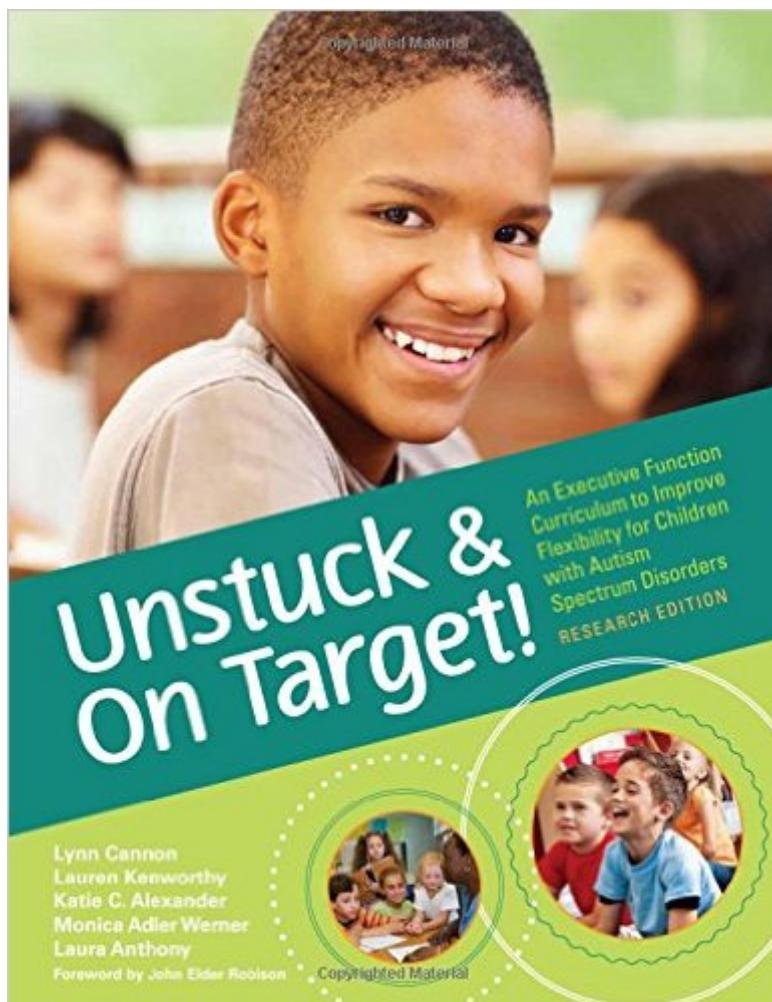


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# Unstuck And On Target!: An Executive Function Curriculum To Improve Flexibility For Children With Autism Spectrum Disorders, Research Edition



## Synopsis

For students with autism spectrum disorders, problems with flexibility and goal-directed behavior can be a major obstacle to success in school and in life. But flexibility and goal-setting can be taught just like any other skill—and this how-to manual equips professionals with simple, real-world ways to help students with ASD develop this critical aspect of executive function. A classroom-based intervention approach for high-functioning students ages 8–11, this innovative guide gives special educators and other service providers ready-to-use lessons that promote cognitive and behavioral flexibility in everyday situations, from compromising with peers to handling schedule changes. Developed by a multidisciplinary team of researchers and front-line professionals, the 27 lessons in *Unstuck and On Target!* are tested and proven. Students in field tests reported clear benefits, including increased ability to compromise and focus on larger goals. reflect the learning style of students with ASD. Explicit, step-by-step routines, activities, and scripts build on the natural strengths of students with ASD and ensure that they make progress. target specific skills every student needs to learn more effectively, participate successfully in the classroom, reduce stress, get along with others, set and achieve goals, problem solve, complete tasks independently, and more. free up teacher time. Educators will spend less time supporting students with flexibility challenges and more time on teaching. fit easily into any curriculum. Lessons are easy to use and don't require extensive planning. make learning fun, with engaging games, role-plays, stories, and lively class discussions. ensure generalization. Take-home worksheets for each lesson strengthen the home-school connection and help students transfer their new flexibility skills to other settings. Ready for any professional to pick up and use, this complete guide gives users clear instructions, materials lists, and modifications for each lesson, plus invaluable Teacher Intervention Tips that help general educators reinforce the lessons throughout the school day. And with the included CD-ROM, it's easy to print all of the game cards, student worksheets, and other materials needed to conduct the lessons. With this effective, user-friendly approach to executive function intervention, students with ASD will develop the flexibility skills they need to reach their goals, enjoy healthy relationships, and succeed in school and in the community. Help students with ASD handle unexpected events scope with disappointment and frustration keep an open mind navigate disagreements with friends set and achieve goals distinguish a "big deal" from a "little deal" learn how to compromise create a Plan B when Plan A doesn't work

## Book Information

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## **Customer Reviews**

As a clinical psychologist working primarily with children on the autism spectrum, I have found this book to be incredibly helpful for my patients and their families. The book is filled with exercises and activities that are easy to put into practice for not only clinicians, but also parents and teachers. The activities are tailored specifically for children on the autism spectrum - meaning they feature simplified language, lots of pictures and hands-on exercises, easy-to-teach "scripts" (my favorite is the "Plan A versus Plan B"), and many activities that are actually quite engaging and fun for the kids. It's not one of those books that drones on and on about theory - this is all about practical ways to help kids who have problems with flexibility. Overall, a wonderful resource that I keep coming back to- highly recommend!

This is a well-written and well-organized workbook directed to teachers, but very applicable to therapists who are looking to teach and support executive skills to (~8-11 year-old) children.

Although the primary focus is for high functioning autism spectrum disorders, it is also very helpful for children with ADHD, Anxiety-related disorders and other neuropsychological difficulties. As noted on the title, the primary focus is flexibility and organization/planning skills. It is not intended for children with intellectual disabilities or children with significant language disorders. This practical book contains a state-of-the-art curriculum developed by experts in the field, including special ed teachers, psychologists, neuropsychologists, therapists and parents of children with high-functioning ASDs. It integrates the scientific knowledge of how executive dysfunction and social learning disorders overlaps to cause behavioral and learning challenges. A nice aspect is that they promote the inclusion of the parents participation to truly help children succeed with their executive skills. I am

a neuropsychologist, and I work primarily as a clinician and a professor. I have seen the implementation of this curriculum in children with High Functioning ASDs with amazing success. In addition, my OT and SLP colleagues have also used chapters of this book with great results with our children. Overall, I congratulate the authors at both Ivymount School and the Center for Autism Spectrum Disorders at Children's National Medical Center for such a great contribution to the academic and clinical field.

This book has helped me on so many levels help my son who has autism. I can take him shopping or take him to school; have him try new foods at a restaurant and even have him do something totally off his schedule and not have the meltdown explosive behaviors that he used to have. One of the things that this book teaches is that if I want him to be more flexible then I have to model what that looks like for him. I've learned to help him realize that when he is stuck that there are coping strategies that he can use. My son is so much more relaxed and I am so proud of how he is able to breathe and calm himself down rather quickly. I recommend this book to anyone who has a child in need of being more flexible and goal directed!!

Unstuck & On Target is a superb resource for parents, teachers and others. It will excite and inspire those with 20 years of experience as well as those who are in the earliest stages of their career or parenting. It's new stuff and highly practical. And it's a particular pleasure that these approaches grounded in science are explained in a manner that is so accessible, respectful and good-humored.

This is a FUN and helpful book with activities for children to improve their flexibility and planning skills. It's easy to implement and has made a dramatic difference in students' behaviors!! I also have to admit that it has helped ME be more understanding, empathic, and flexible. Pay particular attention to the introduction section, which contains a great summary of research on ASD and executive functions!

This book showed me how to teach flexibility and staying on task with fun activities. It has powerful scripts that help kids shift gears when they are stuck. It also has great lesson plans for teaching basic coping skills. I really appreciated the humor and clarity of this curriculum, which could be used by teachers, therapists, parents and others.

I don't like this for home use. I have an autistic son and this is more like a textbook to be used in a

classroom. I see little use for it at the home. It should be specified that this is a classroom teaching aid.

I work with children with various diagnoses. Although the program is developed primarily for students with autism spectrum disorders, I find it extremely helpful for anyone who has problems with flexibility and goal-directed behavior. The manual is easy to understand and use. The scripts and exercises are very helpful and well-liked by the children I work with. It's fun! This is a wonderful resource for parents, teachers, and professionals!

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