I. Welcome and updates
   A. BVPAGE Coffee meetup Tuesday Feb. 4th
   B. Summer Opportunities Fair Thursday Feb. 7th

II. Where the Rubber Meets the Road: The real reasons smart kids struggle and what to do to help.
   A. Executive Functions: the skills we need to get things done
      i. They are needed for school but not explicitly taught
      ii. Kids may not struggle in all of them, they may even excel at some
   B. We activate the executive function parts our brains with strengths and interests: creativity, curiosity, humor, teamwork, novelty, etc.
   C. We may not know what strategy will work but our kids do
      i. Start with “I Don’t Know”
      ii. Kids need to be a part of the solution. Forcing them into a solution that doesn’t fit results in behaviors that don’t help
      iii. Let them do it their way, even if it’s not our way. They will feel more successful that way. Accept them exactly as they are. Try a coach mentality.
   D. We need to shift our vision: Two types of Vision Shifts
      i. Zoom out: a broader perspective – the behavior is a symptom of the actual problem
      ii. Zoom in: once you acknowledge that there’s a bigger picture, then you can zoom in
   E. Systematic Terminating Obstacle Resistance Minimizer – STORM
      i. The problem is usually not what we think it is
      ii. 1-10 scale of opposites – is it easy or hard? Simple or complex? Short or long? Will I do a good job or will I fail? www.Execskills.com/storm
      iii. We don’t have importance-based brains, we have interest-based brains
      iv. Kids long-term vision is not developed: elementary may not see past the next day. It’s hard to hold on to a long-term goal
      v. We have to listen to them and believe them – don’t assume they are lazy
      vi. Ask them what gets in their way
   F. How to use the STORM strategy
      i. Take a breath together. Then two more. Seriously. Right now. – Belly breath—make it look like a basketball. Put a pillow or animal on their stomach and make it rise. Self-regulation may be one of the hardest things.
      ii. STORM the problem with curiosity- be genuine. Don’t fake it. They know.
      iii. Ask about past successes? When is a time you were able to do this? Is there a class where this is easier? Find out where they are successful.

v. Experiment and adjust. They’re not a failure if doesn’t work the first time. What got in your way?
   1. Ex. If timers stress you out, maybe time it to a playlist instead

vi. How do you help younger kids engage? Find something that makes it interesting. Is there a special snack you can eat only when doing this? What do you want to do as soon as you finish? What trips a green light to make you act?
   1. If Bravery is a strength.. turn it into a challenge? How long does it take to do one math problem? I have a guess, prove me wrong. How much sand does it take to do one problem? Now can you do it in less sand? Fold the page in half and take a break.

vii. It’s not important to me. Ask them who is it important to- will you do it for them? The time they have after it’s done may be important.

viii. Celebrate the success

G. Anxiety
   i. Mindfulness strategies and breathing are really important- help them find what settles their brain

H. Hacks
   i. Self Regulation and Focus
      1. Optimum environment, do a brain dump, do just one thing, breathe
   ii. Time Awareness and Management
      1. Practice estimating time – how long should a shower take?, Make time visual—PUGG Clock. Use timers—don’t have to be clocks
   iii. Task Planning, Initiation, and completion
      1. Plan backwards, utilize low tech and high tech tools, get the ball rolling- give yourself a green light

iv. Organization
   1. Think in categories- take everything out and organize by what’s similar, start small, leave nothing homeless

I. Resources
   i. Zen and the Art of Productivity, Alan P. Brown
   ii. Understood.org
   iii. www.ADDitudemag.com
   iv. The Guide to ADHD Coaching, Alan Graham, PhD
   v. Find other parents who get it and help your kids do the same
   vi. Facebook- Parentingforreal
   vii. Presentation notes and STORM worksheet: https://www.execskills.com/storm