

Staying

**sharp**

in the Summer

Learning strategies to keep your child stimulated  
and engaged during the summer vacation



*Infinite know how  
for school*

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Founder & CEO, ExQ®

June 25, 2019



# WELCOME TO THE ExQ WEBINAR!

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No school does NOT  
have to mean no  
parenting and brain drain

# What is Executive Function?



These are mental skills  
used to manage our  
thoughts, feeling and  
behaviors to achieve goals  
– for SELF.





Executive Function is

EVERYWHERE!



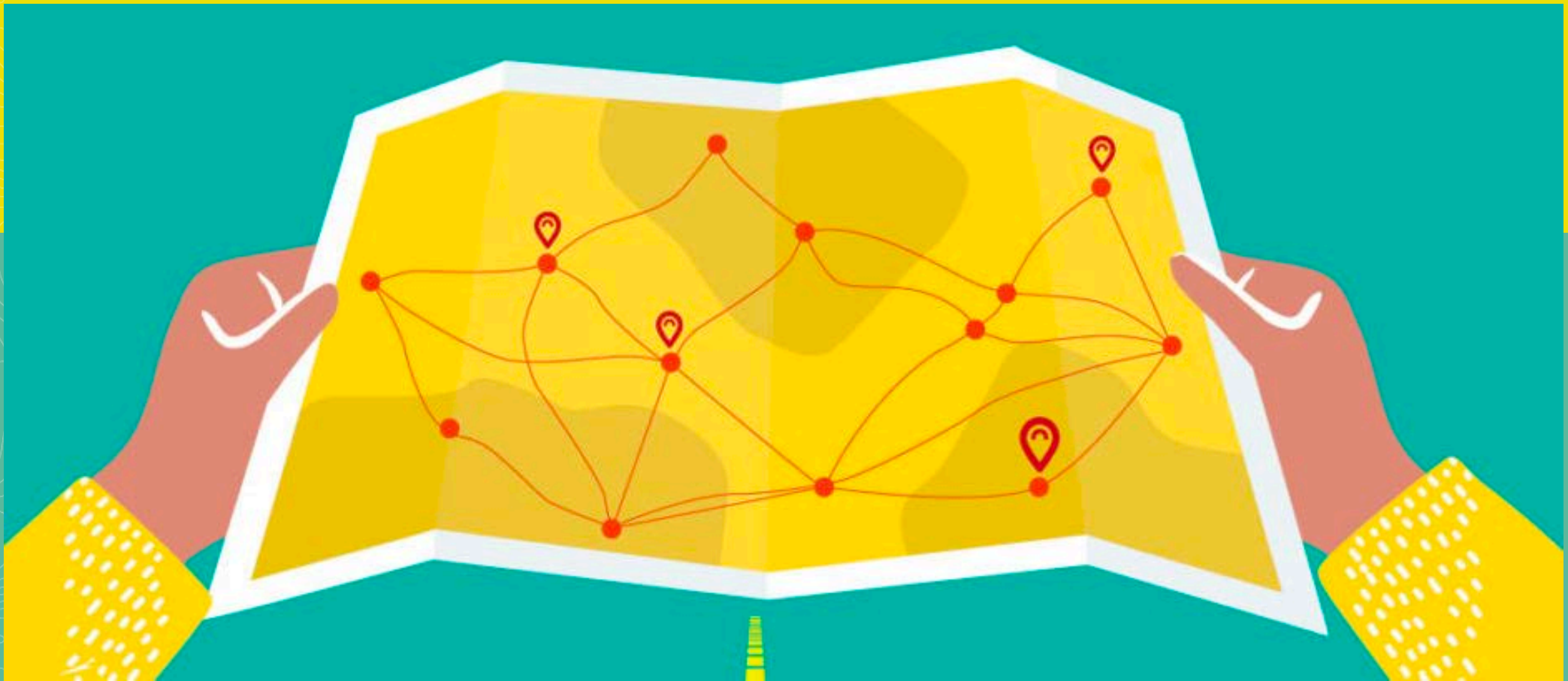
EF is figuring out the goals and then directing effort and attention towards it.

In short, applying knowledge in an **ADAPTIVE** Way - by regulating self.





Staying Sharp =  
Always Transition Ready!



# Four Types of Transitions!



Summer can mean  
more time for parent  
child connections and  
brain training





Here's how...ten strategies for training Executive Function this summer!



**Be Active**



# Explore Outside

# Imagine Being Bored



**Read, Read, Read**







**Try Something  
New, Together**



Remember,  
Screens are  
Not Evil 😊

# Learn to Listen



A group of young women, likely students, are participating in a community service activity. They are wearing matching blue t-shirts and blue patterned headbands. They are focused on packing cardboard boxes, which are stacked in the background. One box in the foreground has the text "SECOND HARVEST FOOD BANK" visible. The scene is set in a large, well-lit room, possibly a warehouse or a food bank, with other people in the background also engaged in similar work.

# Build Connections & Connect with Communities



**Keep a Diary**



# Summer Brain Train! (NOT Drain)



# Thank You!

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