

FREE WEEK 1 SAMPLE



Know Your Brain!

Week 1: Awareness & Self-Monitoring

A free sample chapter from Build Your Executive Skills — Kids Edition, Brain Path Skills' Ages 6-12 guided program.

What's inside this sample:

- The full Week 1 chapter: Know Your Brain!
- A guide to how your brain's focus & energy shift (brain waves, made simple)
- A guided self-reflection activity + EF strengths chart
- Daily micro-habit tracker + parent/coach guidance

A Letter Just For You!

Welcome to Executive Skills Adventure!

Hi there, Little Learners!

This book is just for YOU. It was made to help you discover the amazing tools your brain already has, tools that help you focus, handle big feelings, plan, and finish the things you start.

Your brain is incredible, and it's STILL GROWING! Just like learning to ride a bike or tie your shoes, you can train your brain by practicing brain skills. Every time you practice, real connections grow inside your brain. How cool is that?!

Sometimes school or home tasks can feel really hard. You might forget things, get distracted, or feel frustrated when challenges come up. That's completely normal; it doesn't mean anything is wrong with you. It just means your brain needs practice and the right strategies.

That's exactly what this book is for!

Each chapter focuses on ONE brain skill. You'll read about it, learn a strategy, try an activity, practice a little every day, and reflect on how it went. Before you know it, these skills will feel like second nature!

Remember: You don't have to be perfect. Small steps, repeated over time, lead to BIG changes. We'll go one step at a time, together.

Let's go and get started!

How To Use This Workbook

Each chapter follows the same easy pattern!

Read & Learn

Start by reading the chapter to learn what the skill is, why it matters, and what's happening in your brain!

Brain Connection

Find out what's actually happening inside your brain when you practice this skill. Brain science is amazing!

Strategy Spotlight

Learn one simple, powerful strategy, a trick you can use in real life right away! Step-by-step instructions included.

Activity Time

Try a fun guided activity to practice the skill. There are writing spaces, charts, and reflection boxes.

Daily Micro-Habits

Simple tiny actions you do everyday that help you improve little by little. Practice just 1–5 minutes every day. Tiny daily practice is MORE powerful than one big effort once in a while!

Reflect & Rate

At the end of each chapter, look back at the week. Rate your confidence on a 1–5 scale. No wrong answers!

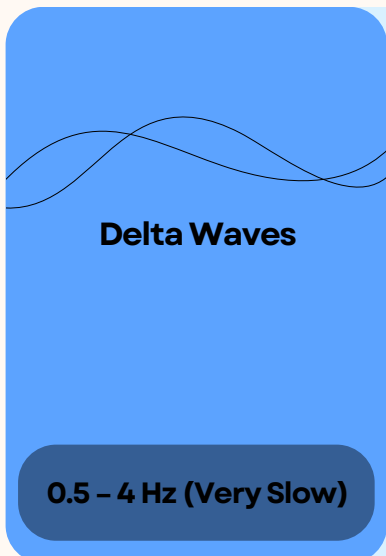
Parent/Teacher Guide

Every chapter ends with tips for the grown-up helping you, so they can support you without taking over!

Your Brain's Secret Signals

A Guide to Brain Waves and what they mean for YOU!

Did you know your brain is ALWAYS busy, even when you're relaxing or sleeping? Your brain sends tiny electrical signals called BRAIN WAVES all day and night. Different brain waves appear at different times depending on what you're doing, thinking, or feeling. Scientists measure them with a tool called an EEG. Understanding brain waves can help you understand WHY focus feels hard sometimes, why sleep matters so much, and how your brain shifts gears throughout the day!

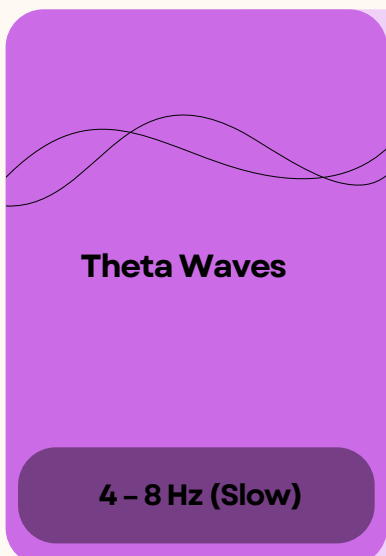


When: Deep, dreamless sleep

Delta waves are the SLOWEST brain waves. They happen during your deepest sleep, when your body is doing its most powerful healing and growing. Your brain clears out waste, your muscles repair, and your immune system gets stronger. This is why a full night of sleep is SO important, especially for growing brains!

Brain Skills Link:

Good sleep helps your brain focus, remember, learn, and manage feelings the next day.



When: Daydreaming, light sleep, creativity, deep relaxation

Theta waves appear when you're between awake and asleep, like when you're drifting off, daydreaming, or deeply relaxed. This is actually a CREATIVE state! Many people get their best ideas during theta moments. It's also the wave active during REM sleep, when your brain processes emotions and memories.

Brain Skills Link:

Theta waves help your brain store memories and make creative connections.



Alpha Waves

8 – 13 Hz (Medium)

When: Calm, relaxed, and alert the 'ready state'

Alpha waves are your brain's CALM FOCUS mode. They appear when you're relaxed but alert, like taking a quiet walk, doing light reading, or resting with your eyes closed. Alpha is the bridge between the busy beta state and the dreamy theta state. It's a great state for learning and absorbing new information.

Brain Skills Link:

Alpha waves help with learning, emotional control, and staying calm.



Beta Waves

13 – 30 Hz (Fast)

When: Active thinking, focusing, problem-solving, talking

Beta waves are your ACTIVE THINKING waves. They fire when you're focused on a task, having a conversation, solving a problem, or making decisions. This is your brain in 'work mode.' Most of your school day runs on beta waves. Too much high-beta, however, can feel like stress or anxiety, your brain stuck in overdrive.

Brain Skills Link:

Beta waves power executive skills like planning, task initiation, and focus.



Gamma Waves

30 – 100 Hz (Very Fast)

When: Peak concentration, learning, 'aha!' moments, high-level processing

Gamma waves are the FASTEST brain waves and the most mysterious! They appear during moments of intense focus, deep learning, and those sudden 'aha!' moments when everything clicks into place. Gamma helps different parts of your brain communicate super quickly, like a turbo boost for your thinking. Expert meditators and highly

Brain Skills Link:

Gamma waves help with learning, understanding, and complex thinking.

The Big Takeaway:

All five brain waves work together like a symphony orchestra. Sleep, play, focus, calm, and peak effort each have their own wave, and your brain switches between them all day. The more you practice executive skills, the better your brain gets at choosing the right wave at the right time!

Week 1

Know Your Brain!

Awareness & Self-Monitoring

Understand executive skills and start noticing strengths and growth areas.

Awareness and **self-monitoring** help you notice what is happening in your mind and in your actions.

They help you:

- Notice what you are thinking or feeling
- Check how you are doing on a task
- See if something is working or needs a change
- Catch mistakes and try again

You can think of this skill like your brain's "check-in helper."

It asks questions like: How am I doing? or Is this working?

Everyone's brain learns this skill at a different pace, and that's okay.

Why This Skill Matters (School / Work / Life):

- **At School:** Helps you stay focused, understand lessons, and check your work.
- **At Home:** Helps you follow routines and notice when something isn't finished.
- **In Life:** Helps you learn from mistakes and feel more confident solving problems.

What This Week Is About (Coach Voice):

This week is about noticing what your brain is doing.

Try asking yourself, "What am I doing right now?" and "Is this helping me finish my task?"

You don't need to fix anything yet, just notice and learn.

Every time you notice, your brain gets a little stronger.

Brain Connection (Light Neuroeducation)

What's Happening in the Brain (Non-Technical):

This week, your brain is practicing something really important, noticing itself! You're learning to see what feels easy, what feels tricky, and how your brain works during the day.

Why This Skill Can Be Hard:

Most kids don't usually think about how their brain works. It can feel strange at first to notice mistakes or when something feels hard, and that's okay!

Normalizing Struggles:

Everyone's brain is still learning. Feeling unsure or making mistakes doesn't mean something is wrong, it just means your brain is growing and trying something new.

"This Skill Improves With Practice" Statement:

Every time you notice what your brain does, you're helping it get stronger. Just noticing is practice, and practice helps your brain grow!

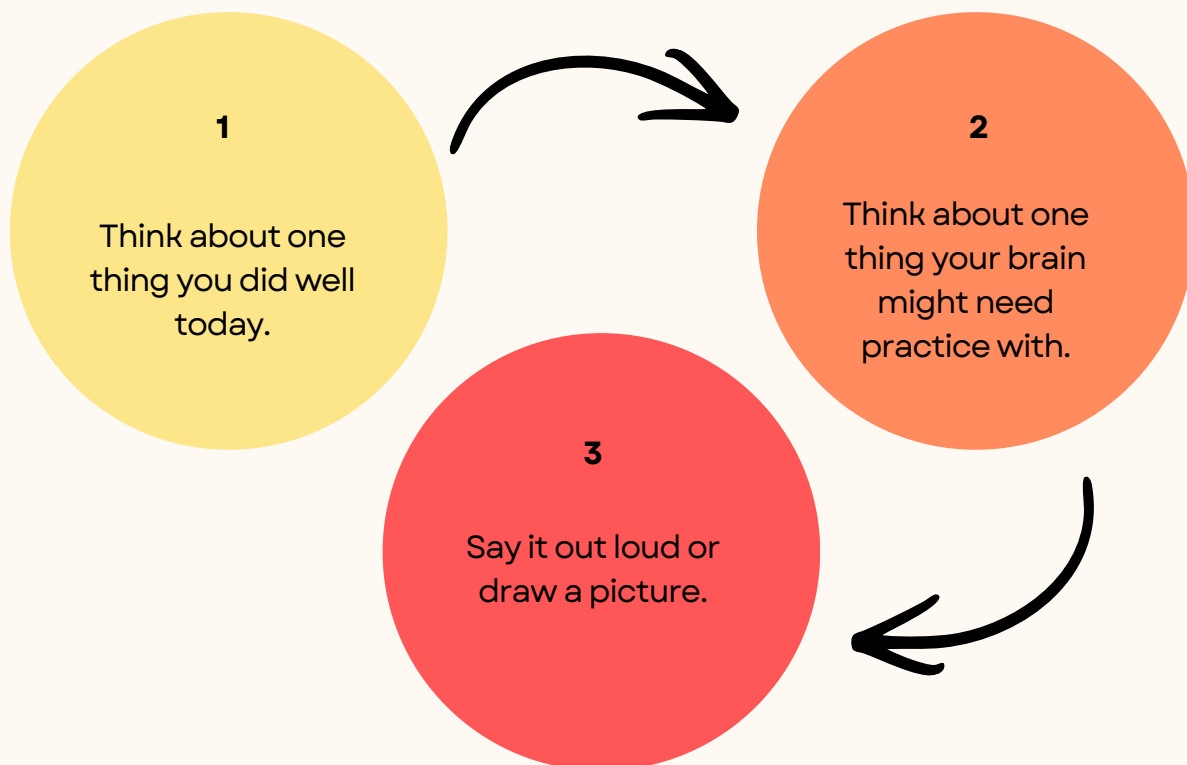


Strategy Spotlight: (Self-Reflection Snapshot)

When to Use It:

At the start of a new week, before starting a new project or during transitions or changes

Step-by-Step:



Common Mistake + Quick Fix:

- **Mistake:** Thinking that noticing a challenge means you're "bad" at something.
- **Quick Fix:** Focus on your strengths and small successes. Each observation is practice.

Reflection isn't about judging yourself, it's about learning who you are.

Guided Practice: “My EF Strengths & Growth Areas” Chart

Instructions:

This helps you notice the brain skills you’re already using, and pick one to practice more.

EF STRENGTHS & GROWTH AREAS CHART

Think about your day. Pick one brain skill you used well. Then choose one skill you want to practice this week.

Brain Skill I Used Today:

What I Did Well:

One Skill I Want to Practice:

One Small Thing I Can Try This Week:

Remember:

You don’t have to choose something hard. Small steps help your brain grow stronger!

Instructions:

Check the boxes that describe you today. There are no wrong answers.

EXECUTIVE SKILL	THIS IS A STRENGTH	THIS NEEDS PRACTICE
Planning	☐	☐
Starting Tasks	☐	☐
Staying Focused	☐	☐
Organization	☐	☐
Managing Time	☐	☐
Managing Emotions	☐	☐
Finishing Tasks	☐	☐

Reflection:

Circle one strength and one skill to practice this week.

Daily Micro-Habits

(Just 1-5 minutes a day!)

Each day, notice one executive skill you used.

MON
DAY

TUES
DAY

WED
DAY

THURS
DAY

FRI
DAY

Tiny daily practice is ***MORE*** powerful than one big effort. Keep going!

Reflection & Self-Rating

Looking Back on This Week:

Take a quiet moment to think about your week. You can write, draw, or talk about your answers.

What skill was my strength this week?

What area needs more practice?

How did noticing my brain help me this week?

Skill Confidence Rating

How Strong Do My Brain Skills Feel? Circle the number that feels right today.

1

I'm still learning and need lots of help.

2

I'm starting to notice my brain skills sometimes.

3

I can notice my brain skills and use them a little.

4

I use my brain skills most of the time.

5

I feel really confident using my brain skills.

This is not a test. It's just a check-in. Your number can change as your brain keeps growing.

Guidance for Parents, Teachers & Coaches

Your Role This Week:

Your goal is to help children learn how to think about their own thinking. Executive skills grow best when kids feel supported, not rushed or rescued.

You don't need to fix things for them. Instead, help them notice what they're doing and how their brain is learning.

How to Help (Without Taking Over):

- ✓ **Ask open-ended questions:** 'What did you notice about how you work this week?'
- ✓ **Acknowledge effort & honesty:** Recognize self-reflection, not just outcomes
- ✓ **Respect their privacy:** Allow reflections to stay private if they prefer
- ✓ **Normalize your own challenges:** Share examples of your own growth areas

What to Avoid:

- Forcing reflection or sharing
- Correcting or fixing their answers
- Comparing to siblings or others

Key Reminder:

The goal is independence. At first, children may need more reminders. Over time, gently step back as their confidence grows.

You just finished Week 1 of 8.

Nice work! Awareness is the foundation every other executive skill builds on. Here's what's waiting for you in the full 8-week program:

- W2** Feelings Are Your Friends — Emotional Awareness
- W3** The Focus Force — Sustained Attention
- W4** Ready, Set, Go! — Task Initiation
- W5** Super Memory & Organization
- W6** Plan Like a Pro — Planning & Time Management
- W7** Never Give Up! — Follow-Through
- W8** Bringing It All Together

Get the Full 8-Week Program

visit brainpathskill.com to learn more

Made for kids ages 6-12. #BrainPathSkills #ExecutiveFunctioning