

WHY SHOULD MY CHILD CONTINUE COACHING THROUGHOUT THE SUMMER? AFTER ALL, SCHOOL IS OUT, AND THEY ARE TIRED AND READY FOR A BREAK.

Summer is the perfect time to take a break from the grind of traditional school and practice applying the tools and strategies learned during the academic year to carry out non-academic tasks.

Your child's executive coaching program is adapted to integrate "real life" projects and themes that go beyond the bricks and mortar of a school curriculum.

The same skills used to tackle a looming science project, study for a test, or write an essay can be used to organize, plan, and schedule summer adventures while keeping up with daily or weekly chores (sadly, those still need to be done in July and August!).



Consistency with new habits is a crucial element of transforming behaviour. The more consistent we collectively are with helping students build executive function skills year-round, the more success we see and the more confident they feel.

Progressive and continuous improvement - skills for life and learning - this is the Kaizen way!

Myth Buster #1

KAIZEN IS A SCHOOL

Kaizen is not a school and we do not follow a traditional academic calendar. In fact, we don't believe in this antiquated model of school calendars and rigid schedules but we do believe in building essential skills that translate into real life.

Be sure to take a break but please keep in mind the importance of maintaining momentum for your child to thrive.

You may want to drop down to bi-weekly sessions but we caution against pausing coaching entirely just because "school is out".

At minimum, we recommend 2-3 coaching sessions before school starts up again for consistency.

Myth Buster #2

2 MONTHS OF UNSTRUCTURED VACATION IS REQUIRED TO RECOVER

Breaks are so important for mental, physical, and emotional health, but there shouldn't be so much rigidity in your child's life during the school year that they do a complete 180 come summer time.

The weather is warmer, the days are longer, and adventure awaits.

Maintaining a consistent structure gives them the opportunity to integrate their executive skills into the easy, breezy days of summer.

If you choose not to continue with coaching over the summer, we have a few suggestions for your child to practice and maximize their developing executive skills so you aren't back to square one in the fall.

Myth Buster #3

EXECUTIVE SKILLS ARE ONLY RELEVANT AT SCHOOL

Executive skills are something you use EVERY DAY! We typically apply them to your kid's school work in our coaching program because it gives us lots of relevant material to work with while easing some of the challenges your child faces.

However, the same skills used to tackle a social studies essay can be used to organize, plan, and schedule summer fun.

Our coaches have a number of fun summer projects and themes that use a whole range of executive functions that don't involve traditional school curriculum. These coaching tools provide a terrific opportunity for students to see how these skills apply to real life, first-hand.

ORGANIZATION OF PHYSICAL SPACE

Use a rainy day to plan and organize a study zen space. Get rid of the OLD and bring in the NEW! File away old papers and recycle irrelevant materials. Purchase and set up new materials. Plan and decorate this new space so that it is welcoming with limited distractions. Instead of fighting back-to-school crowds in late August, take a stress free visit to purchase supplies earlier in the summer and enjoy the satisfaction of [eating that frog](#)!



ORGANIZATION OF DIGITAL SPACE

Many students (and parents) simply hit “save” or “download” throughout the school year, and don’t plan where their files, emails, or downloads are stored. Have your child show you their email accounts and storage - you will likely see it’s an ongoing pile of “stuff”. Spend 15 minutes each day to have them begin sorting: file creation, organizing, deleting, and returning overdue emails. [@thelaminimalist](#) on Instagram has some great tips on how to tackle email and get to “Inbox Zero” in her highlight, “[less email](#)”.



TRAVEL AND TRANSPORTATION SCHEDULING

Bus and train schedules, airport departures and arrivals, the timing of transfers - these all require exceptional executive skills. If your child is old enough, have them plan a bus/train trip (including transfers) from one end of the city to the other. If your child has never taken a bus or train and is now driving a car, have them take on this challenge for a week. They’ll appreciate their car and you even more! :)

PLAN AND ORGANIZE A BBQ OR BEACH DAY

Delegate the planning and organization of a family gathering or friend hangout to your child. This could include initial invites through email, text, TikTok, or whatever whizzy digital feature they’re currently obsessed with, following up to make a plan for food, drinks, and activities. This can include calendar scheduling, seating charts, food allergy lists, working within a budget, etc. All the things you “naturally” do to plan an event, likely still need to be practiced and learned by your child. The only way to do this? Experience!



LESS STRESS READING

Some children love to read book after book after book all summer long. If your kids don’t fit that profile, www.audible.com, a Kaizen latest favorite app for reluctant readers, can make reading more engaging and exciting. They can still follow along with the actual physical book, but they simultaneously have the audio playing. I have found this increases their attention, engagement, enjoyment of reading, and overall comprehension.

