





Executive Functions

Executive Function	What it means
<u>Impulse Control</u> 	<p>I can stop myself shouting out and moving around too much. I can think about a question before I jump in with an answer.</p>
<u>Planning, Prioritising, Organising</u> 	<p>I can break tasks down into what I need to do first, next etc. I can keep my workspace tidy and organised.</p>
<u>Task management</u> 	<p>I can finish tasks on my own. I can move from one task to another without getting worried.</p>
<u>Self- monitoring and emotional control</u> 	<p>I can check to see how I am feeling. I know things to do to help me manage my thoughts/feelings.</p>
<u>Time Management</u> 	<p>I know how long things will take me. I am good at being on time for things.</p>
<u>Working Memory</u> 	<p>I can remember information that I need to do a task. I have a picture in my head of what I need to do next.</p>

