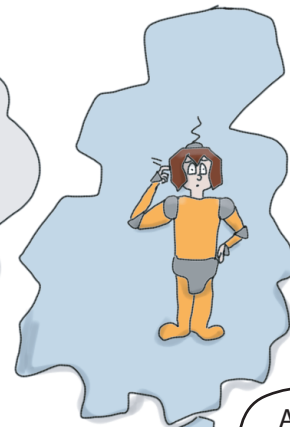
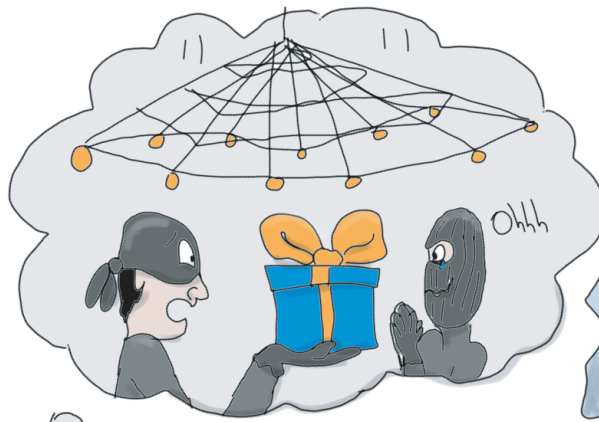


Ok, that aside, there is also cognitive flexibility, and that is what helps us to switch between tasks. It's also really important for creativity. As a super hero I will toned creative ways to surprise and trap the bad people.



And to come up with a cool super hero costume!

But wait, why are these three the "executive functions"?

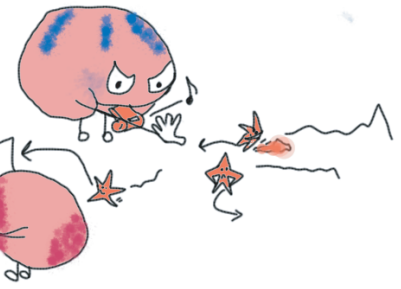
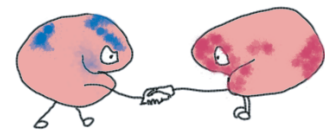
Because they are necessary for functioning and in order to do so, they need to work together. Do you want to explain it in more detail Maya?



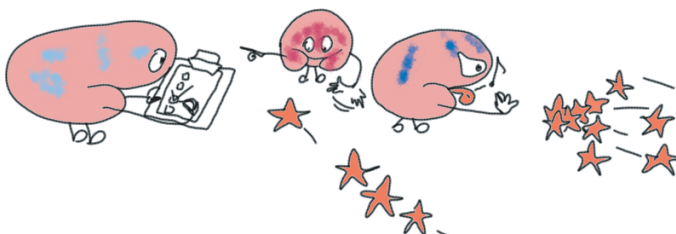
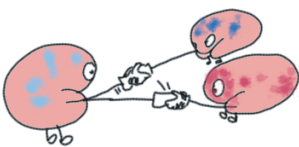
Working memory needs **Inhibition**. This is because in order for working memory to maintain only the necessary information to complete a task, inhibition has to put aside the irrelevant information for the task at hand. This way, there is more "space" for working memory. Think about it, when you are focused and When we are focused and motivated, the task is usually easier. For example, sometimes when reading, I will realised that I have a read a paragraph but not understood what it said. This tends to happen because I am also thinking about other things. When these thoughts are inhibited, then I can concentrate on the text in the book.

Inhibition

Working memory



cognitive flexibility

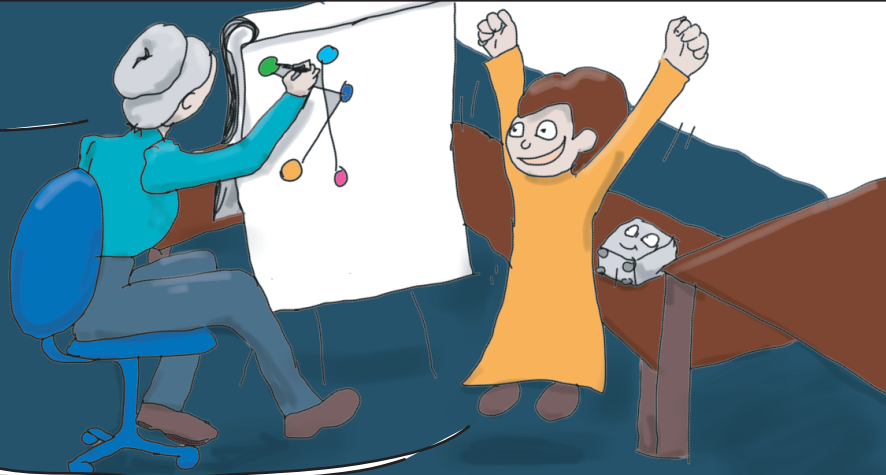


Now, **cognitive flexibility** needs both working memory and inhibition. When I want to change my perspective, I need to inhibit my current perspective and to consider all the relative information from the other perspective.

So I need to train all three of them together?

They support each other so you will train them together in any case. But you know, there are other executive functions, they are built from the 3 basic ones we spoke about to build a higher level of executive functioning.

Oh, so I will get even more superpowers if I train more?



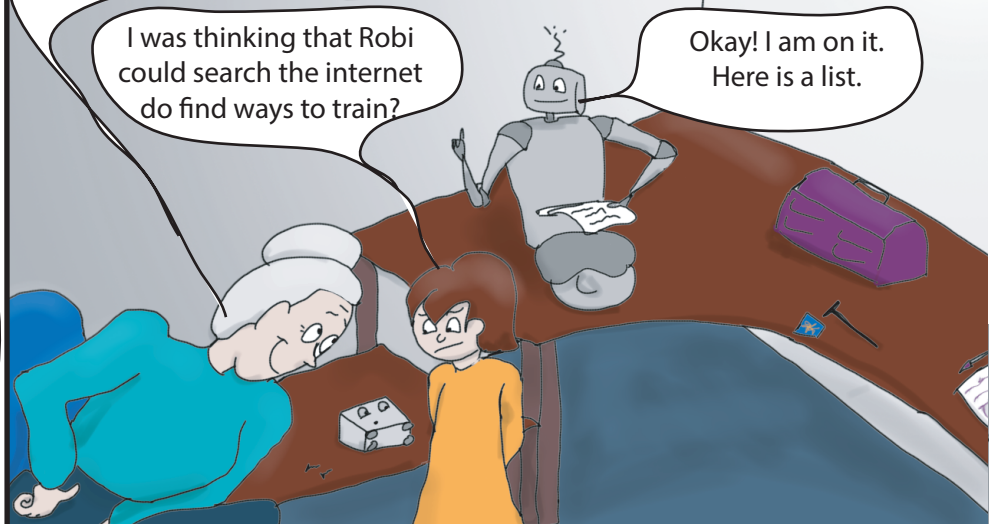
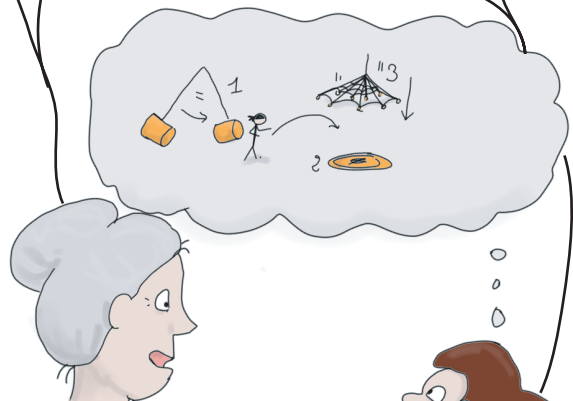
Yes, you will like get the functions: **reasoning, problem solving and planning**. This means that you will be able to organize your thoughts in a complex way. You will be able to keep pieces of information in your mind and compare them. You will also reject some ideas, organizing others, and estimating whether your plans are feasible. So, pretty much everything So everything you need to plan how to stop bad people from doing bad things!

Do you know how you will proceed with training?

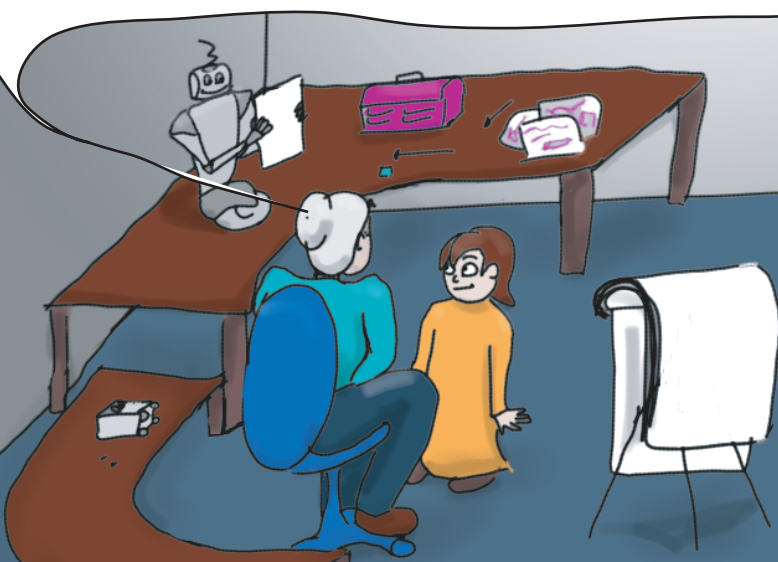
I was thinking that Robi could search the internet do find ways to train?

Okay! I am on it. Here is a list.

That is so cool!



You know, I might train with you. With aging, my executive functions are not that great. I find it harder and harder to build new gadgets. But you, you are young. You have room for improvement. It's a good idea to take advantage of the higher level of plasticity that young brains have over old brains. So which training shall we do first?



Hey, executive girls and super grand ma, when you plan to work on mindfulness meditation, can you tell me? It's hard to start alone, so I'd like to join in.

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Reference: Diamond, A., and Ling, D.S. (2016). Conclusions about interventions, programs, and approaches for improving executive functions that appear justified and those that, despite much hype, do not. *Developmental Cognitive Neuroscience*

