



Executive Functioning



Wilson Hill Elementary

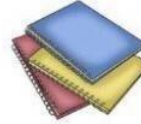


What are Executive Functioning Skills?

Executive Functioning Skills



Planning is the ability to figure out how to accomplish our goals.

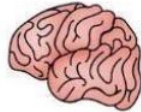


Organization is the ability to develop and maintain a system that keeps materials and plans orderly.

Time Management is having an accurate understanding of how long tasks will take and using time wisely and effectively to accomplish tasks.



Task Initiation is the ability to independently start tasks when needed. It is the process that allows you to just begin something even when you don't really want to.



Working Memory is the mental processes that allow us to hold information in our minds while working with it.



Metacognition is being aware of what you know and using that information to help you learn.

Pathway
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Self-Control is the ability to regulate yourself, including your thoughts, actions, and emotions.



Attention is being able to focus on a person or task for a period of time and shifting that attention when needed.



Perseverance is the ability to stick with a task and not give up, even when it becomes challenging.



Flexibility is the ability to adapt to new situations and deal with change.

www.thepathway2success.com

The executive functions are a set of processes that all have to do with managing oneself and one's resources in order to achieve a goal.

It is an umbrella term for the neurologically-based skills involving mental control and self-regulation.

Planning

Ability to figure out how to accomplish our goals

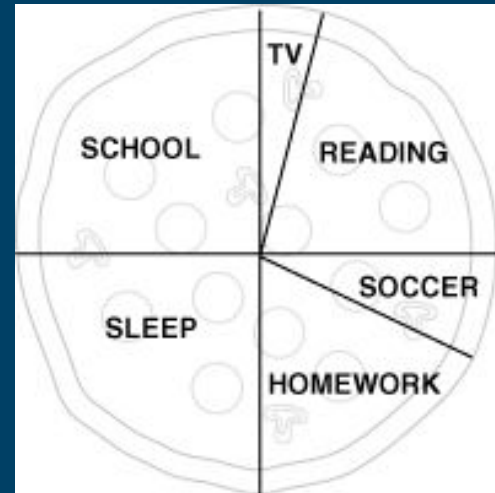
- Use family calendars
 - Color code for each family member
- Use graphic organizers for writing / charts for reading



Time Management

Having an accurate understanding of how long tasks will take and using time wisely and effectively to complete the task

- Makes clocks and set for tasks
- Students wearing watch and start acknowledging time



Working Memory

The mental processes that allow us to hold information in our mind while working on it

- Give child a list of 3-5 things to remember on grocery trip
- Look at a picture for 1-2 minutes. Take picture away and talk about the details in the picture



Organization

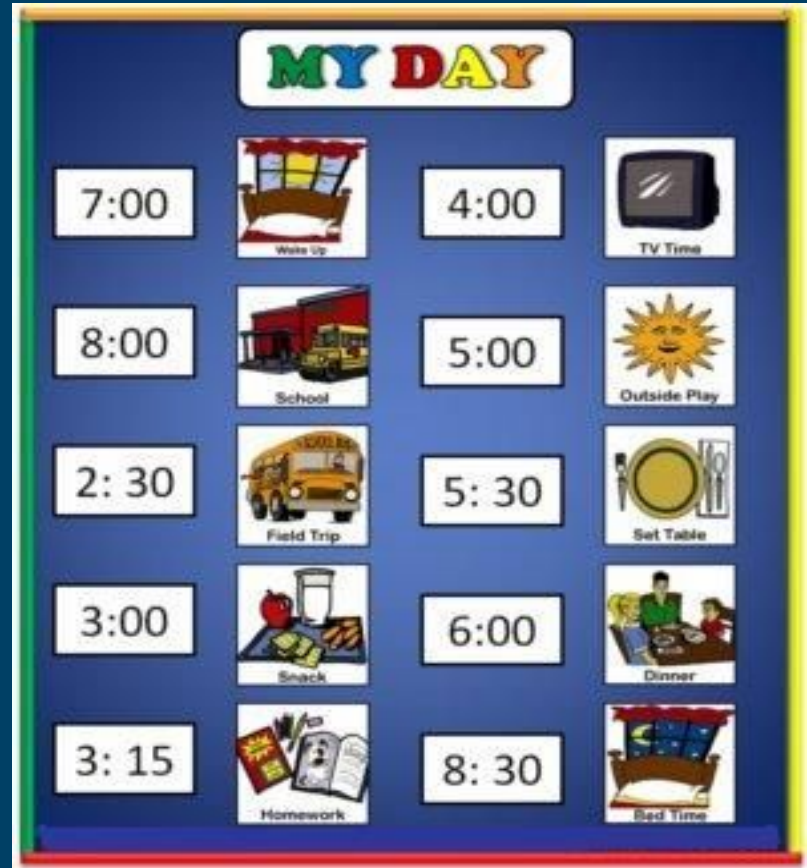
**Ability to develop and maintain
a system that keeps materials
and plans orderly**

- Color code!
 - Home (each child gets a color)
 - Each sport/activity
 - School
 - Each subject a color folder



Task Initiation

Ability to independently start tasks when needed. It is the process that allows you to just begin something even when you don't really want to



Attention

Being able to focus on a person or a task for a period of a time and shifting that attention when needed

- Simon Says
- Task Charts



Flexibility

Ability to adapt to new situations and deal with change

- Card games (Uno, Blink) and Board Games (Sorry! , Battleship) help practice flexibility



RESOURCES:

- <https://www.toolstogrowot.com/therapy-resources/executive-functioning>
- www.understood.org 
- www.ldonline.org
- www.aDDitudemag.com