STOP-A-TRON's** nemesis would likely be some sort of distracting object that whizzes around and causes him to make poor choices; his opposite could be a GO-BOT
 - **Get Up & Go's** nemesis might be a comfy bed, a lullaby machine, or a device that sprays warm milk; their opposite could be The Napper, or Wally Wait-A-While
- You get the idea. The possibilities are endless and the kids will likely come up with some wonderful ideas

Follow Up:

- Students present ideas to the class in the form of a speech or role play

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- Students write a monologue from the point of view of either character
- Students create a visual display or poster for the school or classroom

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4. CREATE A COMIC STRIP

Perhaps building on the characters your students came up with in the **Create a Nemesis or Opposite Character** activity, they could create a comic or story. Depending on the age of your students, this could be a very in-depth project, with lots of planning, or a fun way to spend a couple of classes.

You will need:

- EF2R Resource Kit available at www.EFs2theRescue.com
- Character opposites or nemesis from activity 3 (optional)
- Blank comic storyboards (either drawn or printed from an online site)
- [Comic Life](#) App (optional)

Objective:

To integrate EFs into a broader curriculum, such as a **writing** task or an **art** class.

What to do:

- Either print off some blank comic storyboards (you can look these up online), or use the app, Comic Life, on an iPad or computer
- Create a comic strip of a certain length; again, depending on how in-depth you want to go, you could discuss the elements of a good story (i.e. introduction, rising action, climax, etc.), or for younger students, give them some simple guidelines to follow (e.g. choose a scenario from activity #2 and turn it into a short comic)

Follow Up:

- Put all comics together to make a class book, or even a copy for the school library
- Make a comic book display in the hallway or in your classroom
- Invite other classes in for a comic share

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- Have students act out their stories in a drama class

Notes:

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5. WRITE A MONOLOGUE

The age and ability of your students will determine whether or not you want to give this a try. Many students have to write speeches at some point and this might be a great way to introduce that strand of the writing curriculum.

You will need:

- EF2R Resource Kit available at www.EFs2theRescue.com
- Paper and pencils (or assistive technology, if available)
- Cue cards (if your students will be presenting in a speech format)

Objective:

To integrate EFs into a broader curriculum, such as a **writing** task, and to practise perspective taking.

What to do:

- Choose a character and write a speech from their point of view (you will likely need to teach this concept to your students and have them look at a variety of texts and examples)
- Include how they came to be the way they are, struggles they may have faced, strategies they love to use, helpful advice, etc.

Follow Up:

- Present to the class
- Invite another class to watch the speeches
- Present in an assembly
- Record the presentations and make a video

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