

Unstuck and On Target

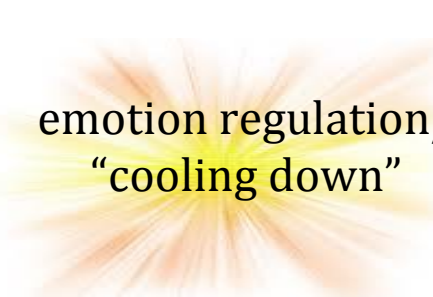
Executive Functioning Intervention for Elementary School Students

Does your child get “stuck” when things don’t go as usual, or as they had expected? Does insisting that things go a certain way get in the way of friendships and fun time?


Unstuck and On Target is an **executive functioning** intervention that helps build skills like



flexibility



emotion regulation/
“cooling down”



seeing the
“big picture”

While it is not a social skills group, Unstuck and On Target helps with parts of everyday life like **making and keeping friends**, **getting “unstuck”** from things that can bring the day to halt, and **reaching goals**.

It is often a good fit for children who have Autism Spectrum Disorder, Attention-Deficit/Hyperactivity Disorder, and/or executive functioning difficulties. The intervention also involves strategies that **parents** and **teachers** can use, including a “language of flexibility.”

Ages: 7- to 11-year-olds

Necessary Skills: Age-appropriate core language skills (like vocabulary knowledge)

Meeting Times: During the COVID-19 pandemic, Unstuck and On Target participants meet in pairs twice weekly for six weeks **over telehealth**. This schedule may change to once-weekly sessions for a longer period when in-person groups resume.



For more information or to request an appointment,
please email mwphgroups@mwph.org.



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