

# Movie Night – ADHD and EF

*Want to host a parent evening to talk about the connection between ADHD and EFs? These five short videos will take you on a journey! Accompanying each video is a short blurb that you can read, verbatim, to introduce each video and highlight its relevance. Enjoy!*

[https://www.youtube.com/watch?v=efCq\\_vHUMqs](https://www.youtube.com/watch?v=efCq_vHUMqs)

1. Let's begin with a classic. You don't know nothin' about EFs if you don't know about the Harvard Center on the Developing Child. Soak in their grounded examples (with videos of children) demonstrating how many different EFs impact performance. Drink in their explanation of the developmental trajectory of EF. This isn't exactly \*cool,\* but it's an essential 5:35 minute view.

<https://www.youtube.com/watch?app=desktop&v=qAC-5hTK-4c&feature=youtu.be>

2. Here is a nine-minute Ted Talk that will broaden your understanding of the way EFs look in adults. It will also dispel some myths about how to build EFs. It will ALSO give you a sense of the lab tests that help researchers isolate and SEE EFs. BUT, actually, the biggest idea here is that MOTIVATION and SOCIAL CONTEXT supply the joyful, fun, cool, exciting fuel that energizes children to grow their EFs. Also, this researcher is a great speaker. It is 9:15 minutes, but good luck looking away.

<https://www.youtube.com/watch?v=VQNhh44GeV8>

3. ADHD and EFs. Here is Russel Barkley really spelling out how EFs are so implicated in ADHD that we might as well call it EFDD! This one is going to cost you 9:35. Worth it!!

[https://www.youtube.com/watch?v=Illf\\_Hsy570](https://www.youtube.com/watch?v=Illf_Hsy570)

4. This is the masterclass. Dr. Russel Barkley (legend) will explain several EFs that are more complex. He will explain how children with ADHD lack the ability to STOP (we know that one) but also Use Visual Imagery (cool), Use the Mind's Voice (Hmm...) and Use Motivation and Emotion. As he talks about how much students with ADHD require consequence and relevance, think about how much you can help students with ADHD (and EF challenges) by planning learning that matters, that means something, that is urgent, that is awesome, that has some consequence. Budget 12:54 and get ready for your brain to melt.

<https://www.youtube.com/watch?v=JiwZQNYIGQI>

5. Now that you know all of this, you need a good long chat with a friend who has ADHD and EF challenges to really understand how it feels. Jessica McCabe is the perfect person to "sit down" with because she herself has talked to thousands of people with ADHD. In this video, she shares a detailed and honest story. You will learn the impact that medication can have, and also that it is not enough. Her goal in this talk is to explain "how to ADHD." It is 17:12 minutes of tearful, smart consolidation of the most important things to know and... the best part? She finishes with a list of the wonderful assets and gifts unique to a person with ADHD.