

BRAIN FUTURE S

At-Home Executive Function Resources

A Guide for Families and Educators



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At-Home Executive Function Resources | A Guide for Families and Educators

BrainFutures is a national nonprofit dedicated to improving human outcomes by assessing and advancing the practical applications of new scientific understanding of the brain. As a citizen advocacy organization, we enlist specialists to offer rigorous assessment of—and education about—brain-based interventions that target specific segments of society. By providing objective evidence-based information about what works and clearing policy and practice pathways, we aim to maximize human potential and ameliorate pressing social challenges.

Scientific understanding of the brain has changed in recent years, and this new knowledge offers powerful tools, including executive function (EF) training, to maximize academic progress. Over the past decade, research has shown that EF brain fitness activities stimulate cognitive development and prime the brain for learning. Key EF skills include working memory, self-control and cognitive flexibility which form the foundation for more complex cognitive processing including planning, reasoning, problem-solving, goal-directed action, and self-motivation. In other words these executive function skills are critical for learning to be successful. EF skills are the target of brain fitness interventions because they are the main building block of cognitive capacity and EF deficits are often at the core of students' learning challenges. No matter how talented the teacher, if a student's EF capacities are underdeveloped, a sole focus on subject matter instruction may not be effective or helpful.

EF skills are also inextricably linked to social and emotional learning (SEL) and mental health, most pointedly because they support emotion regulation. As a result, effective brain fitness interventions during childhood and adolescence produce striking results in improving executive function skills and prosocial behaviors— more accurate predictors of academic readiness and life success than IQ or any other performance markers.

In September 2019, we issued an issue brief, [Brain Fitness and Executive Function | Evidence-Based Interventions that Improve Student Outcomes](#) (available at brainfutures.org) that features ten school-based, executive function programs that met our evidence-based threshold out of more than forty programs reviewed. Many of these ten programs offer at-home options and/or resources that can help as families, teachers, and schools adapt to supporting student learning beyond the traditional classroom. This guide is an overview of what these trusted programs currently have available for at-home use. Click on the program's name for a detailed description from our original report, or visit the listed URL(s) for more information.

	At-Home Offering	Free or Fee-Based	For More Information
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Executive Function At-Home Guide</p>	<p>ACTIVATE™ is a K–8 computer-based cognitive training program that also incorporates specially-designed physical exercises.</p> <p>Interested families can purchase the full ACTIVATE™ program for at-home use.</p> <p>Schools that previously purchased ACTIVATE™ prior to COVID-19, can provide continued or new access for home use to students who have a computer/tablet and internet access. Teachers and district leaders can continue to monitor student progress online through the licensed program's secure analytics dashboard.</p> <p>Interested schools not currently using ACTIVATE™ can go to https://www.c8sciences.com/contact/ to request pricing and set-up details to make the program accessible to all students remotely. Schools will be able to see the daily records of what students have accomplished. The program is suited for versatile use either at school and/or at home as schools navigate the challenges of reopening.</p> <p>For all at-home uses, the following tech requirements apply: high-speed internet; Pentium Processor 1.6Ghz min. or equivalent, 1GB RAM min; PC with Firefox 24 or later or Chrome 30 or later (Internet Explorer is not supported); Mac with Safari 6.0 or later or Chrome 30 or later; iPad 2.0 or later, with Safari; or Kindle, with Fire HDX or later, with Silk Open Port 80 and 443 (normal web browsing).</p>	<p>Fee-Based</p>	<p>https://www.c8sciences.com/</p> <p>https://www.c8sciences.com/pricing/</p> <p>https://www.c8sciences.com/contact/</p>
	<p>A free trial of the program is available at http://trial.c8sciences.com/Account/Login?ReturnUrl=%2F. It offers 5 mini-training sessions so the user can experience a variety of games at a variety of difficulty levels.</p>	<p>Free</p>	<p>http://trial.c8sciences.com/Account/Login?ReturnUrl=%2F</p>
<p>Cogmed Working Memory Training®</p>	<p>Cogmed Working Memory Training® is a grade 1–12 computer-based cognitive training program.</p> <p>Interested families that would like their child to take part in the Cogmed program can email cogmedinfo@pearson.com to find a list of allied health professionals in their area that provide the program. Fees for such sessions are determined by the individual practitioner. During COVID-19, be sure to ask your local Cogmed provider if they accommodate full tele-practice services, or if any in-person meetings are required. Different practitioners have different protocols.</p> <p><i>*Continued on next page</i></p>	<p>Fee-Based</p>	<p>https://cogmed.com/</p> <p>cogmedinfo@pearson.com</p>

	At-Home Offering	Free or Fee-Based	For More Information
<p>Cogmed Working Memory Training®</p>	<p><i>*Continued from previous page</i></p> <p>However, in most private practice scenarios, the majority of the program is completed virtually online, with regular coaching calls with the provider. Cogmed is not available for families to purchase on their own.</p> <p>Schools that previously purchased Cogmed can continue to offer at-home sessions by providing students with log-in credentials. A teacher, special education teacher, or teacher’s aid will remain as the official Cogmed coach. Teachers and district leaders can continue to monitor student progress online through the licensed program’s secure analytics dashboard.</p> <p>Interested schools not currently using Cogmed or interested providers in the allied health field can email cogmedinfo@pearson.com to discuss pricing and set-up details to make the program accessible to all students/clients remotely.</p> <p>For all at-home uses, a computer with the latest version of Flash Player plugin (and the latest version of Chrome, Safari or Edge recommended), or an iPad, or an Android (any version before 8), and internet access is required.</p>	<p>Fee-Based</p>	<p>https://cogmed.com/ cogmedinfo@pearson.com</p>
<p>Fast ForWord®</p>	<p>Fast ForWord® is a grade Pre-K–12 computer-based oral language and reading program.</p> <p>Interested families that would like their child to take part in the Fast ForWord® program can go to https://scilearn.com/national-provider-search/ to find a list of professionals in their area that provide the program. Fees for such sessions are determined by the individual practitioner. During COVID-19, be sure to ask your local Fast ForWord provider if they accommodate full tele-practice services, or if any in-person meetings are required since different practitioners have different protocols. However, in most private practice scenarios, the majority of the program is completed virtually online, with regular coaching calls with the provider. Fast ForWord is not available for families to purchase on their own.</p> <p>Schools that previously purchased Fast ForWord prior to COVID-19, can still provide students access to the program. Teachers and district leaders can continue to monitor student progress online through the licensed program’s secure analytics dashboard.</p> <p><i>*Continued on next page</i></p>	<p>Fee-Based</p>	<p>https://scilearn.com https://scilearn.com/national-provider-search/</p>

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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Executive Function At-Home Guide</p> <p>Fast ForWord®</p>	<p><i>*Continued from previous page</i></p> <p>Interested schools not currently using Fast ForWord® or interested providers such as speech pathologists or reading specialists with private practices can purchase licenses and use the program with their students/clients remotely by going to https://scilearn.com/program/. Educators or practitioners will be able to see the daily records of what students have accomplished.</p> <p>For all at-home uses, a computer/tablet, internet access, web browser, and headphones is required.</p>	Fee-Based	https://scilearn.com/program/
	<p>Reading Assistant Plus™ is part of the Fast ForWord family of products. It is an oral, online, guided reading program for students in grades 1–12. Appropriate for students just learning to read, those having reading challenges, and for advanced readers, the program monitors a student while they read aloud. This allows the program to offer real-time corrections of mispronunciations. A computer/tablet, internet access, and web browser are required; headphones are recommended. According to the program’s website, “Licenses are now available to schools, districts, and their teaching staff for free through June 30, 2020. Parents and guardians can request access through their students’ schools.”</p> <p>Activities and experiments are available as printable handouts. These brain-centric resources help children learn about their brains and bodies in hands-on ways.</p> <p>CEU-Approved Brain-Based Learning Webinars offer professional development opportunities for teachers. These are approximately 60-minute pre-recorded presentations available to view at home by family members or teachers. Educators can request Certificates of Attendance.</p>	Free	<p>https://scilearn.com/remote-access/</p> <p>https://scilearn.com/classroom-resources/</p> <p>https://scilearn.com/webinars/</p>
<p>Inner Explorer™</p>	<p>Inner Explorer™ is a grade Pre-K–12 audio mindfulness and SEL program.</p> <p>Interested families can access #IAMPresent, Inner Explorer’s free mindfulness app for families, available through Summer 2020 at https://innerexplorer.org/compass/family_onboarding. This consists of sequenced daily audio-guided mindfulness sessions, grounded in Mindfulness-Based Stress Reduction (MBSR) protocol and available at four levels—preschool, elementary, middle, and high school.</p> <p><i>*Continued on next page</i></p>	Free	https://innerexplorer.org/compass/family_onboarding

Executive Function At-Home Guide	At-Home Offering	Free or Fee-Based	For More Information
	<p>Inner Explorer™</p> <p><i>*Continued from previous page</i></p> <p>Beyond the 5-10-minute daily practices, there are also 1–3 minute 'transition' and 'sound' practices to help children and families get a mindfulness boost throughout the day. The program is accessible as a web application (on a desktop, laptop or tablet), as a mobile application, and soon on a Kindle device. This offering is supported by the Allstate Foundation and LG Electronics USA.</p> <p>Families looking to explore five sample practices can access the program's resource page at https://iampresent.org/#step5.</p>	Free	https://iampresent.org/#step5
<p>Schools that previously purchased Inner Explorer™ prior to COVID-19 can still provide students access to the program via the family app mentioned above, and/or by providing a link to the Inner Explorer school license. (The link is found on the administrator dashboard under "invite users.") This means that every family associated with the school gets Inner Explorer at home. Districts can view program usage at the school level, classroom level, as well as at the family level. Students and teachers working remotely can access the program on a computer with internet access, on a smartphone or tablet with mobile service, and by linking to the school's Learning Management Systems (LMS). Teachers and district leaders can continue to monitor student progress online through the licensed program's secure analytics dashboard. This information can be integrated with the LMS data to access outcomes across subjects.</p> <p>Interested schools not currently using Inner Explorer™ can go to https://innerexplorer.org/ie_program.html to view pricing and inquire about set-up details to make the program accessible to all students remotely. The program is suited for versatile use either at school and/or at home as schools navigate the challenges of reopening.</p> <p>Inner Explorer is accessible as a web application (on a desktop, laptop or tablet) as a mobile application and soon on a Kindle device. As well, the program is compatible with the top Learning Management Systems including Schoology, Clever, and Canvas so that teachers and students can access the programming on any device in any location, using single sign on (SSO) to facilitate individual or group practice.</p>	Fee-Based	https://innerexplorer.org https://innerexplorer.org/ie_program.html	

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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Executive Function At-Home Guide</p>	<p>Master Mind is a grade 4–5 computer-based mindfulness and SEL substance-prevention program.</p> <p>Interested schools or educators not currently using Master Mind can purchase the 6-hour self-paced online training in the summer in preparation for either virtual or classroom-based implementation in the fall. Email program co-developer Dr. Alison Parker at aparker@irtinc.us for more information. A Master Mind instructor can be a teacher, guidance counselor, social worker or prevention specialist. Educators will have to pass a certification test prior to being approved to implement the program. In light of COVID-19, Master Mind is now available for educators to deliver to students in a virtual setting. All the materials are available online, allowing instructors to access the teacher manual and student workbooks in PDF form. Students workbooks can be emailed to families. The teacher can then remotely deliver the program by presenting the online multimedia presentations to the class and leading a live discussion with the students for each of the lessons.</p> <p>Master Mind is not available for families to purchase on their own.</p>	<p>Fee-Based</p>	<p>http://admin.mastermindprogramonline.com/mgmt/orders/</p> <p>http://mastermindprogramonline.com/</p> <p>aparker@irtinc.us</p>
	<p>Mindfulness in Schools Project is a grade 2–8 mindfulness and brain literacy program.</p> <p>Interested families can participate in free daily mindfulness “sits” via Zoom until mid June 2020. They take place at 6:00 AM EDT every weekday, and 2:30 PM EDT every Tuesday and Thursday. The Tuesday and Thursday sits are a bit longer—approximately 25 minutes—and may include a brief discussion before and after the sit. Additionally, animated educational videos about mindfulness—with two including a guided practice—are available via YouTube.</p> <p>Schools and educators that previously purchased Mindfulness in Schools Project instructor training prior to COVID-19 and who are eligible to deliver MiSP curricula can read new safeguarding guidance about virtually delivering the program at https://mindfulnessinschools.org/teaching-misp-curricula-online/.</p> <p>Interested schools, educators, providers, or parents/guardians not currently using Mindfulness in Schools Project curricula can take part in the MiSP instructor trainings or introductory workshops.</p> <p><i>*Continued on next page</i></p>	<p>Free</p> <p>Fee-Based</p>	<p>https://mindfulnessinschools.org/misp-sit-together/</p> <p>https://www.youtube.com/watch?v=mNojLd_Jbh8&t=23s</p> <p>https://www.youtube.com/watch?v=T5ut2NYdAEQ</p> <p>https://www.youtube.com/watch?v=LgXZW6Xqokw</p> <p>https://mindfulnessinschools.org/teaching-misp-curricula-online/</p> <p>https://mindfulnessinschools.org/</p> <p>https://mindfulnessinschools.org/course-schedule/</p>

Executive Function At-Home Guide	At-Home Offering	Free or Fee-Based	For More Information
	<p><u>Mindfulness in Schools Project</u></p> <p><i>*Continued from previous page</i> In light of COVID-19, all of the core training offerings are now available to the public online: a full list of training events is available on the program's website. Schools interested in training their full faculty should email <u>enquiries@mindfulnessinschools.org</u> to discuss possible customized online group training options.</p>	Fee-Based	<u>enquiries@mindfulnessinschools.org</u>
	<p><u>MindUP</u></p> <p>MindUP is a grade Pre-K–8 mindfulness, SEL, and brain literacy program.</p> <p>Interested families can get to a new website section "MindUP at Home" from the program's main webpage. Here you'll find at-home activities, including a video narrated by Goldie Hawn guiding the listener through a "Brain Break"—the program's core daily mindfulness practice. Videos demonstrating each of the 15 lessons from the MindUP curriculum are also available. For families looking for further resources, visit MindUP UK's website and go to the "MindUP for Families" section. It offers additional at-home activities and lesson ideas, including downloadable informational leaflets and practice overviews.</p>	Free	<u>https://mindup.org</u> <u>https://mindup.org/category/mindup-at-home/</u> <u>https://mindup.org/category/mindful-lessons/</u> <u>https://mindup.org.uk</u> <u>https://mindup.org.uk/families/</u>
	<p>Interested schools and educators not currently using MindUP can buy MindUP curriculum guides published by Scholastic, Inc. They are available for three grade levels (PreK–2, 3–5, and 6–8) and can be purchased at Amazon.com and Scholastic.com. MindUP is currently evaluating and transitioning its training delivery system to an online platform to best support teachers and schools.</p> <p>If you are a school interested in receiving training and support for your staff, fill out an inquiry form at <u>https://mindup.org/request-consultation/</u> so MindUP can keep you updated as their training platform progresses.</p>	Fee-Based	<u>https://shop.scholastic.com/teachers-ecommerce/teacher/books/the-mindup-curriculum-grades-prek-2-9780545267120.html</u> <u>https://mindup.org/request-consultation/</u>
<p><u>PATH to Reading</u></p> <p>PATH to Reading is a grade K–12 computer-based reading, attention and memory program.</p> <p>Interested families can purchase the full PATH to Reading program for at-home use. Beyond the program's core 5-10-minute daily practices shown to improve the function of the visual, attention, and central executive networks, the user can access a reading rate program at no additional charge designed to be used after PATH's neurotraining to significantly speed up reading skills.</p> <p><i>*Continued on next page</i></p>	Fee-Based	<u>https://pathtoreading.com/</u> <u>https://pathtoreading.com/individual-path-products/</u> <u>https://pathtoinsight.com</u>	

	At-Home Offering	Free or Fee-Based	For More Information
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Executive Function At-Home Guide</p> <p>PATH to Reading</p>	<p><i>*Continued from previous page</i></p> <p>The reading rate program measures reading speeds and uses oral guided reading, presenting six words at a time on the screen from a story at the user’s reading grade level. Additional resources to evaluate improvements in cognitive skills are also included. Brief training videos are available at https://pathtoreading.com/demos-research/ for guidance on how to use all PATH programs: Motion, MotionMemory, and ReadingRate. The program’s at-home rate has been significantly discounted by approximately 65% through the summer 2020. Additional discounts for multiple at-home users will be considered.</p> <p>Schools that previously purchased PATH to Reading prior to COVID-19 can still provide students access to the program if students have compatible equipment (see below) and internet access. Teachers and district leaders will be able to continue to monitor student progress online through the licensed program’s secure analytics dashboard.</p> <p>Interested schools and educators not currently using PATH to Reading or interested providers such as speech pathologists, vision therapists, reading specialists, learning specialists, or cognitive rehabilitation therapists with private practices can purchase licenses, complete an online training, and use the program with their students/clients remotely. Educators or practitioners will be able to see the daily records of what students have accomplished.</p> <p>For all at-home uses, the program is currently available on Windows computers. In July 2020, it will be available through an online app and accessible through a computer (Mac, PC, or Chromebook) or tablet (Android or iOS). Internet access is required.</p>	<p>Fee-Based</p>	<p>https://pathtoreading.com/demos-research/</p> <p>https://pathtoreading.com/individual-path-products/</p>
	<p>A free week-long trial of the program is available. A prompt to sign up for this complimentary week pops-up when entering the site. Similarly, you can email info@pathtoreading.com to inquire further.</p>	<p>Free</p>	<p>info@pathtoreading.com</p>
<p>SMART</p>	<p>SMART is a grade 6–12 cognitive training program using content-focused thinking strategies.</p> <p>Interested families can purchase the full SMART program to be delivered virtually by a SMART coach. These individual, private SMART sessions are available for students in an online format.</p> <p><i>*Continued on next page</i></p>	<p>Fee-Based</p>	<p>https://brainhealth.utdallas.edu/programs/adolescent-reasoning-initiative/</p>

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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Executive Function At-Home Guide</p>	<p>SMART</p> <p><i>*Continued from previous page</i></p> <p>A real-time SMART coach will facilitate the learning experience. Contact: denice.myers@utdallas.edu for more information.</p> <p>Schools that previously purchased SMART prior to COVID-19 can access new online virtual classroom options starting Fall 2020 if they are holding classes remotely. (Ongoing required teacher trainings will now be conducted in a hybrid format—virtual combined with in-person sessions—limiting the attendees to a small group for each session.)</p> <p>Interested schools not currently using SMART can take advantage of the program’s new hybrid training model—virtual combined with in-person sessions—limiting the attendees to a small group for each session. Once schools are trained, starting Fall 2020, new online virtual classroom options are available to schools holding classes remotely.</p> <p>All at-home offerings require a computer or tablet and internet access. The Center for Brain Health at the University of Texas at Dallas continues to explore additional online options. Please check their website for future updates.</p>	<p>Fee-Based</p>	<p>denice.myers@utdallas.edu</p> <p>https://brainhealth.utdallas.edu/programs/adolescent-reasoning-initiative/</p>
	<p>Tools of the Mind</p> <p>Tools of the Mind is a grade Pre-K and K curriculum using academic subject-based content and play.</p> <p>Interested families wanting to support young learners at home can get to the “Tools @ Home” Pre-K and Kindergarten website sections from the program’s main webpage. There you will find advice on the day’s schedule, learning plans, activities (with new ones added weekly), recommended resources, and a “Supporting Self-Regulation at Home” section that houses a webinar in Spanish and English with related activity tips.</p> <p>Schools that previously purchased Tools of the Mind prior to COVID-19 have access to an even more robust resource center that they can share with families, including reading apps that are connected to a dashboard that school administrators and educators can continue to monitor, fluency apps, and additional at-home learning resources for educators and families more familiar with the program. An Apple or Android device and internet access are required for students and families to access the provided apps.</p> <p><i>*Continued on next page</i></p>	<p>Free</p> <p>Fee-Based</p>	<p>https://toolsofthemind.org</p> <p>https://toolsofthemind.org/tools-at-home/</p>

Executive Function At-Home Guide	At-Home Offering	Free or Fee-Based	For More Information
	Tools of the Mind	<p><i>*Continued from previous page</i></p> <p>Interested schools not currently using Tools of the Mind can take part in the program’s educator trainings. In light of COVID-19, training offerings are now available online in addition to in person. Schools interested in training their faculty virtually, should fill out the inquiry form at https://toolsofthemind.org/contact/getting-tools/ to learn more about online training options.</p>	Fee-Based

BRAIN FUTURES

BrainFutures was launched in 2015 by the nation's second oldest mental health advocacy organization, the Mental Health Association of Maryland (MHAMD). For more than 100 years, MHAMD has addressed the mental health needs of Marylanders of all ages through programs that educate the public, advance public policy, and monitor the quality of mental healthcare services. Building on this success, and bolstered by a cross-disciplinary advisory board of leading experts, BrainFutures brings together diverse stakeholders, policymakers, funders, and influencers to accelerate and scaffold national adoption of effective practices targeting four main areas: youth, workforce, mental health treatment, and older adults.

Breakthroughs in our understanding of the brain have the potential to improve learning outcomes for children, optimize functioning at work, enhance treatment for mental health or substance use problems, and maintain sharp thinking as we age.

BrainFutures writes evidence-based issue briefs and releases recommendations that fill knowledge gaps related to brain-focused applications targeting the above segments of society. These educational resources highlight the latest advances in brain plasticity and how their application is transforming quality of life for people of all ages. Through this process, we not only gain insight from experts and innovators, we also foster support for change, building coalitions and cross-disciplinary collaborations to advance both adoption and access to new breakthrough applications. Ultimately, by informing the public, cultivating influential relationships, and connecting communities of diverse advocates we help propel the change that is needed to make meaningful progress.

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