



Date: 27 Nov 2023



### **Executive Function and Child Development**

This topic is part of the series of presentations promoting positive wellbeing in children.

Have you ever wondered how your child's brain works? Why do they think and act in a certain way? Our brain is a complex and intricate system that governs every aspect of our bodily functions, movements, thoughts, reflexes and sensations. Importantly, our brain plays a significant role in our everyday functioning, interaction with our environment as well as regulating our impulses and emotions.

Executive function is a key set of skills and mental processes that helps us govern our daily life. The essential executive functioning skills are planning, organising, emotional regulation, self monitoring, focus and memory. These specific skills complement each other and work in concert to help us perform our tasks and achieve our goals.

Goal: This talk will provide an overview of how executive function works and its relevance to learning, problem solving, social interaction, managing stress and emotions.

Date: 6 December 2023

Location: Kowloon Junior School, 1st Floor Library

Time: 3-3:45pm

Attendees: KJS parents

Facilitator: Ian Ong, Student Counsellor

Light refreshments will be provided

**\*Registration through the gateway will open at 4pm on 27th of November and close on Tuesday, December 5 at 4pm (Under "Activity" on Gateway)**

