

2016 NAEYC Annual Conference

Title: Enhancing Executive Function Skills in Young Children

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Websites & Videos

Name	URL	Description
Center on the Developing Child at Harvard University	http://developingchild.harvard.edu/	This website provides a 16-page guide (available for download), describes a variety of activities and games that represent age-appropriate ways for adults to support and strengthen various components of executive function/self regulation in children.
Center on the Developing Child at Harvard University	https://www.youtube.com/watch?v=efCq_vHUMqs	A short video from the Center on the Developing Child at Harvard University about EF skills
Vroom	http://www.joinvroom.org/	Vroom is about creating brain building moments. It is an application for smart phones and a list of activities can be downloaded from their website.
Zero to Three	https://www.zerotothree.org/resources/265-everyday-ways-to-support-your-baby-s-and-toddler-s-early-learning	Everyday Ways to Support Your Baby's and Toddler's Early Learning. This chart gives you some ideas of the many ways you can support your child's early learning through your everyday activities (in both English and Spanish).

References

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- Bronson, P., & Merryman, A. (2009). *NurtureShock: New thinking about children*. Hachette UK.
- Carlson, S. M., & Meltzoff, A. N. (2008). Bilingual experience and executive functioning in young children. *Developmental science*, 11(2), 282-298.
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- Galinsky, E. (2010). Mind in the making. *National Association for the Education of Young Children: Washington, DC*.
- Poarch, G. J., & van Hell, J. G. (2012). Executive functions and inhibitory control in multilingual children: Evidence from second-language learners, bilinguals, and trilinguals. *Journal of experimental child psychology*, 113(4), 535-551.

Books

Memory

- Garnder, C. (2005) Farm peekaboo. New York: Muze. This book includes textures for animals on each page. Songs like Itsy Bitsy Spider using hand movements, puppet spider. Repeat phrases.
- Martin, B. (1983). Brown bear, brown bear: What do you see? New York: Henry Holt.
- Cuyler, M. (1991) That's good that's bad. New York: Henry Holt. Wilson, K. & Chapman, J. Bear Snores On. New York: Simon & Schuster. Songs or poems with repeated phrases: Ask the preschooler to recall the special phrase: Old McDonald had a _____. Add animals and see how many the child can remember. Use visual cues when needed.

Inhibit/Self-Regulation

- Carle, E. (1977). The grouchy ladybug. New York: Harpers Collins. Goldman, T.H. (2012). Peas on earth. NY: Random House. Viorst, J. (1972). Alexander and the terrible, horrible, no good, very bad day. New York: Aladdin. The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) Children's book list (csefel.vanderbilt.edu/resources/strategies.html)
- Red/Light Green/Light game; Duck, Duck Goose game; Simon Says (e.g. "Go stand by the door," "Run and then Stop").

Clean up song

- Mayer, M. (1983). All by myself. New York: Golden Books

Head, Shoulders, Knees and Toes song